

The Wellness Recovery Action Plan (W.R.A.P.)

QiC Learning Network

The *Wellness Recovery Action Plan (W.R.A.P.)* is an evidence-based, self-management program designed to support mental health and overall well-being. This course empowers participants to manage their well-being through practical tools and structured action plans. Developed by individuals with lived experience of mental health challenges, WRAP has become a widely adopted framework across healthcare and community settings worldwide.

Through this course, learners will gain the skills to reduce and prevent distressing emotions and behaviors, make informed and empowering life choices, and enhance their overall quality of life. By the end of the training, learners will be equipped to apply WRAP principles both personally and professionally supporting not only their own wellness but also contributing positively to the lives of those they work with.

Course Objectives

The learner will be able to:

1. Identify at least one Foundational Principle of Recovery to help oneself in one's recover journey.
2. Build and make use of the wellness toolbox
3. Build and use of a daily maintenance plan
4. Identify stressors in life
5. Respond appropriately to stressors
6. Understand how to detect early warning signs in the recovery journey
7. Develop a personal action plan for pre-crisis.
8. Identify areas of concern where supporters can provide meaningful assistance during a crisis situation.
9. Recognize and indicate contributing factors that may have led to or intensified a recent crisis
10. Articulate at least one realistic and positive life change they aim to achieve within the next 3 months.

Training Methodology

- Classroom Facilitated Learning, including: group discussion, role-play, interactive quiz activity

Target Audience

- Doctor
- Allied Health Professionals
- Registered Nurse, Advanced Practice Nurse, Enrolled nurses
- Psychosocial Staff
- Support Care Staff

Course Time

9:00 AM - 6:00 PM

Course Fee

\$450.00 (excluding GST)

Prevailing course fee subsidies: 90% for Singaporeans/PRs and 45% for foreign staff employed by eligible community care organizations.

Trainers' Profile

Chief Trainer –Ms Rebecca Moh

Rebecca Moh is a Certified Facilitator for the Wellness Recovery Action Plan (W.R.A.P.), trained by the Hong Kong New Life Association of Mental Health in 2023. She currently serves as the Senior Manager of Rehabilitation Services at Singapore Anglican Community Services, bringing over 20 years of experience in mental health and social work.

Rebecca holds a Master of Social Work from the Singapore University of Social Sciences and a Postgraduate Diploma in Social Work from UniSIM. She was also a Certified Psychiatric Rehabilitation Practitioner (USPRA, 2007–2013).

Rebecca is known for her practical, person-centred approach and is passionate about empowering others with practical tools to support mental health wellness and recovery.

Course Dates	Course Outline
• 25-26 Sept 2025 • 23-24 Oct 2025 • 22- 23 Jan 2026 • 23-24 April 2026	A one-unit course designed to provide a comprehensive understanding of the strategies and techniques involved in Wellness Recovery Action Planning (WRAP). Topics Include: 1: Key Recovery Principles 2: Wellness Toolbox 3: Daily Plan 4: Stressors / Triggers 5: Early Warning Signs 6: Avoiding Crisis (Pre-crisis) 7: Crisis Plan & Post-crisis Plan 8: Your Wellness Your Way

Venue:

St. Andrew's Community Service Academy
Singapore Anglican Community Services (SACS)
10 Simei Street 3 (Level 1), Singapore 529897

Enquiries:

Email: enquiries_il@sacs.org.sg

Contact: 6856 1331



<https://for.sg/wrapsacs>

[Register Now](#)

In partnership with



For inquiries on AIC Learning Network, please email LearningNetwork@aic.sg

You are receiving this email as you have registered an account in AIC CCLMS or have subscribed to our mailing list. We would like to have you stay to receive updates from AIC Learning Network. However, if you would like to take a break, you can [Unsubscribe](#) or [Update your preferences](#).

[Join Our Newsletter](#)