



KICK OFF THE NEW YEAR!

Attend our WRAP **Foundational Tool Call** on **January 24th** to claim your New Years Gift!

Need support with WRAP or a quick wellness break from work? Join our monthly **Cohort Call** every **2nd Wednesday @ 11am!**



WRAP/OWL **SITE VISITS**

The WRAP Committee is excited to announce the return of WRAP/OWL site visits at campuses beginning in January 2023. These visits are a way for us to connect with you and support your campus. During the visit, Regional ALFs will meet with campus leadership and WRAP Leadership to provide support for WRAP Committee meetings, the OWL Project, WRAP Seminar I, and Group Facilitation.



UPCOMING WRAP TRAININGS

WRAP Refreshers @ Sac HO
January 23 - 25 | May 9 - 11 | March 21 - 23

Seminar II @ Sac HO
February 27 - March 3 | June 25 - 30
September 18 - 22

Seminar III @ Sac HO
August 13 - 18

Contact Sam at samantha.tatro@cbhi.net to sign up for all WRAP Seminars I, II, and III! Dates are subject to change.

WELLNESS @ WORK

Need to boost work morale? Need ways to reduce staff burnouts? Advocate to your administrator and bring **Wellness@Work** to your campus! W@W is an interactive training to create a supportive environment for staff and focuses on personal wellness in a work setting. Contact Greg at gparnell@cbhi.net for more information.

“Every day is a new beginning. Stay away from what might have been, and look at what can be.”

-Marsha Petrie Sue