



## WRAP Trainings & Meeting Calendar

### Seminar II (4 day or 5 day)

Hilton Garden Inn Natomas

March 3 - 6 (4 day)

June 9 - 12 (4 day)

July 21 - 24 (4 day)

October 12 - 16 (5 day)

### Seminar II Refresher (3 day)

Cap Mall Training Room

February 10 - 12

March 31 - April 2

September 22 - 24

November 3 - 5

### Seminar III (5 day)

Hilton Garden Inn Natomas

April 27 - May 1

### WRAP Zooms

Cohort - 2nd Wednesdays @ 11:00am

Foundational Tool - 4th Tuesdays @ 11:00am

### ALF Meetings

February 4 - 5 - Cap Mall Training Room

May 14 - Zoom

October 21 - 22 - Cap Mall Training Room

### Virtual Sem 1 - NEW!

Four Mondays - Zooms

June 8, 15, 22, & 29 @ 9:00am - 12:30pm PST

August 10, 17, 24 & 31 @ 9:00am - 12:30pm PST

Contact Barbie at [breesse@cbhi.net](mailto:breesse@cbhi.net) for all WRAP related inquiries!

## Get to know your ALF – Amber Braxton



In my 11 years at Crestwood San Diego, I've been in several roles and am currently the DSD. At my campus we currently have 6 WRAP Facilitators. We facilitate WRAP 2 times per week, and quarterly hold closed WRAP groups in hopes of having 80 percent of our person served discharge with completed WRAP Plans. I am Lead ALF, and I hold this role near and dear to my heart. I became a WRAP Facilitator because I wanted to spread Hope and Wellness to as many people as I could. I've been blessed to have some wonderful WRAP mentors along my journey and was helped to identify what WRAP and the Power of Importance of Language really means. Some of my wellness tools are watching the sunset, tending to my plants, and listening to music. WRAP shows up for me daily in my Daily Maintenance Plan identifying- What I am like when I'm well and What I need to do every day to stay on track with my goals. With time changing, soon I will be relying on my WRAP Plan to remind myself of things I can do indoors to keep me on track.

"Kindness is like snow- it beautifies everything it covers."

-Kahlil Gibran



# Accomplishments Recap of 2025



In 2025, 177 staff members have participated in a WRAP 1. We have gained 25 new WRAP facilitators as well as 5 new ALFs. We now have 20 ALFs total supporting all of our campuses.



## WRAP Symposium Conference