

SPRING GATHERING

MAY 30, 2026

First Presbyterian Church

270 Woodbridge Ave, Metuchen, NJ 08840 (732) 491-2300

Joint Gathering

Coastlands and Highlands Presbyteries

"Dimensions of Women's Wellness"

SPEAKERS

Robin A. Collier, MSW

Learn about the Wellness Recovery Action Plan (WRAP) a simple and powerful process for creating the life and wellness you want. With WRAP, you can:

- ❖ Discover simple, safe, and effective tools to create and maintain wellness
- ❖ Develop a daily plan to stay on track with your life and wellness goals
- ❖ Identify what throws you off track and develop a plan to keep moving forward
- ❖ Gain support and stay in control even in a crisis

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

Dr. Jordyn Cain-Rahmann, Psy.D. will speak about how mental health issues effect moms, grandmoms, and youth, especially when youth go off to college. She works with youth in her practice.

Rev. Amy Lincoln will speak about the spiritual aspects of having or dealing with mental health issues.



Let's put some new tools in our toolbox. **We'll gather at 9:00am for coffee & registration** – day will conclude with short worship.

RSVP to pwcoastlands@gmail.com by May 3 Bring a canned good for the food pantry ministry.

Registration \$10.00 includes lunch.