

# Recovery Coach Training

*With Certified Trainers Denise Black, and Terri Woodruff\**

**February 13th, 14th, 15th & 16th - 8:00am-5:00pm**

*\*Graduates of Recovery Coach Academy & Training of the Trainers Program at Connecticut Community For Addiction Recovery*

## Maine Department of Health and Human Services

### Machias Office

38 Prescott Drive, Machias

*Registration Fee is \$100  
Includes workbook and  
upon full course completion, 30 CEU's*

**Scholarships are available upon request and we encourage you to call for more details!**



## What is a Recovery Coach?

Recovery coaches are individuals who may be in recovery, a friend or family member of someone in recovery, or a recovery ally. This training will provide you with the knowledge and skills necessary to guide and mentor others through their own recovery process.

### Registration required in advance

*To register or for more information, contact Terri Woodruff at 255-3741 ext. 106, or register online using this link:*

<https://goo.gl/forms/xZLLWKUXvflW2C1m2>

**This workshop is coordinated by the Washington County Substance Use Response Collaborative, with support from Maine Health Access Foundation**



## In this workshop participants will:

- Explore Recovery Coach role and functions
- Review the components, core values and guiding principles of recovery
- Build skills to enhance relationships
- Explore many dimensions of recovery of recovery and recovery coaching
- Discover attitudes about self disclosure and sharing your story
- Understand the stages of recovery
- Review the stages of change and their applications
- Increase their awareness of culture, power and privilege
- Explore ethical and boundaries issues
- Experience recovery wellness planning

**To find out more about Recovery Coaching:**

<http://ccar.us/#training>