

# Recovery Coach Training

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

**April 10th, 11th, 12th & 13th - 9:00am-5:00pm**

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

**Aroostook Mental Health Center (AMHC)**  
**127 Palmer Street**  
**Calais, Maine**



## 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/66DTObGjvKccF7tb2>

**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!**

**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>