

Recovery Coach Training

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

March 13th, 14th, 15th & 16th - 9:00am-5:00pm

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

**Cobscook Community Learning Center
10 Commissary Point Road,
Trescott, 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/xZLLWKUXvFLW2C1m2>

**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>