

# Recovery Coach Academy

January 22nd - 25th

Healthy Acadia is excited to offer the CCAR  
Recovery Coach Academy training

Washington County  
Community College  
Assembly Room - Calais

8:30am - 5:00pm each day

This 30-hour training will be offered as a four day course  
with Denise Black and Terri Woodruff  
Graduates of Recovery Coach Academy & Training of the  
Trainers Program at Connecticut Community For Addiction  
Recovery

Please Register Here:

<https://goo.gl/forms/1iijhw00h4aJMH211>

The course fee is \$100 and Includes the RCA manual and  
upon full course completion, 30 CEU's, issued by CCAR.

For more information contact:

[terri@healthyacadia.org](mailto:terri@healthyacadia.org)

## 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.



*Building vibrant communities  
in Hancock and Washington counties*



## 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

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