

Maine Alliance for Recovery Coaching (Maine-ARC) Recovery Coach Academy

Healthy Acadia is excited to offer 2 FREE
CCAR Recovery Coach Academy
trainings

January 21st-24th - Ellsworth
February 25th-28th - Machias
8:30am - 5:00pm each day

The CCAR 30-hour training is offered as a 4-day course
facilitated by Denise Black and Terri Woodruff
Trainers of CCAR's Recovery Coach Model

To register for one of the training sessions
use this link:

<https://forms.gle/y1mJkfYK6psWmk6q8>

For more information contact:
Terri Woodruff - terri@healthyacadia.org or
Denise Black - denise@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.



During the 4-day training, we 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 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 awareness of culture, power and privilege
- Explore ethical and boundary issues
- Experience recovery wellness planning



State of Maine
Substance Abuse and
Mental Health Services
An Office of Maine Department of Health and Human Services



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