

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

Healthy Acadia is excited to offer
FREE Online CCAR trainings

Recovery Coach Academy
2 trainings offered on the following dates

May 11th - 15th 9:00am-1:00pm

June 15th - 19th 9:00am-1:00pm

Each training will consist of 4 hours on-line daily, with 2-3 hours of pre/post work assigned daily

The Connecticut Community for Addiction Recovery (CCAR) 5 day training is conducted by Denise Black and Terri Woodruff, CCAR Authorized Trainers

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

<https://forms.gle/ZZQBEvHxk7AL8Qp9A>

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 5-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

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

