

# Recovery Coaching Basics

## Maine Alliance for Recovery Coaching

**February 3, 9:00am - 2:00pm**

**April 7, 9:00am - 2:00pm**

**June 2, 9:00am - 2:00pm**

Each training will consist of 5 hours on-line, with 1-2 hours of pre/post work assigned



### ***Recovery Coaching Basics:***

#### ***An Introduction for all***

#### ***This course will help participants:***

- Define and increase fluency in the language of recovery
- Build capacity to understand, support and advocate for recovery
- Learn about specific skill sets key to supporting recovery
- Create a learning community to advance the recognition, acceptance and support of recovery

### **RECOVERY COACHING BASICS**

Based on CCAR's flagship training, the Recovery Coach Academy, this curriculum provides a basic introductory version of Recovery Coaching, helping those who want a general understanding of the recovery process to support their loved ones, friends and colleagues.

**To register use this link:**

**<https://forms.gle/xy3bXHftpVMUerN8>**

**For more information contact:**

**Terri Woodruff - [terri@healthyacadia.org](mailto:terri@healthyacadia.org) or  
Denise Black - [denise@healthyacadia.org](mailto:denise@healthyacadia.org)**

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