



RECOVERY  
COMMUNITY  
CENTER

## What is Recovery Coaching?

Free, confidential, individualized support to help you build and strengthen your recovery!

### Four Goals of Recovery Coaching:

- Promote recovery
- Remove barriers
- Connect people with recovery support services
- Encourage hope, optimism, and healthy living

### A Recovery Coach is Here to Help:

A recovery coach is someone interested in promoting recovery by removing barriers and obstacles, and by serving as a personal guide for people seeking or in recovery. We focus on health, home, purpose, and community through individualized work with you.

### A Recovery Coach is on Your Team:

Recovery coaches are on your side! We want to help you live the life you envision. If you need a mentor, motivator, accountability partner, or someone who can relate to your experience with addiction, we can help. We aren't here to tell you how to do your recovery. We're here to support the recovery pathway that you've chosen. If you aren't sure what you need, we can help you explore options to find the unique combination that works for you.

### A Recovery Coach Understands:

Recovery coaches use life experience combined with training to assist others in starting and maintaining recovery. We are non-judgmental and open-minded.

### A Recovery Coach is Not:

- A sponsor
- A counselor
- A nurse or doctor
- An attorney

**Call us or stop in today to start working with a Recovery Coach!**