

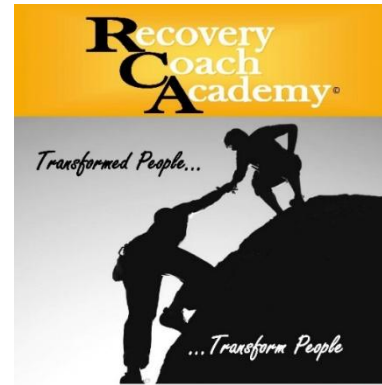
March 4-8

C-CAR Recovery Coach Academy



by Greater Tilton Area
Family Resource Center

5 Prospect St, Tilton 9-5. (8:30 registration on Monday.)
\$100 for entire 5 Day training!



What is a Recovery Coach?

Anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery.

The CCAR Recovery Coach Academy© is a five-day intensive training academy focusing on providing individuals with the skills need to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. The CCAR Recovery Coach Academy© prepares participants by helping them to actively listen, ask really good questions, and discover and manage their own stuff.

CCAR Recovery Coach Academy© participants will:

- Describe the recovery coach role and functions
- List 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
- Describe the stages of change and their applications
- Increase their awareness of culture, power and privilege
- Address ethical and boundaries issues
- Experience recovery wellness planning
- Practice newly acquired skills

(This class meets some of the required hours for the CRSW license for the State of NH.)

To Register: Call 286-4255, find us on Eventbrite or our Facebook page.

***If you are with the Good Samaritan Network effort, please advise us upon registration for a special discount.**



Congregational



Northfield-Tilton

Church