For Immediate Release  
Date: February 26, 2020  
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Healthy Acadia to Offer Recovery Coaching Basics Class in March

Ellsworth. Are you interested in learning more about the recovery process or supporting others along their journey to recovery? Are you an interested community member or individual in long-term recovery from substance use, a friend or family member of someone in recovery, or a recovery ally? Healthy Acadia and the Maine Alliance for Recovery Coaching will offer the 8-hour Connecticut Community for Addiction (CCAR) Recovery Coaching Basics Class, and will be held on Wednesday, March 18, 2020, from 8:30 a.m. to 5 p.m., at Healthy Acadia’s 24 Church St., Ellsworth location.

Recovery Coaching Basics is facilitated by Healthy Acadia's authorized Recovery Coach trainers, Terri Woodruff and Denise Black, and is a highly interactive 1-day training based on the 4-day Recovery Coach Academy developed by the Connecticut Center for Addiction Recovery (CCAR). This curriculum provides a basic, introductory version of recovery coaching in order to meet the needs of those who seek a general understanding of the coaching or recovery process. Much like the journey of recovery, this training provides you with an emotionally rich experience, combined with skills and techniques for real life application. For more information about recovery coaching and the CCAR model, visit www.ccar.us.

The course is being offered at no cost to participants and will include the training manual. For more information or to register, contact: denise@healthyacadia.org or terri@healthyacadia.org.

If your organization is interested in hosting a similar training in your community, or to learn more about recovery coaching, please visit www.HealthyAcadia.org or call (207) 412-2288 or (207) 255-3741.

Healthy Acadia is a 501(c)(3) nonprofit organization that engages in a broad range of initiatives to build healthier communities and make it easier for people to lead healthy lives across Washington and Hancock counties, Maine. Learn more at www.healthyacadia.org.

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