

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

Healthy Acadia is excited to offer 5 CCAR  
Recovery Coach Academy trainings

September 10 - 13:	Calais
September 24 - 27:	Ellsworth
October 22 - 25:	Belfast
November 5 - 8:	Dover-Foxcroft
December 3 - 6:	Madison

**8:30am - 5:00pm each day**

The CCAR 30-hour training is offered as a 4-day course  
facilitated by Denise Black and Terri Woodruff  
Trainers of CCAR's Recovery Coach Model

To register for one of the training sessions, use this link:  
<https://forms.gle/gNpJnDsJTSXFSi3u7>

For more information contact:  
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## 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 4-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>