

Leading the Way in Behavioral Healthcare & Human Services

**are pleased to present the nationally recognized CCAR Recovery Coach Academy!**

**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 30-hour intensive training academy focusing on providing individuals with the skills needed 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. Provided in a retreat like environment, the CCAR Recovery Coach Academy© prepares participants by helping them to actively listen, ask really good questions, and discover and manage their own stuff.

## *Transformed People, Transform People*

### CCAR Recovery Coach Academy® participants will:

- Describe 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

### Now being delivered virtually!!!

We have adapted the training into an interactive, dynamic virtual experience that includes large group activity, small group processing, and individual reflection.

Technology prerequisites:

**Screen:** Laptop, monitor or full-size tablet (phone screens are too small)

**Connection:** WiFi or hardwired internet

**Access:** Zoom platform and e-mail

\*We can assist with a technology test drive prior to the training dates.\*

Participants attending in full, will receive a **Certificate of Achievement** upon completion of an online evaluation after the CCAR Recovery Coach Academy©.

**Dates:** Monday, January 22, 2024 through Friday, Friday January 26, 2024

**Times:** 9:00am — 4:00pm (includes individual work)

**Location:** Virtual Learning via Zoom Meeting Platform

**Cost:** \$250 prior to 1/8/24  
\$300 on or after 1/8/24

**Contact:** Michelle Eastwick 781-645-9623  
meastwick@riversidecc.org

**\*Please make payment to reserve your space (check made out to Riverside Community Care)**

### Return registration form and check by

**January 15, 2024 to:**

Michelle Eastwick

Riverside Community Care

270 Bridge Street, Suite 301

Dedham, MA 02026

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**NO REFUNDS ON CANCELLATIONS AFTER January 15, 2024**