



For more information, please contact:

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*NCVRC Pathway Guide*  
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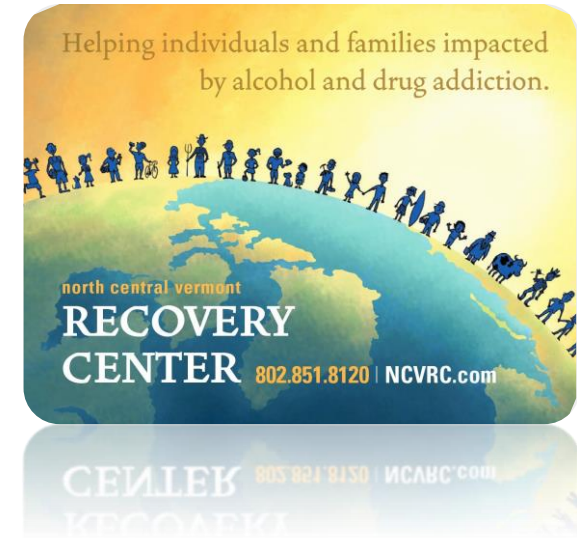
275 Brooklyn St. #2  
Morrisville, VT 05661

**Open drop-in hours:**  
Monday-Friday 9AM-6PM  
Saturday 10AM-4PM  
Sunday 11AM-4PM

\*\*\*All conversations are confidential,  
and all services are free of charge\*\*\*

North Central Vermont Recovery Center

275 Brooklyn St. Suite 2  
Morrisville, VT 05661



# Pathways to Recovery

Pathway Guides are available to provide support to individuals in Medication Assisted Treatment (MAT) and those contemplating or waiting to get into a MAT program.



/NorthCentralVermontRecoveryCenter/

## A Pathway Guide:

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- ✓ Supports people who are seeking or receiving Medication Assisted Treatment (MAT) for opiate addictions.
- ✓ Helps individuals find community resources that meet their needs and support them as they navigate through the human services and treatment systems.
- ✓ Helps people to create a vision for their life in recovery.
- ✓ Regularly connect individuals in MAT with trained Recovery Coaches.
- ✓ Supports people on ALL pathways to recovery.



You are not  
alone!

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NCRVC's Pathway Guide is also a certified Recovery Coach. Recovery Coaches working at the NCVRC have completed a week-long training, work with regular supervision, and participate in ongoing personal and professional development.

For a full list of services, meetings, groups and events, visit [NCVRC.com](http://NCVRC.com)

## Groups facilitated by NCVRC's Pathway Guide:

- **All Recovery:** A recovery support group based on the philosophy that people on all paths to addiction recovery have much in common and benefit from listening to and talking about recovery experiences with others.  
Thursdays at 4pm
- **SMART Recovery** (Self-Management And Recovery Training): Support for individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work toward long-term satisfactions and quality of life. A self-help program for ending addictive behaviors through abstinence, based on science and humanistic values.  
Wednesdays at 12pm