

# This is YOUR recovery!

For more information, or to set up an appointment to be matched with a Recovery Coach, please call or stop in:

275 Brooklyn St. #2  
Morrisville, VT 05661  
ncvrc.com

(802) 851-8120

## NCVRC Open Hours:

Monday - Friday:  
10 AM – 4 PM

Saturdays & Sundays:  
10 AM – 1 PM

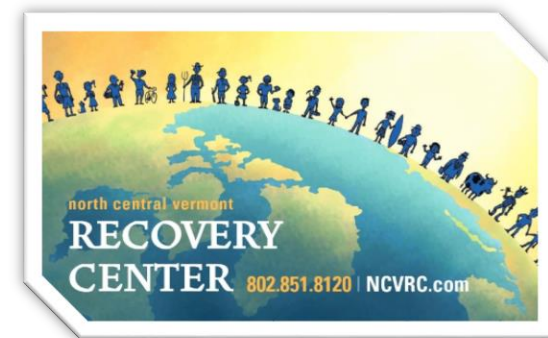
Recovery coaching is made possible in part through the generous contributions of:



United Way  
of Lamoille County



# Recovery Coaching



People who achieve long-term recovery often find that stopping the use of substances is just the first step. Your Recovery Coach will help you create a vision for your life in recovery, define your goals, and then help you work toward those goals.



[/NorthCentralVermontRecoveryCenter/](https://www.facebook.com/NorthCentralVermontRecoveryCenter/)

Helping individuals and families impacted  
by alcohol and drug addiction.

## A Recovery Coach:

- ✓ Works with people who have active addictions, people who are already in recovery, or with people who are concerned about someone else's substance use.
- ✓ Helps people to create a vision for their life in recovery.
- ✓ Assists in identifying and removing barriers to recovery.
- ✓ Supports people on ALL pathways to recovery.
- ✓ Navigates through the human services system, provides access to community resources, connects people with additional recovery services, including treatment facilities, recovery centers, and mutual support groups.

COACHING IS RELEASING A PERSON'S POTENTIAL TO MAXIMISE THEIR OWN PERFORMANCE. IT IS HELPING THEM TO LEARN RATHER THAN TEACHING THEM.



We can help straighten things out

Recovery Coaches working at the NCVRC have completed a week-long training, work with regular supervision, and participate in ongoing personal and professional development. Coaches are peers in recovery. Peers are people who have lived experiences and are on their own recovery path.

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

Recovery Coaching is a peer-to-peer service, offering one-on-one, confidential support for sustained recovery from substance use.

Recovery Coaches work with individuals who are considering or are already in recovery.

## Unique Coaching offered at NCVRC for family members and loved ones...

North Central Vermont Recovery Center supports all individuals affected by the disease of addiction. This includes family members and loved ones affected by someone else's substance use.

If you are struggling with someone else's substance use, our Recovery Coaching services are available to you too! NCVRC offers the same peer-to-peer Coaching by other family members who have attended the Recovery Coaching training and uphold the same confidentiality agreement as all of our Recovery Coaches.