



Our Mission at the Bangor Area Recovery Network is to provide peer based services, education, outreach, and advocacy. We offer a safe haven for those seeking recovery, their loved ones, and our communities.

Thinking about being a Recovery Coach?

Here are 3 reasons you should be...

But first! What is a Recovery Coach?

A Recovery Coach is a trained professional who supports individuals, on a peer-to-peer level, on their journey to recover from addiction and for those who are looking for a healthy way of life!

Here are three reasons why YOU might want to become a recovery coach:

- 1. Giving Back and Finding Purpose:** For many individuals in recovery, the desire to help others who are going through similar struggles is a powerful motivator. Becoming a recovery coach allows them to give back to the community that supported them, providing a sense of purpose and meaning in their own recovery journey. Helping others succeed can reinforce their own commitment to staying sober or mentally healthy.
- 2. Strengthening Personal Recovery:** By becoming a recovery coach, individuals in recovery can deepen their own understanding of the process and the challenges others face. This constant engagement with the recovery process can strengthen their own commitment to staying sober, building resilience, and keeping their recovery on track by reinforcing positive habits and coping mechanisms.
- 3. Building a Supportive Community:** As a recovery coach, individuals can build a network of like-minded people who are committed to personal growth and recovery. This sense of community can be incredibly uplifting and provide additional motivation to maintain healthy relationships with others in the recovery field, creating a shared space for mutual support and encouragement.

These reasons are often linked to an individual's growth, confidence, and desire to help others, making the role of a recovery coach both **healing** and **empowering**.

If you are interested in becoming a Recovery Coach here are a few links for FREE training!

- CCAR Website: <https://addictionrecoverytraining.org/becoming-a-recovery-coach/>
- PRCC Website: <https://portlandrecovery.org/training/recovery-coach-trainings/>
- Healthy Acadia Website: <https://healthyacadia.org/spr-rct>

If you have any questions or need help signing up for a class, please contact:

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