

Do you think Drugs and Alcohol could be causing problems in your life?

Are people getting on your case?

Is your life out of control?

Are you feeling overwhelmed?

Recovery Coaching helps!

Recovery Coaches ...

- *Help you stop drinking and using.
- *Help you make decisions about how to improve your life.
- *Support & Encourage you to follow **your** chosen path to recovery.
- *Focus on the future, not the past.
- *Keep conversations confidential.**

Recovery Coaches ...

- *Don't diagnose or treat addiction(s).
- *Don't tell you what to do.

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*Vermont Recovery Center Network
To locate a Recovery coach:*

<http://www.vtrecoverynetwork.org>

Call 211 for a center near you or call:

(Space for recovery center
contact information)

How does a recovery coach help?

A recovery coach listens to you, helps you figure out what to do, and supports your choices. Together, you and your coach will explore what steps will help you succeed in your recovery.

Recovery coaching helps even if you have a sponsor or counselor

Each helps you in a different way:

- A **counselor** provides clinical help.
- A 12-step **sponsor** guides you through the steps of a recovery fellowship.
- **Recovery coaches** have personal experience with recovery and help you make changes for a better life.

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