Recovery is hard; you don't have to do it alone.

Work with someone who has lived experience.

What is a

Recovery Coach?

A Recovery Coach promotes recovery and removes barriers and obstacles to recovery. Services include but are not limited to:

- Advocacy
- One-on-one sessions
- Community resources

"The goal is to love yourself so much you don't need a substance to be happy."

Mark Dweh,
Community Health Educator
Certified Peer Recovery Specialist

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