

GÁNDARA RECOVERY COACH MISSION

"Our mission is to advocate for Recoverees by removing barriers that may stand in their way of gaining or maintaining a sober and manageable life.

To spread the message of recovery by encouraging and empowering others as they make decisions that will ultimately show them that there is more to life in recovery than what they may have thought and by being an example of hope that the recovery journey is possible.

To give back to others what we have gained by guiding and supporting them through their own pathways of recovery."



CONTACT US

Brockton

142 Crescent Street
Brockton, MA 02302
508-232-7945

Recovery Coach Supervisor

774-257-5660, Ext. 2305

-or-

Springfield/Holyoke

85 St. George Rd.
Springfield, MA 01104
413-736-0395

Recovery Coach Supervisor

413-736-0395 Ext. 2212



Office Hours

Monday - Friday
8:30 am - 4:30 pm



www.gandaracenter.org



RECOVERY COACHING

*A recovery coach walks beside you
on your chosen path of recovery.*

NOW WHAT?

When people with substance use disorder begin their recovery journey they often find themselves confused and not knowing what to do next.

That is what a recovery coach is for: to answer the question of “now what”? Recovery coaches are specifically trained to help each individual in recovery make a plan for their life, give them the tools needed to make that plan happen, set goals, achieve goals, and begin to value themselves more.

OUR VISION

Your recovery coach will help move you forward by brainstorming strategies with you. A recovery coach can assist you in getting clarity of your vision of life and support you in planning your own desired results.

A recovery coach provides...

- Support
- Encouragement
- Validation
- Accountability
- Challenge and insight into who you are and what you can become

WHAT IS A RECOVERY COACH?

Recovery Coaches are people with lived experience who assist participants in developing recovery plans and putting strategies aimed at achieving their goals into practice.



ELIGIBILITY

People who identify as being in recovery and who wish to work on their recovery are eligible for Recovery Coaching. These support services are free of charge.

IT ISN'T EASY

Staying in recovery is not always easy. That is why recovery coaches are so beneficial for those in early recovery who are trying to plan out a map for their life.

A Recovery Coach builds on YOUR Strengths!



A recovery coach is the partner who you have in life that gives you that extra boost you need to achieve everything you thought you couldn't.

Recovery from addiction is a journey... not a destination.

