



**WELLSTRONG**

# **RECOVERY COACHING**

**With a Focus on Health and Wellness**

## **What is Recovery Wellness Coaching?**

Wellness Coaches work with clients over 3-6 months to provide:

- Mentorship including one-on-one weekly sessions.
- Help identifying recovery and wellness strengths, weaknesses and interests to create individualized health goals.
- Peer-based support and accountability through peer-lead weekly groups.
- Navigation to helpful recovery resources.
- Help establishing healthy coping skills for life in recovery.
- WellStrong Membership



## **Do I Qualify to receive this service?**

- This is a grant funded program being offered free of charge, health insurance is not required
- Participants will have less than 1 year in recovery

**TO APPLY OR FOR MORE INFORMATION**

**Contact [jen@wellstrong.org](mailto:jen@wellstrong.org)**