

# Are You Interested in Building a Recovery Community? Would you like to Help People Seeking Recovery?

## Please Join Us For a Pot Luck Dinner & Explore Volunteer and Training Opportunities

### Please Join Us!

**Wednesday, February 7, 2018**

**5:00-6:30pm  
Potluck Dinner  
and Discussion**

**Healthy Acadia office  
121 Court Street, Machias**

**Monday, February 26, 2018**

**5:30-7:00pm  
Potluck Dinner  
and Discussion**

**Your Place, Inc.  
8 Old Mill Road, Ellsworth**

Do you have 1-3 hours a week you can volunteer to help in Washington & Hancock counties? There are a variety of volunteer jobs available, Please join us to find out more!

#### What is a Recovery Coach?

A Recovery Coach is anyone interested in promoting recovery by removing barriers and obstacles by serving as a personal guide and mentor for people seeking or currently in recovery. Recovery coaches are individuals who may be in recovery, a friend or family member, or a recovery ally.

#### What is a Project Hope Angel?

The goal of Downeast Project HOPE is to assist people suffering from heroin and opiate addiction seeking help into a treatment program that fits them.



*At this event, participants will:*

- ⇒ Meet people who are interested in giving back to their communities and helping others
- ⇒ Talk about building a recovery community
- ⇒ Discuss recovery supports. What does that mean and how is it helpful to those seeking recovery?
- ⇒ Identify what recovery supports are needed for people to succeed in recovery
- ⇒ Explore ways to develop and become involved in a Recovery Resource Network in Hancock and Washington County
- ⇒ New topics and what are the needs in your community?
- ⇒ Find out how you can be a become a Healthy Acadia volunteer Recovery Coach or Project Hope Angel



For more info in Machias call Terri @ 255-3741 x106, or email [terri@healthyacadia.org](mailto:terri@healthyacadia.org)  
For more info in Ellsworth call Denise @ 667-7171 x 15, or email [denise@healthyacadia.org](mailto:denise@healthyacadia.org)