



The New Canaan Parent Support Group Presents:

The Monthly Pathway Series

Addressing Addiction & Mental Health in our Community

Paths to Misuse, and Pathways of Recovery

Session #1: Why Recovery Coaching Works

Wednesday, January 16th, 2018 7-8PM

New Canaan YMCA—Wagner Room
564 South Avenue, New Canaan

Speakers:

Michael Askew and Trey Laird

This month's topic covers how recovery coaching is an important tool in the continuum of care approach to address addiction. The Connecticut Community for Addiction Recovery (CCAR) is the global leader in training recovery coaches, with over 30,000 trained to-date. Michael Askew, Director of Recovery Advocacy at CCAR, will give an overview of the training and use of CCAR recovery coaches in various settings throughout Connecticut. Trey Laird, CEO of The Lighthouse Recovery 365, will describe how ongoing coaching and mentoring in the local community helps improve recovery success rates to 80% or higher. Recovery 365 is based at 34 Elm Street in New Canaan.



Upcoming Sessions

Wednesday, February 13 7-8PM

"Recovery for Legal Professionals"

Speakers: Link Christin, Caron
Location: New Canaan YMCA

Tuesday, March 5 7-8:30PM

"Marijuana: Facts vs Myths"

Speaker: Kevin Sabet, PhD, SAM
Location: Saxe M.S. Auditorium

Wednesday, April 10 7-8PM

"Recovery—Stories of Hope"

Speaker: 2 Speakers in Recovery
Location: New Canaan YMCA

Wednesday, May 15 7-8PM

TBD

Wednesday, June 12 7-8PM

TBD