



Families Against Narcotics

Your *connection* for information, resources, and support.

**NAVIGATE**  
peer & family recovery coaching services

peer recovery coaching

[familiesagainstnarcotics.org/navigate](https://familiesagainstnarcotics.org/navigate)

# What Is Peer Recovery Coaching?

Peer recovery coaching is the process of giving non-clinical assistance to persons in recovery from substance use disorders. A peer recovery coach uses the life experience of recovery, combined with training, to assist others in starting and maintaining sobriety.

## A PEER RECOVERY COACH:

- Walks side by side with individuals seeking recovery from substance use disorders.
- Creates a unique relationship grounded in trust.
- Helps individuals create their own recovery plans.
- Provides emotional and influential support while sharing connections to community resources.
- Removes barriers while providing hope, motivation, and encouragement.
- Connects individuals with life skills and resources.

## Why Work with a Peer Recovery Coach?

There are strong testimonies of the positive impact peer recovery support has on recovery journeys. While research is still ongoing, there is rising evidence that people receiving peer recovery coaching show improvements on a range of recovery outcomes.

- Increased self-worth and empowerment.
- Reduced relapse rates.
- Improved relationships with family, friends and in the community.
- Increased engagement with treatment/recovery services.
- Decreased criminal justice involvement.

There is no charge for this service. To learn more visit [www.familiesagainstnarcotics.org/navigate](http://www.familiesagainstnarcotics.org/navigate).

“My coach saw something in me that I couldn’t see in myself. I was worth saving and he never gave up on me.”  
-Matthew N.

[www.familiesagainstnarcotics.org](http://www.familiesagainstnarcotics.org)