



CONTINUING CARE & RECOVERY SUPPORT SERVICES

\$75/hour

The frequency of sessions will vary depending on each client's needs.

Studies show that individuals who continue to work on their recovery after treatment are far more likely to succeed than those who do nothing. Fortunately, the mental health field is beginning to recognize the connection between a full continuum of care and lasting recovery.

Atlanta Center for Wellness is pleased to offer recovery coaching services for adult men and women who are struggling with, or in recovery from, substance use disorder, eating disorders, anxiety, depression and/or codependency. A certified recovery coach guides individuals through real-life challenges and transitions. Together, the Coach and Client create a plan of action that includes comprehensive support, structure and accountability, thus setting him or her up for long-term success.

**For more information, please contact
Alison Broderick, NCRC-II, with The Recovery Coach:
(678) 851-3314,
Alison@TheRecoveryCoachATL.com**



ALISON BRODERICK

Alison Broderick, NCRC-II, is a Nationally Certified Recovery Coach Level II and founder/owner of The Recovery Coach, LLC. She is professionally trained in working with individuals struggling with, or in recovery from, substance use disorder, eating disorders, anxiety, depression and codependency. Her client-centered approach puts the client in the driver's seat of his or her own recovery. Alison's role is to empower, encourage and guide individuals along a path that supports their healing journey, so they can experience the true richness of recovery. As a recovery coach, she helps clients focus on present-moment living and whole-body wellness. Her strengths-based, solutions-based style of coaching fosters healthy change and shows individuals what real life looks like in recovery. Says Alison, "While the tools of recovery are certainly helpful, my job is to demonstrate how and when to actually use them."



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