



Your Story. Your Work.



Every journey in recovery is different. Every journey shows that change is possible, connection is essential, and **stories have power.**

Vermont Association for
**Mental Health &
Addiction Recovery**

It takes courage
to trust the
value of
your lived
experience.



Listening to people's stories can be supportive in profound ways. Recovery coaches and peer professionals are informed by their own stories. **With care and without judgment, they play a meaningful role in helping others navigate their own recovery journeys.**



I've benefited by giving back to others, which is what the whole thing is about. **There's a difference between reading it in a book and living it first-hand.** I understand on a level that someone who's read the book just possibly can't."

Alex VERMONT RECOVERY COACH

We celebrate recovery coaches and peer professionals building connections and inspiring change in every county of Vermont.

Connect with your local recovery center.

For a list of centers across Vermont visit:

recoveryvermont.org/your-story-your-work



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This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2,250,000 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.