



1520 Commerce Street #306  
Winchester, VA 22601  
540-247-2728  
FY 2024

**Recovery Coaching** Recovery coaching is becoming an integral part of an individual's recovery. This is because recovery coaches increase an individual's chances at staying clean by teaching individuals how to live the life of recovery and use it to their advantage to better themselves.  
Benefits of a recovery coach:

- Encouragement and Support as you learn from challenges associated with sobriety and/or life in general.
- Set goals and monitor progress associated with but not limited to employment, sobriety, housing, sober living leisure activities, etc.
- Facilitate drug testing (as contracted)
- Facilitate 12 step meeting schedule and monitor attendance
- Facilitate Community Service
- Facilitate job search (as needed) and assist with the completion of applications, resume writing and participate in mock interviews.
- Facilitate reengagement into the community.
- Assist in finding solutions to challenges you may encounter.

***\$63.00 per hour***

**Parent Mentoring Services** Parent Mentoring Services offer parents the opportunity to further develop their skill set in order to better assist their children who may or may not be challenged by a mental health diagnosis.

***\$63.00 per hour***

**Independent Living Skills** Independent Living Skills offer a diverse range of activities designed toward increasing an individual's independence by developing their:

- Communication
- Decision Making
- Money Management
- Home Management
- Organization
- Community Living Skills
- Interpersonal Skills
- Ability to Access Community Resources

Additionally, while building on the strengths of the individual we will focus on: job search strategies, completing applications, problem solving skills, mock interviews, appropriate attire, attendance, productivity, communication, and organization. Once employment is secured, we will monitor the individual's progress in the work setting and meet regularly with them and their employer.

***\$60.00 per hour***

**Therapeutic Mentoring Services** Therapeutic Mentoring Services offer a role model who works with children to provide positive interaction and support to the family. Services may include: •Self-esteem building •Anger management •Positive role modeling •Social skills building •Recreational services •Preparation for employment

***\$60.00 per hour***