## MRC is a Recovery Community Organization, led by representatives of local communities of recovery.

We honor all pathways to recovery and are not a treatment provider. Rather, we exist to fill gaps in and around treatment, connecting people to support and services that help make long-term recovery possible.

We envision a recovery-oriented society:

- A society where everyone understands that substance use disorder is a chronic disease and people do recover.
- A society where choosing recovery means rejecting shame, stigma, and discrimination.
- A society where people in recovery live life fully.

Minnesota Recovery Connection's mission is to strengthen the recovery community through peer-to-peer support, public education, and advocacy.

**We connect people to hope.**

**MINNESOTA RECOVERY CONNECTION**

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*Minnesota Recovery Connection is an independent, community-based, 501c3 nonprofit and a member of the Association of Recovery Community Organizations (ARCO) at Faces & Voices of Recovery. MRC is accredited by the Council on Accreditation of Peer Recovery Support Services (CAPRSS) and is funded in part by a grant from the Minnesota Department of Human Services.*

# Connection

is the opposite of addiction.

**Let's connect!**

**MRC connects you with:**

Recovery navigation | Peer support | Volunteer opportunities
Training and education | Sober social fun | And more!

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# How Can We Support Your Recovery Today?

## Peer to Peer Support

**Telephone Recovery Support** connects you with :a peer in recovery, by phone, on a weekly basis. Offering reliable resources and confidential conversations about recovery.

**All Recovery Meetings** are open support groups grounded in honoring all pathways to recovery. Find a schedule at: *MinnesotaRecovery.org/All-Recovery-Meetings*

### Peer Support & Recovery Navigation

Our trained peer coaches can help navigate recovery resources for you or a loved one and provide free, 1:1 coaching to anyone seeking recovery. Just call and ask to connect with a Recovery Navigator.

### Volunteer

Whether you have 24 hours or 24 years in recovery, we have opportunities for you to give back. *MinnesotaRecovery.org/Volunteer*

## Training & Education

**Recovery Coach Academy** is a 46-hour training that combines the key concepts and fundamental skills of the strengths-based approach needed to become a Peer Recovery Specialist or volunteer recovery coach.

**Continuing Education** is offered to Peer Recovery Specialists maintaining certification, and to anyone in recovery looking to strengthen skills as a Recovery Coach or a person in recovery.

### Recovery Outreach

MRC volunteers bring an in-depth educational presentation to your organization, sharing recovery resources and support services offered through MRC and elsewhere.

## Events & Advocacy

**The Walk for Recovery, A Capitol Celebration** is an annual Recovery Month event, featuring live music, food, family fun, and more. Join us for a celebration of recovery this September! *Engage.MinnesotaRecovery.org/Walk*

### Sober Social Fun

MRC hosts a variety of recovery-friendly social events throughout the year, including the Rally (Caps) for Recovery Minnesota Twins game in September. *MinnesotaRecovery.org/Events*

### Recovery Advocacy Seminar

Each winter MRC and Metropolitan State University co-host a daylong event to help empower the community on how to stand up, speak out, increase access and visibility to the recovery community.

## Let's get connected!

Contact us today:

612-584-4158 or
info@minnesotarecovery.org
or visit
www.minnesotarecovery.org