



ABOUT US

Maitre Care is an independent support coordination and recovery coaching service provider that is committed to helping individuals who are struggling with addiction, mental health challenges, and other life obstacles.

Our team of experienced and compassionate professionals is dedicated to providing personalized support and guidance to help our clients overcome their challenges and achieve their goals.

As an independent support coordination service provider, we work closely with our clients to assess their needs, develop a customized support plan, and connect them with the resources they need to achieve their goals.

www.maitrecare.com.au

Contact us



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RECOVERY COACHING

Guiding you towards a brighter tomorrow, one step at a time.

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WHAT IS A PSYCHOSOCIAL RECOVERY COACH?

A psychosocial recovery coach is a professional who provides support, guidance, and resources to individuals who are in recovery from mental health challenges, substance use disorders, or other life-altering events that have impacted their emotional and psychological well-being.



BENEFITS OF RECOVERY COACHING

- Improve Quality of Life
- Increased self-awareness
- Enhanced coping skills
- Increased social support
- Reduced risk of relapse
- Increased sense of empowerment
- Improved relationships



OUR ROLE:

- Developing individualized recovery plans with clients
- Providing emotional support and validation
- Offering education about mental health and wellness
- Assisting with goal-setting and problem-solving
- Connecting clients to community resources and support groups
- Advocating for clients' needs and rights
- Monitoring progress and adjusting the recovery plan as needed.