

**Services Available**

 **Recovery Coaching**: This is an individual service that involves the development of a supportive peer relationship with the client. With Recovery Coaching we help individuals connect with other individuals and the community in order to develop a network of information and support. This is done through shared experiences, helping with independent positive choices, job skills, health and wellness activities, and assessing victories, strengths, and challenges. Recovery Coaching is designed to be adapted to each person individually.

 **Peer Coaching**: This is Recovery Coaching that is done peer to peer. We have Certified Peer Specialists on staff to provide this service. The peer can relate to situations due to first-hand experience with addictions. This coaching is done one to one and designed to meet the individual’s needs.

 **Financial Counseling**: New Life Mission Inn’s board member, Sarah, is an attorney and professionally trained as a Financial Counselor. She provides programs to teach clients basic financial principles such as: budgeting, eliminating debt, saving, avoiding bankruptcy, and taking personal responsibility. With her help clients can plan for future financial independence.

 **Perry County Family Life Consultant (PCFLC)**: The PCFLC program provides short-term counseling services for the uninsured and under-insured community members at no cost. Beth, our Director, is a licensed counselor and works with families, individual’s, couples, and children. She provides psycho-education to help community members understand the impact of mental health and other stresses related to daily life. Apart from child abuse, domestic violence and duty-to-warn situations, services are private and confidential.

 **Drop-In Center**: New Life has a Drop-In-Center that provides a place to come and relax. It is equipped with a computer and printer for you to use in job hunting or just checking your emails. It has a large TV to watch, pool table, foosball table, and ping pong table for clients to use. We have snacks and coffee available whenever it is open. It also includes a shower and washer and dryer facilities for clients who are homeless. Art supplies are available if you want to paint or draw which helps with recovery. The hours currently are noon to 5, Monday thru Friday.

 **Walnut Street Garden**: This is a community garden that offers a unique opportunity to interact with others while enjoying the outdoors. All items grown in the garden are free for the community to use. New Life hosts work-days open to the public and holds an annual BBQ, usually in July, for the public. It has picnic tables and benches for you to sit and relax and enjoy nature.

**For more information on our services call: 573-513-2918**

Life Skill Classes offered by New Life Mission Inn

 **Anger Management:** This explores the roles of anger in your daily life and provides clients with information needed to keep anger from causing serious trouble. They have an opportunity to think about how they experience anger and identify the roles it has played in their past. It also helps identify the changes a body goes through when becoming angry and helps to develop an anger plan to help them cope with difficult situations. It helps you to recognize triggers and ways to redirect your actions in a more positive way.

 **Parenting Classes:** We offer a parenting class called “Parenting the Love and Logic way.” This class teaches that parenting can be fun, and their kids really can learn to be respectful, responsible, and fun to be around. It teaches proven techniques and skills that work when the “rubber hits the pavement.” At the end of the class you can get a certification of completion. The classes are held at various times, so it doesn’t conflict with work schedules.

 **Healthy Relationships:** This helps the client with the opportunity to evaluate their satisfaction with the relationships in their life. It explores the qualities that make up healthy relationships, looks at present relationships, helps them understand the ripple effect certain behaviors can have on others. It gives you skills to resolve conflicts in relationships or to remove themselves if it becomes dangerous.

 **Denial:** This study helps clients to recognize that denial has deep roots in daily life. It explores the patterns of denial and helps them recognize defenses and how they impact their lives. It talks about the two faces of denial and how to cope with them.

 **Self-Worth:** This study will help learn what self-worth is and how it relates to addictive behaviors. It will help clients define their core values, the importance of keeping to those values, the importance of self-care, and how to identify self-worth goals. It teaches how self-care can impact your self-worth and how to identify ways to achieve self-worth goals.

 **Life Management:** Life management helps clients identify how they used their addiction to deal with stress and focus on how to better manage the stress of day-to-day living. It addresses good nutrition, healthy eating, sleep, physical activity, finances, and how to manage their time more effectively. It will show how to make better choices in all areas of your life so you can stay on the path of recovery.

 **Recovery Maintenance:** This study teaches that change begins with learning new knowledge about individual behavior in circumstances. It emphasizes the opportunities for choice and change. It uses motivational interviewing to help clients understand their decisions and off choices on how to change.

 **Feelings Journaling:** This study emphasizes the participants’ opportunities for choice and change. Initiating lifestyle changes begins with learning new knowledge that is pertinent to the behavior one might want to change. It shows how to apply this knowledge to personal experiences.

 **Employment Skills:**  This study offers an opportunity to explore the client’s thoughts and attitudes about employment. It helps them understand areas of interest, helps evaluate employment skills, helps prepare them for job applications, prepare for interviews, and how to overcome employment barriers.

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