



Person Centered Recovery Services (PCRS)

Coaching • Family Support • Professional Mentorship

Compassionate, person-centered support for individuals, families, and professionals in recovery.

About Person Centered Recovery Services

At PCRS, we believe recovery is a human experience — not a label or timeline. Our coaching and mentorship services are built on compassion, lived experience, and evidence-informed practice. Whether you're navigating recovery, supporting a loved one, or growing as a professional, you'll find guidance that honors your story and empowers your next steps.



Amanda Toal

CARC | RCP | RCPF | Best Practice Trainer | Best-Selling Author
Founder, Person Centered Recovery Services



Corey Crow

Certified Addiction Recovery Coach (CARC) | Fitness Advocate
Founder, Person Centered Recovery Services

"Recovery is about connection — to self, to others, and to what matters most."

Individual Coaching for Personal Growth & Recovery

Private coaching for clarity, accountability, and sustainable recovery.

Plan	What's Included	Price
Start Strong	3 sessions/month (60 min) + text/email check-ins	\$375 / month
Keep Growing	4 sessions/month (mix of 60 & 90 min) + full recovery plan + priority scheduling	\$550 / month
Transform Plan	8 sessions/month (2 per week) + weekday text support + family check-in	\$850 / month
Single Session	1:1 60-minute session	\$150

Family Coaching & Support

Helping families rebuild trust, communication, and calm — one conversation at a time.

Plan	What's Included	Price
Grounded	2 sessions/month + family tools	\$350 / month
Connected	4 sessions/month + written family plan + email support	\$525 / month
Healing Together	6 sessions/month + priority scheduling + on-call access	\$725 / month
Single Session	60-minute family session	\$165



Collaborative Coaching Plans

A bridge between personal growth and family healing — for families walking the recovery journey together.

Plan	What's Included	Price
Collaborative Plan	2 individual + 2 family sessions/month (60 min each), shared tools, coordinated support, text/email check-ins	\$675 / month
Intensive Collaborative Plan	4 individual (mix of 60 & 90 min) + 2 family sessions/month, personalized plan, priority scheduling, weekday text support	\$950 / month
Add-Ons	Family meeting facilitation (\$125 w/ plan), Written Family + Recovery Summary (\$45), In-person add-on (+\$50)	—

Mentorship for Recovery Coaches & Peer Professionals

Bridge the gap between certification and practice — with mentorship that meets you where you are.

Plan	What's Included	Price
Peer Mentorship Session	60-minute 1:1 mentorship for skill-building, supervision, or case consultation	\$225
Peer Mentorship Membership	2 sessions/month + templates, tools, and email support	\$395 / month
Private Practice Strategy Consult	90-minute strategy session for niche, offers, or structure (includes recap PDF + follow-up support)	\$325
VIP Half-Day Intensive	3–4 hr deep-dive workshop to design your offer, brand, and marketing strategy (includes toolkit + 2 follow-up sessions)	\$950

Accessibility & Scholarships

Support should be accessible — no matter where you are on your journey.

PCRS believes recovery support should never be out of reach. We reserve a limited number of sliding-scale and scholarship spaces each quarter for individuals, families, and professionals experiencing financial hardship.

To apply for sliding-scale and Scholarship's please click below:

<https://www.personcenteredrecovery.com/sliding-scale-scholarship-application>

FAQS

Q: Do you accept insurance?

A: PCRS is a private-pay practice. However, we can provide invoices for possible HSA/FSA reimbursement.

Q: How are sessions held?

A: Sessions are available via secure Zoom from anywhere or in-person in Rochester, NY.

Q: Are coaching sessions confidential?

A: Yes. Coaching maintains privacy and ethical standards aligned with NYCB guidelines and person-centered values.

Q: How do I start?

A: Schedule a free 20-minute consultation to explore which plan fits best OR email us with which service you are inquiring about info@personcenteredrecovery.com

Q: What is person-centered recovery coaching?

A: Person-centered recovery coaching is tailored to your unique experiences, values, and goals. It's non-clinical support rooted in respect, compassion, and lived experience — with a focus on harm reduction, multiple pathways, and empowering you to define recovery for yourself.

Q: I'm not sure which service I need — can you help?

A: Yes! You can [book a free intro call](#) to talk through your needs and learn which service is the best fit for you or your family.

Q: Do you offer groups?

A: Yes, we offer private groups and open groups depending on need.

Ready to Begin?

Every recovery journey starts with one honest conversation.

Book Your Free 20-Minute Consultation or start today!

Recovery Coaching

<https://www.personcenteredrecovery.com/work-with-us>

Mentorship and Professional Development

<https://www.personcenteredrecovery.com/coaching-for-coaches-inquiry-form>

Contact Info:

 Rochester, NY (Virtual & In-Person Options)

 [personcenteredrecovery.com](https://www.personcenteredrecovery.com)

 info@personcenteredrecovery.com

 @person_centered_recovery