

ACAP Coaching Services are available to both families and individuals. Together they work to overcome challenges and identify pathways to achieving goals.

**ACAP Coaching Support Services Include:**

- Support with finding affordable safe housing
- Goal planning
- Job searching
- Connection to needed resources
- College preparation and support
- Advocacy and empowerment
- Support and guidance to overcome barriers



Coaches work alongside individuals and families to set goals. Together, they work to overcome barriers and connect households to resources that benefit and support the goals that they have set in place. A coach provides guidance and support for obstacles that arise along the journey to reach those goals that the household are striving for.







If you are interested in ACAP coaching or would like to learn more contact:  
Nick Weeks, ACAP Program Manager at 207.764.3721 ext. 213 or [nweeks@acap-me.org](mailto:nweeks@acap-me.org)



## What is Comprehensive Service Delivery Approach?

Our entire team is committed to a comprehensive service delivery approach. That means that our clients are connected to all of the programs and services that they need! We offer more than 40 programs and services in the areas of:

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**Early Care and Education** is comprehensive and affordable high quality prenatal, infant, toddler and preschool education and child development programs.
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**Energy and housing** keeps people warm and safe in their homes with a variety of programs that offer education or assistance in the areas of heating, energy efficiency, home purchase, repair and assistance for those facing foreclosure or eviction.
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**Prevention & Wellness** builds a stronger, healthier community by partnering with local and statewide organizations to offer prevention services that focus on nutrition, oral health, substance misuse, tobacco and obesity.
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**Workforce Development** provides resources to assist individuals and families reach their goals. Our team provides the supports and resources to help achieve economic stability and sustainability.



Aroostook County Action Program

# Family Centered Coaching



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