



Living a Life in Recovery Starts With Sober Living

SAFE AND SUPPORTIVE HOUSING FOR PEOPLE IN RECOVERY

Adjusting back into daily life after rehab can be challenging, but sober living homes offer comfortable and supportive living spaces to make the transition easier. Whether you've already completed a residential rehab program or you're currently enrolled in an intensive outpatient program (IOP) or a partial hospitalization program (PHP), a sober living home can help you establish the healthy habits, social support, and self-efficacy necessary to maintain positive life changes.

WHAT ARE SOBER LIVING HOMES?

Sober living homes (also sometimes called transitional living or recovery homes) are facilities that provide supportive, safe, and sober housing. They are ideal for people who are exiting residential drug rehab programs, are enrolled in an outpatient drug rehab program, or who do not have a stable living environment or supportive sober network at home.

Residents have the flexibility to leave campus as needed, which allows for opportunities to gradually take on more tasks and personal responsibilities, such as community based self help involvement and employment as they adjust to sober life outside of rehab.

Additionally, sober living residents benefit from a built-in peer support system. Having a strong social support system is proven to help people stay sober longer by fostering accountability, encouragement, and shared understanding among individuals on similar recovery journeys.

Our facilities are gender-specific.



CONTACT TODAY

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ADVANTAGES OF SOBER LIVING

- Continual Guidance and Support
- Opportunities to build meaningful relationships in recovery
- Restoration of life skills
- Consistent supervision and testing accountability
- Mitigates the risk of relapse

Residents of our sober living programs are asked to provide their meals and personal care items. However, we do offer the following amenities:

SIMPLE, CLEAN, AND COMFORTABLE FURNISHINGS

- ✓ Washer and dryer
- ✓ WiFi
- ✓ Courtyard
- ✓ Television

- Full size community commercial kitchen
- Safe and desirable locations with access to transportation
- Multiple local employers with high paying jobs.
- Community-based meetings in a strong recovery community.



A STRONG FOUNDATION TODAY FOR A BETTER TOMORROW.