

STONER AVENUE BRIDGE HOUSE

SHREVEPORT, LA

RULES AND GUIDELINES

7/29/2025

The following rules and guidelines are in place to ensure that we are providing a clean, safe, and healthy environment for men who are working to maintain their sobriety. The Executive Director is available for help dealing with any exceptions to these rules that might be appropriate. Honest communication goes a long way in helping the house run smoothly.

If you do not follow the following rules/guidelines, you will be asked to leave the Bridge House.

1. Before you can move in, you must be able to pass a drug/alcohol test. You will also be subject to random drug tests at the discretion of the Executive Director.
2. As a new resident, you are on a **probationary period of 30 days**. You can attend AA meetings, work, or volunteer, and meet with your sponsor. Exceptions must be approved by the Executive Director. Contact with non-approved friends or relatives is not allowed.
3. The **rent is \$100 per week**, payable by Friday. We take payments in cash, check, or Money Order. No refunds will be issued for early departures. If you are unable to pay your rent on time, you must work out a payment schedule with the Executive Director.
4. A five-day notice before moving out of the house will be appreciated.
5. You **must have an AA sponsor** within three (3) weeks of moving into the house. The Executive Director should be notified of any changes in sponsors.
6. You must return to the house by **6:00 pm every day**. In the event of a delay, notify the Executive Director immediately.
7. **You must attend the weekly house business meeting – day and time will be announced by the Executive Director.**
8. **You must attend one (1) AA meeting per day (7 days per week). A list of mandatory meetings/events is attached. Exceptions to these meetings must be approved by the Executive Director.**
9. You must have a **cell phone** to use ASAP.

10. You must be **employed, or volunteer** (at least 35 hours per week). The volunteer commitment must be approved by the Executive Director. You must be away from the house from 9:00 am – 3:00 pm Monday – Friday. Exceptions to this schedule must be approved by the Executive Director.
11. You must be home in the evenings by 10:00 pm on weekdays and 11:00 pm on weekends. You should be in bed by 11:00 pm on weekdays and 12:00 am on weekends.
12. There is a **sign in/out sheet** on the table in the foyer. You must sign in or out each time you leave or return – including the name of your destination.
13. NO SMOKING, VAPING, or SMOKELESS TOBACCO is allowed in the house or on the back deck. There is a gazebo in the back that is an approved smoking area.
14. Casinos or events at Casinos are off-limits while you are a resident at the Bridge House.
15. Your **medications will be held by the Executive Director** in the office. Your medicine will be distributed to you on a weekly basis. All medications must be approved prior to moving in. Some are not allowed. Do not use over-the-counter medications without approval from the Executive Director.
16. Respect each resident's privacy. Do not enter another person's room unless invited. Lockers are provided to lock up any personal items that you want to secure. You must provide a padlock.
17. Loaning or borrowing money between residents is not allowed.
18. **Overnight visitors are not allowed.** Only residents or Board members are allowed upstairs, unless otherwise specified. You are not allowed to spend the night away from the house while you are living here.
19. You must bathe daily and maintain good personal hygiene.
20. You will be assigned a **household chore**. The list is on the bulletin board in the dining room. Chores should be completed daily before you leave in the morning.
21. Do not move furniture or artwork in the house without permission.
22. Candles, incense, scented oil, or other forms of fragrance are not allowed.
23. Your **room must be cleaned and kept tidy daily**. A list of what needs to be done is in your room. Clean behind yourself each time you use the bathroom.
24. Remove your personal items from the common living areas (living room, TV room, or dining room) when you are not present. Help us keep these areas tidy.

25. Kitchen/dining rules:

- No cooking/eating in the kitchen between 11:00 pm and 5:00 am.
- Food storage boxes will be provided for you to keep dry and refrigerated personal food items in. No space is provided outside of your personal boxes. No more than six items can be stored in the freezer. DO NOT store any food items in your room.
- Eating is only allowed in the dining room.
- You are responsible for keeping the kitchen/dining areas clean and tidy (rinsing dishes, emptying the trash, sweeping). All residents will help clean up after dinner each evening.
- You are not allowed to use the stove without permission from the Executive Director.

26. If you comply with all rules and guidelines, you may reside at the Bridge House for up to one (1) year.

IN ADDITION TO THE ABOVE, THE FOLLOWING ARE “CARDINAL RULES,” which will result in immediate dismissal. You will have 30 minutes to pack and leave. Pick-up time for cars or personal items can be arranged with the Executive Director.

1. If you are unable to pass a drug/alcohol test or found in possession of alcohol and/or drugs you will be asked to leave immediately. This includes any herbal/natural/synthetic drugs (Kratom) or any mood-altering over-the-counter substances.
2. If you steal or borrow another person’s property without their permission, you will be asked to leave immediately.
3. If you participate in fighting or any physical altercation with another person or visitor to the house, you will be asked to leave immediately. *Disruptive behavior, including unnecessary conflict or drama, will not be tolerated.*
4. If you are a person with a gambling addiction, paying your rent late will be considered breaking a Cardinal Rule and you will be asked to leave immediately.

**STONER AVENUE BRIDGE HOUSE
MANDATORY AA MEETING/EVENTS FOR RESIDENTS**

Monday	Bellaire Group Bellaire Baptist Church 1210 Bellaire Blvd, Bossier City	7:00 pm
Tuesday	White Dove Big Book Study University Church of Christ 2045 East 70 th St, Shreveport	7:00 pm
Wednesday	Basic Training St. Luke's UMC 6012 Youree Dr, Shreveport	7:00 pm
Thursday	426 Men's Group Highland Club 1711 Tulane Ave, Shreveport	7:00 pm
Friday	Never Give Up Highland Club 1711 Tulane Ave, Shreveport	7:00 pm
Saturday	Saturday Night Live St. Paul's Episcopal Church 275 Southfield Rd, Shreveport	7:00 pm
Sunday	Bridge House Meeting Bridge House 426 Stoner Ave, Shreveport	9:00 am
Monthly Intergroup	First Saturday of Each Month @ Highland Club or Koala Club	Eat at 6 pm, Meet at 7 pm
Monthly Bridge House Speaker Meeting	Second Saturday of Each Month @ Bridge House	Eat at 6 pm, Meet at 7 pm
Monthly Oakwood Speaker Meeting	Last Saturday of Each Month Oakwood, 1700 Highland Ave	Eat at 6 pm, Meet at 7 pm
AA Men's Retreat	Twice Per Year (May and November) Dates will be provided.	Weekend