

The Harmony House, LLC.

/SLE. (Sober Living Environment)

The Harmony House SLE – Ukiah, California is a fully Insured & Accredited sober living facility located in Ukiah, CA. Established in February 2024, the co-ed residence offers structured, recovery-focused housing for adults committed to maintaining sobriety (accredited June 2024)

What We Offer: Supportive, Structured Environment
The facility stands apart as the only co-ed sober living option in Ukiah. With 21 beds across 8 bedrooms, Guests share common living spaces while maintaining gender-specific sleeping quarters. Enjoy access to a welcoming living room, kitchen and dining areas, laundry room, yard/gardening areas, and some rooms with private bathrooms. Sobriety-Focused Protocols
Entry includes a mandatory UA and Breathalyzer test, with random testing thereafter. Curfews begin at 8:30 PM (during the initial 30 days) and extend to 10 PM subsequently, and 11 PM on weekends. Guests attend house meetings every other Monday, take responsibility for chores, and benefit from a house manager who offers onsite oversight 24/7. Personal & Community Support

Ideal for individuals after completing an outpatient program and with at least 30 days of sobriety. Participants are expected to attend weekly NA/AA meetings, church groups or another form of recovery-based program. The house staff provides help with filling out job and housing applications and fosters a supportive peer community committed to recovery. Flexible Residency Guests may stay for up to two years, depending on individual recovery, progress and goals .

Why Guests & Loved Ones Choose Harmony House:
Great Communication. Proven accountability systems:
At The Harmony House SLE, we prioritize transparency and progress in recovery. To help guests stay on track, we utilize a user-friendly App platform that allows guests to log and verify attendance at NA/AA and other recovery meetings and other important meetings, (strict sobriety enforcement, regular drug screening) provide stability and support. A safe, clean, and structured environment helps maintain focus during early and long – term recovery. The Harmony House is Registered and Accredited and is A Safe Place of Encouragement & Group Activities Such as: gardening, cooking etc. The house also has a *Brand New Washer and Dryer ON SITE – VISIT our FACEBOOK.

From: _____

Address: _____

Place
Stamp
Here

TO: _____

ADDRESS: _____

*Want to pass the Information along?
Easy Mailing Set – up for your Convenience ☺*



Sober Living Environment

"LIVING IN HARMONY"



GOLD MEDAL WINNER 2 Years in a Row

Voted Best "SLE/Rehab" In Lake & Mendo. Counties

Accepts Males & Females



(Actual Photo of The Harmony House)

The Harmony House, LLC.

Office#: 707.867.9029

Email: support@thehhsle.org

Website: www.thehhsle.org

Visit our [FACEBOOK](#) & Other Socials for Updates

Photos of The Harmony House



House Rates:

Private Pay - \$35 (Per Day)

Assistance Programs - \$40 (Per Day)

*Paid On Mondays for the Week.

includes all utilities and option for on-site Washer / Dryer

**GOLD MEDAL WINNER FOR
BEST OF LAKE AND MENDOCINO
COUNTIES 2 Years in a Row!**

Why Sober Living Environments Can Be Important for Recovery

1. A Safe and Supportive Environment

(SLE) Sober Living Environments provide individuals in recovery with a safe and supportive environment to facilitate sustained sobriety. Studies conducted by the National Institute on Drug Abuse have proven this fact. Sober living homes help residents (Guests) develop life skills while learning to cope with triggers or cravings more effectively, attending 12-step meetings more regularly, and making meaningful relationships among fellow sobriety sufferers essential for long-term sobriety success! SLE Can Help the individual maintain employment and or furthering education as we

2. Continuous Guidance and Assistance

The continuous guidance and assistance provided by sober living homes is one of the key aspects that make them a valuable resource for those recovering from substance use disorders. With house managers around 24/7, residents are never alone in their journey toward sobriety.

Sober living facilities provide timely counseling and support group meetings, enabling them to attain long-term recovery results faster than those who rely solely on outpatient treatment. Residents can establish meaningful relationships with peers also in recovery, thus benefiting both parties mutually by having someone who understands their struggles firsthand.

3. Development of Life Skills

With the environment offered by SLE's, residents can develop essential life skills necessary for long-term sobriety, as research shows their necessity to maintain recovery. Residents learn life skills such as financial management, healthy meal preparation, and employment search techniques - essential elements in long-term recovery success.

4. Restoration of Independence

Being in a SLE is like having your own independent space to learn the skills needed to move back into normal life. You get a chance to practice these life skills while also gaining some much-needed interpersonal connections and responsibilities, all of which are important aspects of any recovery journey. So, you see, these homes provide an opportunity for individuals in the early stages of their recovery process to develop new coping mechanisms and a sense of fulfillment by being accountable for themselves and others around them.

5. Easier Transition to Normal Life

Moving from a recovery center back into "normal" life can be challenging for people in recovery. That's why sober living homes offer a more gradual transition, giving residents a chance to get used to daily routines and responsibilities before fully re-entering society. Sober living truly paves the way toward independence while ensuring safety and guidance.

6. Reduced Risk of Relapse

Perhaps one of the biggest perks of living in an SLE is decreasing your risk of relapse. When you've recently completed treatment for an alcohol or drug use disorder, having a secure and encouraging

Contact Information

Office: 707.867.9029

Emerg After Hrs. (Txt Accepted) 707.391.4148

Main Email:

Support@thehhsle.org

Website:

<https://www.thehhsle.org>

Office Address:

1367 S. Dora St.

Ukiah, CA. 95482

(House Address Is Different Than Office Address)

Steps To Qualify:

- 30-60 Days Clean/Sober; Enrolled in NA/AA meetings (at least 4 meetings week)
- Participation in random drug tests
- Referrals from Probation or Parole.
- Wanting Structure and Guidance
- Active Employment, Job Searching, or Attending School/Classes, or Volunteer work.
- Having a Sponsor to call, or utilizing Harmony House Staff (during times of need)
- Respecting Established Curfews
- Ability to Cover Cost (\$980-\$1,120 Per Month)
- Co - Ed : Accepting Males & Females

(Assistant Programs, & Grant Coverage to Be Determined)

How To Inquire:

- * Come into Our Office, Call, or Go To Website; Under Forms there is an INTAKE form Complete that Form and Email it to Main Email.
- * Next Step: Availability to do a brief In Person Meeting & screening questionnaire.
- Once Those Steps Are Completed, we will set up an Appointment for you to View the House/ Pick Room
- * Then Time to Set A Move In Date.