

The Harmony House, LLC. /SLE.

(Sober Living Environment)

The Harmony House is here for those in recovery wanting structure and safety during their sobriety journey. The Harmony House Accepts both Males & Females. The Harmony House has

21 BEDS & 8 Bedrooms. Rooms are female on one side of the house and male on the other side of the house but, (CO-ED) for all common areas in the harmony house.

Moving into a sober living environment can be a major step, but if you are serious about your sobriety, it can be highly effective at helping people with alcohol or substance abuse. It can give that structure and encouragement to be able to help turn you or your loved one's life around. In some cases, by being serious about moving into an SLE, you can have more success with your sobriety journey, and Possibly Re-establish relationships with family and friends that may have been destroyed during the time of substance or alcohol use/abuse. In our small community Sober Living Environments/ (Housing) can be a very hard thing to find, with The Harmony House we offer a cozy, safe, with understanding peers, a good size house with good size rooms and full access to all common areas in the house such as: front and back yard / gardening areas in the back yard, living room/lounge area, kitchen & big dining room area, laundry room, & bathrooms. Some rooms even have separate bathrooms in their unit/rooms. If you put in the work and you are serious about being and staying sober; The Harmony House SLE is the place for you or your loved one.

WHAT TO EXPECT AT THE HARMONY HOUSE:

*A strict sobriety policy. Clients (Guests) caught "using" (including drinking) can and most likely WILL be terminated from the harmony house. - Drug Testing Weekly.

*A curfew: 8:30pm (first 30 Days) - 10pm

*A Safe Place of Encouragement & Group Activities.

* You will be asked to help with chores in & around the house.

*You will attend house meetings.

*Brand New Washer and Dryer ON SITE

The Harmony House (HH) is Here to Help those in our community, in need of support outside of their Outpatient treatment or other treatment programs.

Place
Stamp
Here

From: _____
Address: _____

TO: _____
ADDRESS: _____

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



Sober Living Environment

"LIVING IN HARMONY"

ACCEPTS MALES & FEMALES



(Actual Photo of The Harmony House)

The Harmony House, LLC.

Office#: 707.867.9029

Website: www.thehhsle.org

Email: support@thehhsle.org

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

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 well

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

Main Email:

Support@thehhsle.org

House Manager Email:

TheHarmonyHouse2024@gmail.com

Website:

<https://www.thehhsle.org>

Office Address:

376 E. Gobbi St. (Ste. A)

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.
- 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 On 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.

Our Management Team:

Heather - Manager Branden - Manager Brad - Field Mgr.