House Rules

These are good rules to live by wherever you are in life!

→ Be nice, to others and to yourself.
→ Don’t hit people and don’t swear at them either.
→ Put things back where you found them.
→ Clean up after yourself.
→ Say you’re sorry when you mess up.
→ Do your chores.

These are rules that are important to your recovery:

✓ Don’t use alcohol and drugs, and take your medications as prescribed.
✓ Smoke in the smoking area only – no smoking out front.
✓ Attend morning and evening circles.
✓ Shower regularly, and do your laundry regularly.
✓ Put cell phones, and other electronic devices into the locked storage unit.
✓ Let staff know in advance of daily plans: where, why, with whom, when you will be back.
✓ Stick to your plan for recovery.
✓ Ask for help when you need it.