



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.

----- Seabird Island Health -----

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