



BEYOND TREATMENT

Many alcoholics and addicts leave treatment with no real life skills. They have 28 days sober and no idea how to survive in the world. They have learned to stay sober in a bubble, and now faced with real-world living finding themselves left with a feeling of confusion, isolation and helplessness. La Jolla Recovery's unique program helps residents build a structure for a lasting and permanent recovery by addressing the most common areas that people in recovery need help with in addition to a highly structured 12-step program:

CAREER COUNSELLING

Our experienced Phd. helps residents discover their life's purpose.

FINANCIAL SOBRIETY

Fundamentals of budgeting, Credit Clean-up, and healthy habits are practiced with the help of seasoned financial planners.

NUTRITION

The basics of healthy living with diet and lifestyle counselling groups.

STRUCTURED EXERCISE AT THE GYM

An inclusive Gym membership, group work-outs three times weekly and weekly personal training sessions produce results.

HEALTHY RELATIONSHIPS

Not just learning pitfalls but working with an expert to build practical skills.

COMMUNITY SERVICE

Residents build homes for Habitat for Humanity twice a month, in order to learn gratitude and to give back to society.



LA JOLLA RECOVERY

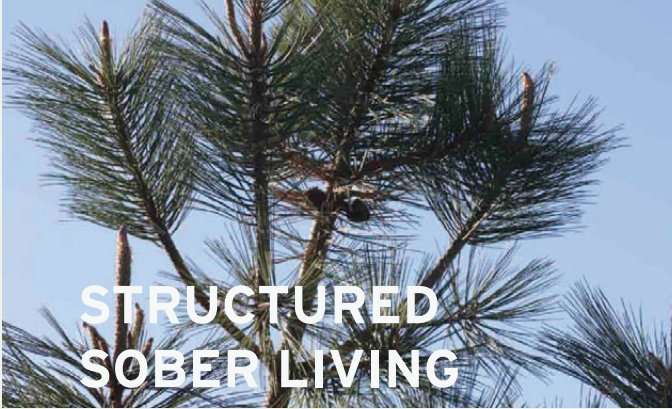
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LA JOLLA RECOVERY



STRUCTURED SOBER LIVING

Most people need structure in their lives in order to stay productive and accomplish their goals. At La Jolla Recovery, residents have a disciplined daily practice designed for permanent recovery. Each day begins with a thirty-minute guided meditation. During this time we read positive, thought provoking inspirational passages. We discuss our plans for the day setting a positive intention for the 24-hours ahead. We discuss individual challenges and find practical solutions for each resident. As a community we attend 12-step meetings together, a minimum of five per-week, as a group. The purpose of group attendance is to build camaraderie with each-other as we help new residents feel comfortable with the groups. It is much easier to go to meetings as a group than alone at first! Each resident is required to have a 12-step sponsor, and be actively working a 12-step program while living in our community. We have a strict 10pm curfew Sunday-Thursday, and a 12pm curfew on the weekends. We randomly test for drugs and alcohol weekly. Each resident has at least one service commitment during the weekly meetings. This means volunteering to make coffee, greet at the door, etc. Being of service make our residents feel "part of" the fellowship, instead of feeling like they are just guests. Being consistent in recovery is essential. Structured living teaches our residents how to be consistent and disciplined about their recovery, giving them direction and helping them keep their momentum.

PHASE 1 ACCLIMATION

Basic Life Structure
In this phase you are getting the basic building blocks for a life of success and permanent sobriety. Physical sobriety is the beginning, and Phase 1 is all about the foundation for living the life of you were born to.

- House Meetings
- AA Meetings 5x/week
- Group Gym 3x/week
- Meditation
- Habitat for Humanity

PHASE 2 EXPLORATION

Exploring Your New Sober World
Phase 2 focusses on taking the foundation from Phase 1 and building upon it. Career counselling and exploration are added to the mix while you start to enjoy the rapid changes in feeling and outlook on life

- Career Counselling
- Meditation
- Habitat for Humanity
- House Meetings
- AA Meetings 5x/week
- Group Gym 3x/week

PHASE 3 EXECUTION

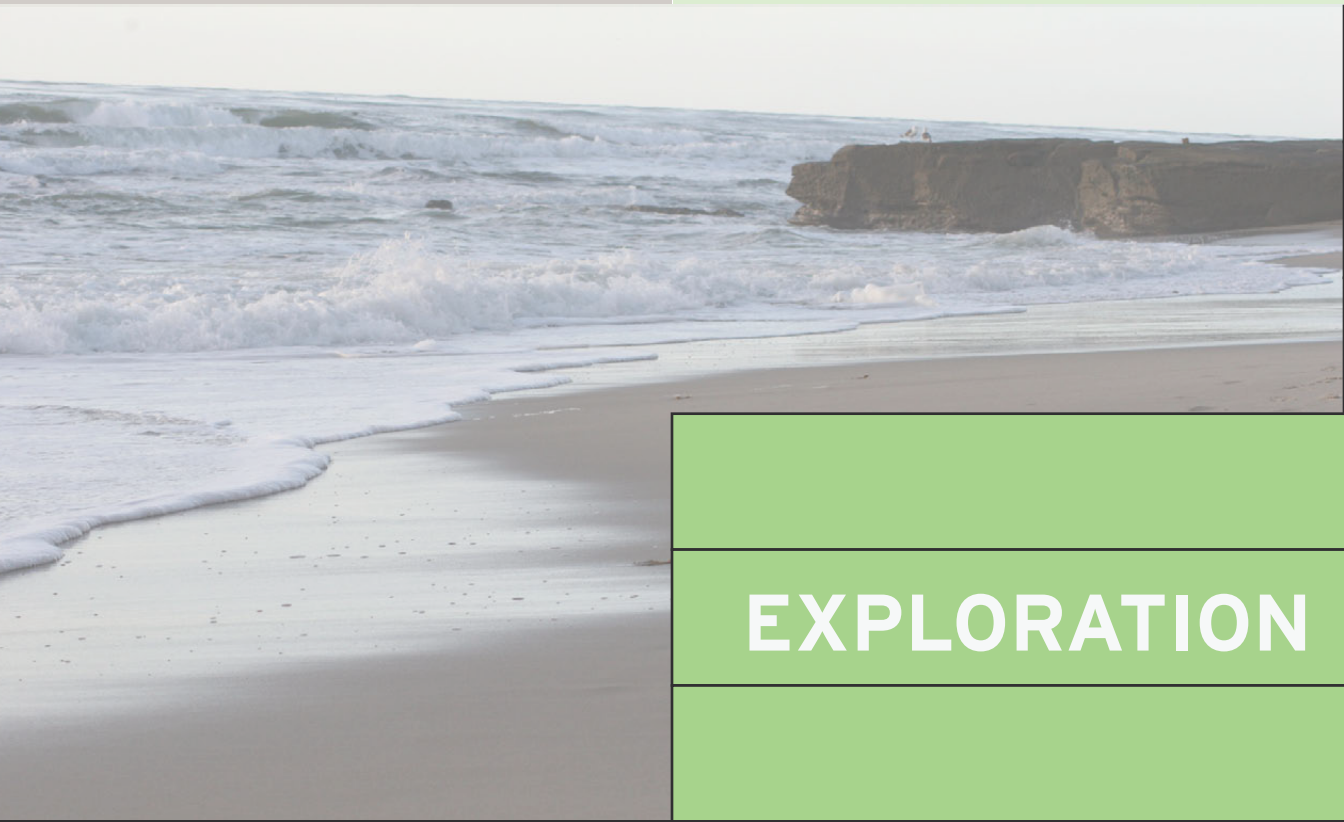
Theory Becomes Practice
When you arrive at the doorstep of Phase 3 you will have 6 months of sobriety, will have gone to the gym 75 times, have helped in your community with HFH 25 times, and will have attended at least 130 12-Step meetings. Phase 3 is a re-entry into the world, the workforce, and society as a human being with a clear path and tools for success.

- Career Placement
- House Meetings
- AA Meetings 5x/week
- Group Gym 3x/week
- Continuing Career Counselling
- Meditation
- Habitat for Humanity

LIVING SOBER

Life after LJR
After graduation La Jolla Recovery Alumni are encouraged to continue to participate in activities with current residents and help pass on there message of hope to those new to the program. Also for added support the Morning Meditation and Meeting are open to Alumni.

- Alumni Book Study
- Morning Meditation
- Morning Meeting



EXECUTION

EXPLORATION

ACCLIMATION

