

# TRANSITIONAL LIVING DESIGNED TO MEET THE UNIQUE NEEDS OF WOMEN IN RECOVERY

Mare's House is a transitional living program for women ages eighteen to thirty-five who have struggled with substance use and addiction. Qualifying candidates have completed primary treatment, a wilderness program, attended therapeutic boarding school or participated in other intervention.

## BEYOND SUBSTANCE USE AND ADDICTION

Most of our members have struggled with co-occurring disorders such as anxiety, depression, body image issues, learning disabilities, and/or executive functioning issues. Many of our members have also experienced trauma, bullying, isolation, or other life events that can lead to substance abuse.

That's why our individualized support is designed to help our members establish the balance of spirit, self-control, empowerment, and esteem that facilitates long-term sobriety.



## THE PROGRAM

Duration – 6 Months

Intensive Mentoring

- Recovery Coaching
- 12-Step Immersion
- Monitoring & Accountability
- Daily Meditation
- Peer-to-Peer Counseling

Life Skills Curriculum

- Culinary Classes
- Semi-Independent Living

Vocational Coaching and Guidance

- Work Experience
- Financial Literacy
- Educational Planning
- Career Exploration & Planning

Clinical Services

- Individual Therapy
- Group Therapy
- Family Therapy
- Equine Therapy
- Medication Management

Recreation and Outdoor Activities

- Yoga, Surfing, Hiking, Biking,  
& Physical Fitness

Health and Wellness/Self-Care

Service Work

Transition Planning



## ABOUT MARE'S HOUSE

Safe, central, and just two blocks from the beach, shops and restaurants, Mare's House is a six-bedroom, four-bathroom home located in the Bird Rock neighborhood of La Jolla in San Diego, California.

Accommodations Include:

- State of the Art Kitchen
- Secluded Deck
- Spacious Living Areas
- Laundry Room
- Wellness Area/Workout Room

For more information, visit us online at [www.mareshouse.com](http://www.mareshouse.com) or give us a call at 858-251-9409.