



## MARE'S HOUSE SOBER LIVING

Success in Recovery Requires Building Strength of Mind, Body and Soul.

Our approach is holistic and individualized because every woman is different, and the root causes of addiction are complex and not easily addressed with a "one-size-fits-all" approach.

### BUILDING A STRONG FOUNDATION

Mentorship, Relationships and Self-Care

Our residents gain personal empowerment, learn how to prevent relapse and work on integrating coping skills into everyday life. With a focus on sobriety through self-care and esteem building, Mare's House helps women develop the independent living skills necessary for a successful transition into a healthier lifestyle. Generally, candidates have completed primary treatment, attended therapeutic boarding school, or participated in other interventions prior to enrolling at Mare's House.

### OUR RESIDENTS SAFETY IS PARAMOUNT

Mare's House is staffed by a full-time Program Director and a night manager to provide oversight on evenings and weekends.

To ensure the safety of all of our residents, we perform random sobriety checks. Our recovery advocate engages daily with our residents to assess well-being and provide support.

Mare's House is located in La Jolla, which is ranked the 6th safest community in San Diego. Our street is quiet and removed from the bustle of the city, but within walking distance to coffee shops, restaurants and shopping.



# MARE'S HOUSE

Empowering Women, Mind, Body & Soul

[858] 251-9409 | [www.marehouse.com](http://www.marehouse.com)

DEPENDING ON THE NEED, OUR RESIDENTS HAVE ACCESS TO SUPPORT IN THE FOLLOWING AREAS:

#### MIND

- Cognitive Behavioral Therapy
- 12-Step Program Participation
- Family Therapy
- Creative Development
- Employment & Education Guidance
- Financial Literacy

#### BODY

- Self Defense Training
- Physical Fitness Classes & Equipment
- Activities Including Surfing & Hiking
- Nutrition & Meal Planning
- Self-Care & Wellness
- Medication Support

#### SOUL

- Connection with Housemates
- Community Engagement
- Easy Access to the Beach, Fresh Air & Nature
- Opportunity for Mindfulness & Meditation





## ABOUT MARE'S HOUSE

Mare's House is a sober living home for women in recovery from substance use, eating disorders, trauma, and/or other co-occurring disorders. Our home provides a safe space and customized treatment that is informed by an understanding of the particular challenges women face.

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.