



RECOVERY

HAUS RECOVERY
Transitional Living

Santa Monica, California

*Welcome to the Haus,
where you will feel safe,
grounded, and accepted.*

AT HAUS RECOVERY, we invite men and women facing substance abuse and co-occurring disorders to embark on a journey to wellness and wholeness. We support to maintain abstinence, embrace the fun in a life of recovery, and acquire the skills needed to make these changes last.

OUR 6 BEDROOMS are well appointed and furnished, and each is equipped with a flat screen television. The HAUS has two living areas for gathering. We provide an office/computer space for resident's use and a meditation/reading lounge with a library of spiritual books. A spacious kitchen and dining area promote client participation in cooking classes and nutritious family-style meals prepared by our private chef.

WE ARE LOCATED in the heart of Santa Monica, CA. This beach community is the essence of Southern California living, with beautiful scenery, plentiful recreation, a relaxed vibe, and a wealth of social, business, and educational opportunities.

OUR STAFF works with rehab centers, doctors, outpatient treatment programs, psychiatrists, therapists, and legal advocates to enhance sobriety success. Complete abstinence is vital to recovery, and we conduct regular random substance screenings. Our curfew is also closely monitored. Prescribed medication is closely supervised. HAUS provides case management for substance abuse, and dual diagnosis mental health illnesses.

WE BELIEVE SOBRIETY is the beginning of a fun, fulfilling, and lifelong adventure. Our program works because we are a caring team dedicated to helping individuals reach their full potential—body, mind, and spirit.





Feel Good

CLEAN FOOD

Emphasis on clean eating and avoiding processed and refined foods. May improve mood & lower risk for mental health issues.

Complimentary

GYM MEMBERSHIP

Gym Membership at TriFit Club & Studio
2425 Colorado Ave, Santa Monica CA 90403

Complimentary

GOODNESS MASSAGE

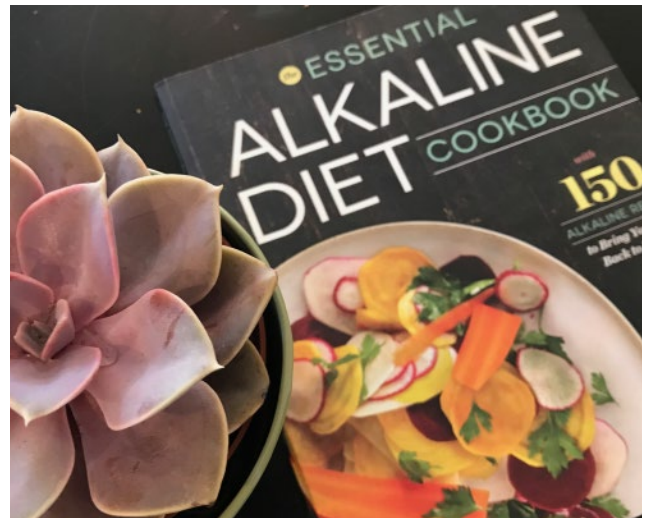
Included in the gym membership is a
1x 60 min \$39

Massage also available at the HAUS
Packages Available

PERSONAL TRAINER

A personal trainer will assist
with workout goals

Packages Available





Stay Active

MON | GOALS MEETING

Meditation/Living Room 9AM

Let's focus on our weekly goals

COOKING CLASS

Kitchen 3:30PM

Learn how to cook healthy & balanced

TUE | MORNING MEDITATION

Meditation/Living Room 9AM

30 minute group mediation & intention

WED | PEER FEEDBACK

Meditation/Living Room 9AM

One hour group discussion

THU | MORNING MEDITATION

Meditation/Living Room 9AM

30 minute group mediation & intention

VOLUNTEERING

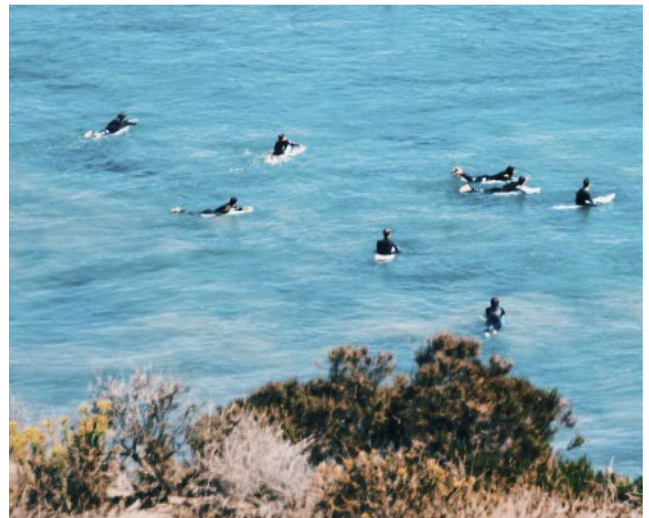
Venice Boardwalk 6:30PM

Feeding the homeless / Share a meal

FRI | OUTDOOR MORNING

Beach or Moutains 8:30AM

Surfing or a hike in the local mountains





Be Accomplished

We help our clients stay focused and care for themselves in order to attain their full recovery potential.

■ HONOR YOURSELF

Find balance, spiritual health, nutrition, rest and fitness. We are good people intended to do beautiful things. It's time to believe it and lead.

■ COMMUNITY

I can't do it alone, but we can do it together. Building relationships & establishing friendships through trust and vulnerability are core values to sustain long term recovery.

■ EMPLOYMENT

HAUS clients are encouraged to work. Staff will assist with RESUME BUILDING. Accountability and being self supporting are vital steps to the reintegration process.

■ GRATITUDE LIST

The expression of gratitude combats negative thoughts by focusing the perspective on what is good.

■ MINDFULNESS

If you're always rushing into the next moment, what happens to the one you're in?





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