



## HERE'S YOUR RECOVERY PATH!

### 6-MONTH SOBER LIVING PROGRAM

INDIVIDUALS, COUPLES AND FAMILIES WELCOME!



**WAYSIDE CHRISTIAN MISSION**

*Helping thousands get on their recovery path since 1957.*

## FINDING YOUR WAY

We provide a path out of addiction and toward abstinence, a way to live life to its fullest. **The Sober Living Program is FREE - supported by community donations.**

The Program provides:

- Semi-private lodging
- Linens & toiletries
- Showers and restrooms in each room
- Three meals daily, plus snacks
- General transportation

**Individuals, Couples & Families Welcome!**



## WHAT IS ADDICTION?

Addiction is simply defined as a physical craving and a mental obsession that make it nearly impossible to stop using on one's own. It's a progressive illness that gets worse over time.

The problem of addiction lies in the mind, which convinces us over and over that we can control our use and that next time will be different. But, without help, it won't be.

“

*I had been in the grips of alcoholism for almost 30 years. I needed structure. With the work study program they have, along with the recovery program, you're able to piece your life back together and to live a totally different life than what you were in the past.*

-- Barbara ”

## HOW DOES IT WORK?

Our program is based on:

- The 12 Steps of Recovery
- 12 Step meeting attendance
- Work Therapy (learning job skills)
- Cognitive therapies, Life Skills education, and therapeutic recreation and exercise.
- Worship Service and Bible Studies (opt)

## HOW DO I GET HELP?

**Getting into our program is easy. There are no fees!** Lodging and meals are included.

Just call or text **502-345-9030** and our intake clerk will answer your questions, arrange transportation (if needed) and get you in a bed tonight.



## START YOUR RECOVERY!

Call/Text us today at **502-345-9030** or visit [www.waysidechristianmission.org/slp](http://www.waysidechristianmission.org/slp)

## HAVE A REFERRAL?

If you have a client in need of addiction treatment, please contact us: **502-345-9030**

You can also learn more details about the *Sober Living Program* by visiting: [www.waysidechristianmission.org/slp](http://www.waysidechristianmission.org/slp)

### Wayside Christian Mission Shelter Campus

432 East Jefferson Street  
Louisville, KY 40202

### Hotel Louisville Campus

120 West Broadway  
Louisville, KY 40202



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# Get on **YOUR RECOVERY PATH** with Wayside's **FREE SOBER LIVING PROGRAM.**



## STEP 1: Get Here!

[Now!]

**The most important step of your recovery is getting started. So, don't wait. Call, text or email us NOW! We'll even come to pick you up.**

Our clients come to us in a variety of ways:

- **REFERRALS** from doctors, pastors, counselors, courts, lawyers, family, friends, and others. (Out-of-state referrals are welcome)
- **TRANSFERS** from jail, other shelters, other treatment programs, etc.

## STEP 2: Get Clean!

[1-14 days - Social Detox or more, as needed]

During your first days with us, we'll help handle the paperwork, assign you a buddy, plus provide food, clothing and lodging.

If you need, we'll also help you via one of our medical partners with:

- Medical Detox
- Stabilization on medication
- Medical appointment
- Psychiatric Appointment

We'll help you get back to a clear head.

## STEP 3: Get Smart!

[6 months - Residential Rehab]

Next, it's time to educate yourself on what caused your problems, how to stay clean & sober, how to recognize your triggers, and how to avoid them in the future.

Education includes:

- 12-Step classes and meetings
- Case management
- Work therapy
- Relapse prevention
- Recreational activities
- Therapy and life skills classes
- Parenting class (available)
- Spirituality classes

## STEP 4: Get a Life!

[OPTIONAL: 6 months AND beyond - Aftercare]

Finally, we'll help you ease back into real life at the pace that works best for you. Plus, you'll continue to be supported by our team.

Ongoing support includes:

- Job search assistance
- 12-Step meetings
- Family reunification
- Financial planning
- Transitional housing
- Housing search assistance
- Permanent supportive housing
- And much more to get you ready for life!

Call or Text: 502-345-9030

Email: [waysiderecovery@gmail.com](mailto:waysiderecovery@gmail.com)

Web: [waysidechristianmission.org/slp](http://waysidechristianmission.org/slp)

Transportation available