

**'WE OFFER A SPACE  
OF HOPE, RECOVERY  
AND WELLNESS.  
A SUPPORTIVE HOME  
FOR THOSE SEEKING  
TO LIVE A SOBER  
LIFE.'**



**OUT OF THE WOODS**  
SOBER LIVING  
LYNDHURST,  
JOHANNESBURG

## **WHAT IS SOBER LIVING?**

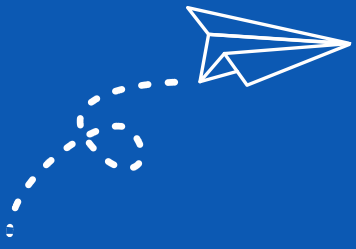
A sober living house is a safe space, where hope is nurtured, courage is strengthened and the skills to rebuild a life of purpose are learned and lived.

Sober living homes are used by people who are recovering from substance abuse and addiction disorders. The home serve as an supportive, interim environment whilst reintegrating into your personal and professional lives.

You'll be living alongside men who can relate to you, being in recovery themselves. This creates a strong recovery ethos and community.



**OUR AIM IS TO PROVIDE A SAFE SPACE FOR  
PEOPLE IN RECOVERY TO FOCUS ON THEIR  
GROWTH WHILST BEING INSTILLED WITH THE  
SKILLS AND VALUES NEEDED TO GROUND AND  
ANCHOR THEIR RECOVERIES.**



## **WHAT DO WE OFFER?**

We are a safe and homely environment for recovering addicts and alcoholics requiring assistance during their transition into society. We offer support, comfort and understanding as our housemates navigate their new way of life.

We have all the amenities you need to feel comfortable and at home, including highspeed Wifi, communal living areas, safe parking and washing facilities.

We have a beautiful garden and swimming pool, with a covered patio and braai area. Dinner is offered Monday through Thursday, with tea, coffee and milk readily available. Cooking facilities are available.

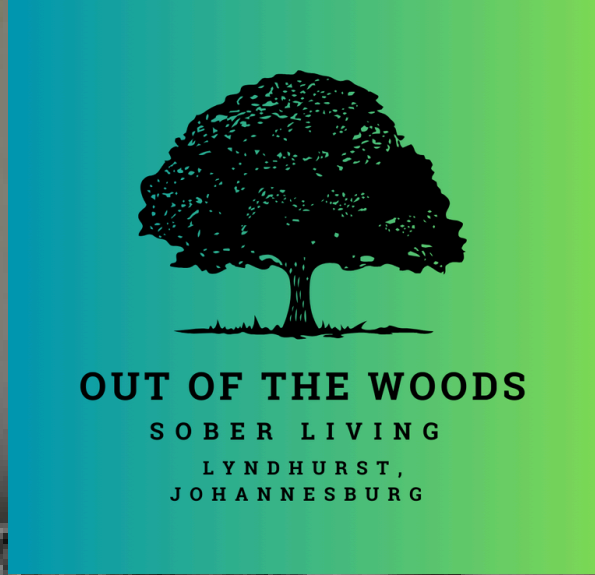
We have also partnered with the Foundation Clinic's Wellness programme, offering outpatient, aftercare and relapse prevention daily. Each resident also has access to a monthly check-in and coaching session.

**RECOVER!  
RENEW!  
REBUILD!**



**CONTACT**

**Leigh-Anne  
(067)903-0070**



## HOW DO WE WORK?

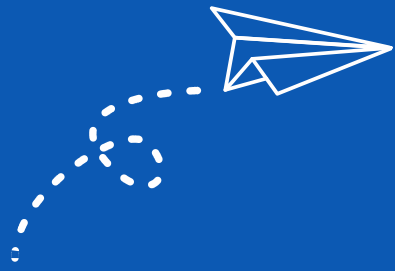
We are a 12-step based establishment and follow the guidelines and recommendation of the program. Residents are supported in following the five pillars of the program, including regular meeting attendance and completing step work with a sponsor.

We operate based on a set of house rules and guidelines to ensure that the environment remains healthy, safe and collaborative.

There is a zero-tolerance policy for drugs and alcohol and random drug tests are conducted. Two tests per month are included in our prices.

There is a weekly house meeting to ensure that residents and management meet to discuss everyone's recovery processes as well as any communal house matters.





**“YOU ARE NOT ALONE.  
AND THIS IS NOT THE END  
OF YOUR STORY.”**

## **FREQUENTLY ASKED QUESTIONS**

### **What are the residential requirements?**

#### **Residents are required to:**

- Produce a clean drug test on admission.
  - Ideally residents should have completed a treatment or recovery program.
- Actively work on maintaining their sobriety.
- Agree and adhere to the house rules and guidelines.
- Live and work collaboratively and complete the duties outlined on the weekly roster.

### **What are the costs?**

- The monthly cost is R7,950/month.
- An additional breakage and remote deposit of R650.
- Additional meals are for residents' own accounts.

## **ADDRESS**

**43 Johannesburg  
Road, Lyndhurst**



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