

Welcome

Free Indeed Sober Living, Inc. provides a drug free safe environment for women who are ready to begin living a sober life one day at a time. Forever is too far in the future, so we advise that they just think of being sober and remain abstinent from all mind altering substances just for today.

Some days are harder than others, so for those who are confronted with past activities, frustrations, and when the temptation to return to old behavior becomes too overwhelming, we just advise that they remain abstinent just for the next 5 minutes to allowed the urges to past.

Everyone's history of substance abuse may have taken a different turn, but they all end up on the same path, in jails, institutions or pre-mature death. What we are attempting to do at Free Indeed Sober Living, Inc. is just show love to people that may or may not feel lovable. We encourage each and every woman to believe that they have the potential to become all they can be.

We just try and show the women at Free Indeed Sober Living, Inc. how special they are. Sometimes being of service to others enhances one's own quality of life. We have already learned how to be selfish, self-centered, and egotistic maniacs, now we want to become a positive source of energy, a resource to ourselves and others. We want to become a spring of fresh water providing refreshment and encouragement to others.

The Benefits

When staying at **Free Indeed Sober Living**, women will experience life without drugs or alcohol. The body is allowed to heal and recover from self-neglect, dehydration, brain, kidney, liver and heart damage while exposed to self-indulging in toxic waste and damaging substances.

Our sober living home provides women the opportunity to become focused on personal priorities that go along with sober living. The addiction has been arrested, now a plan needs to put in place to provide a solid foundation in recovery. A plan that gives the individual an opportunity to have a second chance at life. This should not be taken for granted since there are many who have perished along the way.

This has to be an opportunity that must be taken seriously. Sober living helps relieve the pressures that normal treatment programs can't address, because they are so short and the additive behavior may have active for years. With sober living, you can stay for months at a time in an environment free from pressures and temptations, while learning how to deal with cravings and recovering physically, spiritually and emotionally.

If you or someone you know has an alcohol or substance abuse problem and want some help, Free Indeed Sober Living is a great option.



Free Indeed
Sober Living Incorporated



Solid foundation in recovery...
Call Us Today! (310) 590-5061

About Us

There must be more to life than buying drugs, using drugs, selling drugs and going to jail...

At Free Indeed Sober Living, Inc. we have learned that being of service to others not only enhances our own quality of life, but it keeps us sober too. I have to remain focused in order to be of service to someone else that may be hurting more than I am.

Staying sober is a daily choice, a wise person chooses to consider how each and every decision made in the mind, will dictate how the body behaves, practiced behavior leads to habits. Good habits improve health, well being and stamina. Bad habits can destroy ones' life and be destructive to everyone around.



Amenities

Getting sober is easy, staying sober is the hard part – let us help you realize your goals.

This Hawthorne location is easily accessible to the 105, 110 and 405 freeways. It's less than 2 blocks away from the Hawthorne Blvd., all bus lines are close by and the Green Line, Blue Line which is accessible to the Red Line and Purple Metro trains. Main cross streets are Imperial Highway and Hawthorne Blvd., in Hawthorne, CA.

Our facility is a newly redecorated house with new floors, new beds, new sheets, blankets, and pillows. A dignified transitional living for anyone who wants a strong foundation on the road to recovery is ready for you. All amenities include:

- ***Easy access to bus and trains***
- ***Cable on big screen TV***
- ***Computer-internet access***
- ***House phone***
- ***Washer/dryer***
- ***Patio area enclosed at the backyard***
- ***Semi-private and private rooms available***

www.domainname.com

Treatment Services

Free Indeed Sober Living Inc. can provide a foundation in recovery to help clients remain committed to their recovery and remain abstinent of all mind altering substances.

Our program incorporates a 12-step model (AA, CA, NA) approach and also Christian principals as one seeking to know and fulfill God's plan for their life. We offer a safe and comfortable drug-free environment.

We prefer guest work or attend college. We require attendance at 12-step meetings (3x/week) and guest to stay drug and alcohol free; random drug testing and zero tolerance.

The following are some of the services we offer:

- ***Child Care Resources***
- ***Parenting Counseling***
- ***Life Skill Coaching***
- ***Career Development***
- ***Peer Support Groups***
- ***Obtaining Legal Documents***
- ***Self-Help Resources***

Free Indeed

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