## RECOVER WELL AT THE CEDAR HOUSE

Make the changes that you need.

When you are ready, utilize the tools you have gained from *Executive Sober Living* and take the steps necessary to begin living. Take a deep breath in. Now release... Feel that?

- A Safe Space
- Freedom to Explore
- Sobriety Monitoring
- Self Awareness Skills
- Relationship Building Skills
- Exertion Therapy
- Peer Encouragement

For more information, please contact our Community Liaison at (724) 980-8959.

### Tradition of Excellent Healing

Scott D. Fox has over 30 years of senior healthcare management and leadership experience. With the mission of caring for Minds, Bodies and Souls, his focus has expanded into helping individuals seeking recovery from addiction. His vision of creating a supportive environment of a broad and holistic approach to recovery is coming to life at The Cedar House.



Scott D. Fox, CNHA, CALA, FACHCA

## Sober Living

The Cedar House understands that recovery is an ongoing commitment and we are here for you at any point of your journey. We provide a safe and sober environment for residents to adjust to independent living outside of a structured facility. We'll also walk with you as you develop healthy coping skills for use when faced with future challenging or stressful situations mitigating the risk of relapse.

## The Cedar House Recovery

Call to Schedule a Tour of Our Property

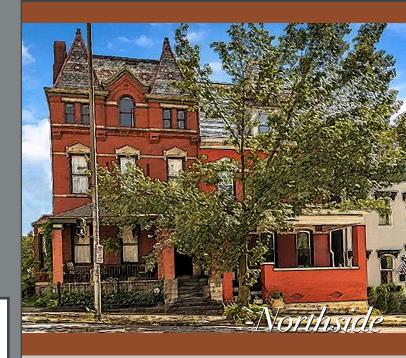
The Cedar House is a family owned and operated Sober Living Home that offers the opportunity to strengthen your perseverance.

The Cedar House, located in the historic Northside of Pittsburgh, PA invites you to call and schedule a tour today!

For more information, please contact our Community Liaison at (724) 980-8959

## The Cedar House

## Recovery



Real Life, Real Change Real Recovery

> 1010 Cedar Avenue Pittsburgh, PA 15212 *ph*: 412-321-2581

The Cedar House Recovery. com



Welcome to The Cedar House Pittsburgh
The Cedar House is a Sober Living Home in
Pittsburgh's historic Northside for executives
and professional clients seeking recovery
support who desire a sober living lifestyle
with the amenities of home.

### Programming includes:

- Experienced staff with 24/7 monitoring
- 12 step and alternative recovery plan support
- Communication skills and self-awareness development
- Exploring interests outside of work and family
- Structured support to prevent relapse
- Independence with accountability
- Sobriety monitoring systems
- Extended stay options available
- Living in fellowship with standards of excellence

#### **Mission:**

At The Cedar House, we care for Minds, Bodies, and Souls encouraging those in our care to embrace a holistic healthy lifestyle free from addiction enabling them to live their best life.



Take the time to find and explore your personal niche. Build on an existing passion or begin a new aspiration.

Take control of your Journey! Implement everyday practices and construct a support system that will become anchors for your recovery process.





Stay connected to important deadlines and financial opportunities. Each private suite is equipped to help you focus and maintain contact.

Tour the city of Pittsburgh by land, water or air, scheduled for you by our concierge, with a segway, serene kayaking, exhilarating helicopter ride and more!



# The Cedar House Recovery

Our commitment to offer constant support for sober meaningful living provides the conduit to transition from a drinking and using life, to a life in recovery, rich with healthy relationships.

#### **Amenities**

- Luxurious private and communal environments
- Restful sleeping accommodations with newly renovated rooms
- Nutritional meal plans to accommodate a variety of palates
- On-site yoga, reiki, meditation, and fitness
- Open spaces in a city neighborhood with ample privacy options
- Concierge recovery meeting services
- Secure sober living within a two mile radius of the Pittsburgh Cultural District, 5 Star dining, theater, and shopping, plus many family friendly activities

