

The Woods

I. Mission

Our mission is to help women make the transition from the chaos and fear of early recovery to the confidence and freedom of a full recovery by providing a safe, alcohol and drug-free, long-term residential home.

The Woods will be a 12-step recovery home for women 18 years and older who are able and willing to take the steps to participate in their own recovery. Because our home will teach and practice the principles found in the 12-steps of Alcoholics Anonymous, it will provide women with the structure and support they need to go from the isolation of drug and alcohol addiction to an active, integrated part of their community, including being reunited with their children in the home.

The Woods will provide the time and structure women need to establish new habits, gain emotional balance, confidence and resiliency, and begin the journey to the spiritual peace that makes it possible to have sustained, life-long recovery. We take women from hope to conviction.

II. What the home won't be

- a. A clinical facility
- b. A detox center
- c. A methadone clinic
- d. Harm Reduction

III. What the home will be

- a. A nonprofit
- b. A safe, long term (2-4 years), drug-free home for women 18 years and older
- c. A structured, supportive environment that addresses and prioritizes social, emotional, physical, and family/legal issues using established community resources and programs, including outside counseling, and other therapy as needed.
- d. A place where each woman will develop and follow her personal recovery plan to support her growth and healing.
- e. A safe setting that provides the time to:
 - i. Establish new patterns of living
 - ii. Practice new behavioral and mental skills
 - iii. Reunite mothers with their children and families

The Woods is not affiliated with the 12 Step programs; however 12 Step principles and guidelines will be taught and used as the core of the program structure.

For more information about the development of this exciting transitional recovery home, contact Mary Henry at (207) 667-6108.

Donations & other assistance are gratefully accepted for this project. Contributions are tax deductible and are being held for us by the Maine Sea Coast Mission. To make a donation, please send a check to Steve Richards, Maine Sea Coast Mission, 127 West Street, Bar Harbor, Maine 04609. Please be sure your donation is clearly designated for **The Woods**.