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Hope House Men's Program

604 South Pokegama Avenue

Grand Rapids, MN 55744

Hope House has two separate treatment programs: the Hope House facility for men and the Pear Lake facility for women. Hope House and Pear Lake are places where men and women who have completed a program for chemical dependency can continue their journey of recovery in a safe and sober place. The Hope House Men's Program is located in Grand Rapids, Minnesota, in a residential neighborhood that is close to the Mississippi River, the library and YMCA, as well as workplaces and other resources. Some clients live at Hope House in a structured living arrangement. Others participate in our outpatient program at Pear Lake while living elsewhere.

Our holistic treatment program, based on a 12 step program of recovery, offers clients the tools and resources they need to understand and overcome the roadblocks they'll encounter along the way to their new, chemical-free life. Hope House and Pear Lake are licensed by the State of Minnesota.

### Hope House Men's Program Includes:

**Daily Check-In** is an education group that helps clients focus on their daily goals.

**1 to 1 Counseling** sessions (weekly) with a counselor to review an individual's progress and establish treatment goals for completion.

**Relapse Prevention Group** provides education and support on dealing with triggers for relapse, learning coping skills, and identifying and addressing warning signs to prevent relapse from occurring.

**Co-Dependency Group** helps clients address how chemical use has affected their families.

**Talking Circle** is a therapeutic group that helps clients address their feelings, emotions, and a variety of related issues.

**Resurfacing** is a facilitated group that provides a safe space for men to explore their beliefs.

**Step and Big Book** groups that educate clients about the Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) process for recovery.

**Topic Group** is an education group that helps clients understand such topics as anger, grief and loss, cross addictions and many others.

**Mental Illness and Chemical Dependency (MICD) Group** focuses on education and support and teaches clients how to manage their mental health concerns, especially as they relate to chemical dependency. Skills taught include managing medication, self-monitoring for signs of depression or anxiety, and understanding how mental health issues can lead to a relapse in chemical use.

**Spirituality Group** is designed to connect or reconnect with one's own belief system, morals, and values.

**Budgeting Group** teaches aspects of basic financial planning: budgeting, savings, credit, and banking principles.

**Parenting Group** provides education and parenting techniques for dads.