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Hope House Women's Program

2086 Ridgeway Drive

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Hope House has two separate treatment programs: the Pear Lake facility for women and the Hope House facility for men. Pear Lake and Hope House are places where women and men who have completed a program for chemical dependency can continue their journey of recovery in a safe and sober place. The Pear Lake Women's Program is located in a serene, wooded area on Pear Lake, two miles outside Grand Rapids, Minnesota. Some clients live at Pear Lake 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.

Pear Lake Women's Program Includes:

Unit Meetings address issues that arise as part of living at Pear Lake.

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 Group takes its inspiration from traditional Native American beliefs, and provides a safe environment for learning about and discussing spirituality.

Resurfacing is a facilitated group that helps women learn new tools for self-discovery.

Women's Way Through the Twelve Steps addresses the Twelve Steps of Recovery in a way specific to the needs and concerns of women.

Non-Violence Group is facilitated by a therapist and teaches about and guides participants toward healthy, non-violent communication skills.

Domestic Violence Group is facilitated by an advocate from the Advocate for Family Peace Program. This group educates women about domestic violence, including helping them understand how chemical dependency and domestic violence are intertwined. The group also functions as a support group and provides participants with any needed resources to address domestic violence.

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.

Parenting Group is an education group for women with children.

The Pear Lake Women's Program also includes [Project Clean Start](#), a free program for chemically dependent moms, moms-to-be, and families. Project Clean Start focuses on individualized, long-term care and support.