

Clean Acres Recovery Housing

Do's and Don'ts

Do's

1. Do step work
2. Do find a sponsor, call frequently and meet weekly
3. Do help clean the house
4. Do ask others to join you when going places
5. Do write messages on the board if you answer the phone
6. Do be courteous to all visitors
7. Do turn off appliances and lights when not in use
8. Do encourage others to be recovery oriented
9. Do be aware of others and treat them with respect
10. Do be and kind to yourself

Don'ts

1. No cell phones before 30 days
2. No house phone in resident's room
3. No access to cars during the first 30 days
4. No going to bars or using places
5. No pets
6. No TV's in the bedrooms
7. No new sexual relationships
8. No abusive language especially towards others
9. No gambling or going to casinos
10. No going to adult shops