

Hope House



Services Provided

Our evidence-based curriculum and wrap-around services provide up to date information, techniques and support which address addiction, mental health and other harmful behaviors.

- Treatment and Discharge Plans
- Individual and Group Counseling
- Addiction Education and Relapse Prevention
- Family Dynamics and Parenting Education
- Emotional Wellness and Management
- Healthy Living and Life Skills in Recovery
- Health Education and Nutrition
- Daily Fitness Classes
- Intimacy and Wellness in Recovery
- 12-step meetings and coursework
- Case Management/Support Linkages



Services for Graduates

Service League provides affordable transitional housing in Redwood City for our qualified program graduates. Our stable, clean, and supportive environment is for those who are willing to continue to rebuild thier lives and transition back into the community.

- Graduates receive an aftercare plan upon completion
- Graduates are encouraged to attend our weekly aftercare groups at no cost
- Graduates are welcome back to attend Hope House at any time for support
- Graduates volunteer & sponsor current residents thus, supporting their own recovery



Qualifying for Services

We are so glad that you are interested in changing your life. Please contact us with your questions and so we can assist you through the process.

Please note: all applicants are required to be approved by the SMC-BHRS Assessment team for and participate in an interview with program staff prior to entry.

Phone: 650-363-8735

Fax: 650-364-4664

PO Box 2365 Redwood City, CA 94063

Email: info@serviceleague.org



Friendships Flourish at Hope House

Who We Are

Hope House is a residential program which opened in 1990. For the past 30 years we have been offering comprehensive treatment for those in need of Substance Use Disorder (SUD) and/or Mental Health services. We are licensed by the Department of Health Care Services and we are a certified Drug Medi-Cal Program.



Who We Serve

We serve adult women and individuals that are pregnant or with an infant, postpartum, transgender, and gender nonconforming in comfortable homes in a residential culturally sensitive setting. We embrace diversity and welcome and support individuals from all backgrounds.

Hope House does not discriminate by race, religion, sex or gender, ethnicity, age, disability, sexual orientation, and gender identity and/or expression. Hope House is a non-smoking program.

Service League of San Mateo County is a
501©3 Non-Profit Corporation
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Perinatal Services



Hope House reserves up to 4 beds for women that are pregnant or for those with infants. Services include:

- Parenting Education
- Parent-Child reunification services
- Reestablishing relationships with family members
- Support working with Child Protective Services and the Courts
- Transportation to all appointments
- Case Management and Support Services



Karen M. Francone Wellness Center



Hope House provides daily fitness classes on-site at our center. Each participant is encouraged to work at their own pace. We focus on the "whole person" in the recovery process by strengthening both the mind and the body.

