

# 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
- Wellness Recovery Action Plan (WRAP)
- 12-step meetings and coursework
- Case Management/Support Linkages
- Art Therapy and Hypnotherapy Groups
- Stanford Courses



Service League of San Mateo County is a 501©3 Non-Profit Corporation, Tax ID # 94-1661885

# 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 their 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 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 so we can assist you through the application process.

Please note: applications require final approval by San Mateo County BHRS.

Phone: 650-363-8735

727 Middlefield Rd, Redwood City, CA 94063

Email: [info@serviceleague.org](mailto:info@serviceleague.org)



Friendships Flourish at Hope House

## Who We Are

Hope House is a residential program which opened in 1990. For over 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 are a certified Drug Medi-Cal Program.



## Who We Serve

We serve adult women and individuals who are pregnant or with an infant, postpartum, transgender and gender nonconforming in comfortable, residential homes with a 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.



## Perinatal Services



Hope House reserves up to 4 beds for individuals who are pregnant or with infants. Clients care for their own child while enrolled. Services include:

- Parenting Education
- Parent-Child reunification services
- Reestablishing relationships with family members
- Support working with Children and Family 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” during the recovery process by strengthening both the mind and the body.

