

PRELUDE HOME

sober recovery for women

Prelude Home is among the highest level of care for women. This is a sanctuary where a woman can find the peace and strength to live an authentic, creative and courageous life.



“At 15, I found myself pregnant and determined to find a loving couple to adopt my baby. I slept on a couch at my sister’s one bedroom apartment for the term of my pregnancy. I can imagine what a blessing it would have been to live in a place with my own bed, where everyone is not just supportive, but also working toward personal and spiritual growth; encouraged to understand themselves; advised to strengthen their character and work through life’s difficulties. Eventually I grew to understand that Change is possible. I know it! I’ve lived it! 27 years ago, when I left jail for the second time for crimes related to alcoholism, I had a safe and healthy place to go ‘home’ to. My life is forever changed.” Lisa Cram (Co-founder Prelude Home)

We offer a tranquil and loving environment that fosters self-worth. You can be assured that all are welcome here. We are a 100% drug and alcohol free, committed to the needs of our residents. You can expect random testing. For women who want a healthy lifestyle, we are eager to guide them across this often unexplored terrain that leads to freedom.

“I’ve never experienced this kind of love. This is truly my family.” a blessed resident.





Amenities

- To facilitate healthy relationships we have large open living spaces.
- The kitchen is large and easy to move around in.
- The beautiful community pool and spa are an excellent source of rejuvenation.
- Most bedrooms have private baths. And all have large closets.
- Each bedroom has a 32" cable TV.
- We offer a peaceful and spacious living experience.

- A full service community kitchen is available for those who love to cook.
- There is plenty of room inside and out for personal rest and reflection.
- To promote physical health and exercise, we have direct access to chiropractic care, health clubs, in-home training and yoga instruction at additional cost.
- Complimentary house computer with wireless internet, laundry facilities, ample private and secure on-site parking, easy access to buses and freeways.



FOR FURTHER INFORMATION

PLEASE CONTACT :

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**(MEMBER OC SOBER LIVING COALITION &
SOBER LIVING NETWORK)**