

# RECOVER WELL AT THE CEDAR HOUSE

Make the changes that you need.  
When you are ready, utilize the tools  
you have gained from *The Cedar House  
Recovery* and take the steps necessary to  
begin living. Take a deep breath in.  
Now release... Feel that?

- A Safe Space
- Freedom to Explore
- Sobriety Monitoring
- Self Awareness Skills
- Relationship Building Skills
- Exertion Therapy
- Peer Encouragement

For more information, please contact  
our Community Liaison at (724) 980-8959.

Tradition of Excellent Healing

*The Cedar House Uptown* provides residential and  
community based holistic support services allowing  
clients to adjust to healthy, sober, independent living.  
We teach coping skills to manage challenging or stressful  
situations to mitigate the risk of relapse. Our soft landing  
and supported exit from traditional recovery programs  
ensure your success. With two locations to serve you,  
a suitable program tailored to your individual needs  
is a phone call away. Call today to discuss the best  
combination of our services for your sustained sobriety.

## Sober Living

The Cedar House Uptown understands  
that recovery is an ongoing commitment  
and we are here for you at any point  
of your journey. We provide safe and  
sober environments for residents to  
adjust to independent living outside  
of a structured facility. Our outpatient  
services are customized to your unique  
needs. Our holistic programs guide your  
journey every step of the way regardless  
of circumstances.

## The Cedar House Recovery

### Call to Schedule a Tour of Our Property

*The Cedar House Uptown is a family owned  
and operated sober living home offering  
you the opportunity to strengthen your  
perseverance.*

*The Cedar House Uptown, located in a quiet  
Pittsburgh, PA neighborhood, invites you to  
call and schedule a tour today!*

*For more information, please contact our  
Community Liaison at (724) 980-8959*

# The Cedar House Recovery



*-Uptown*

## Real Life, Real Change Real Recovery

1816 Locust Street  
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*TheCedarHouseRecovery.com*

# Real Life



**Welcome to The Cedar House Uptown,** a sober living home in a quiet Pittsburgh suburb minutes from cultural, academic, and healthy lifestyle opportunities. Created for mature adults seeking recovery support who desire a sober living lifestyle with the amenities of home.

## **Programming includes:**

- Sobriety Monitoring - Random urine and daily breathalyzer
- Sober Coaching and Support - Guidance integrating “recovery” into everyday life
- Sober Events and Activities - sports outings, concerts, outdoor adventure races, 5Ks
- Nutritional Services and Guidance - Balanced and clean nourishment
- Fitness Groups - Etage based fitness groups and classes
- Recovery Workshops and Retreats - 12-Step, meditation, yoga, trauma centric
- Individualized Outpatient Monthly Membership Options
- Custom Program Durations - Short term, and extended stay in-house programs at all locations

# Real Change

## **Mission:**

**At The Cedar House, we care for Minds, Bodies, and Souls** encouraging those in our care to embrace a holistic healthy lifestyle free from addiction enabling them to live their best life.



## **Continuing Care Membership Levels:**

### **Gold Membership:**

**5x weekly of each service**

- Sobriety monitoring. Sober coach access. Peer support groups. Sober events/activities. Fitness group access. Plus an included monthly workshop/retreat.

\*All memberships and ancillary retreat fees included.

### **Silver Membership:**

**3x weekly of each service**

- Sobriety monitoring. Sober coach access. Peer support groups. Sober events/activities. Fitness group access. An optional monthly workshop/retreat is available.

\*Membership included. Ancillary retreat fees required.

### **Bronze Membership:**

**1x weekly included service**

- Sobriety monitoring. Sober coach access. Peer support group. Sober event/activities. Fitness group access. Plus an optional monthly workshop/retreat is available.

\*Membership included. Ancillary retreat fees required.

# Real Recovery

## **The Cedar House** *Recovery*

Our commitment to offer constant support for sober meaningful living provides the conduit to transition from a drinking and using life, to a life in recovery, rich with healthy relationships.

## **Amenities**

- Concierge-style recovery services including transportation
- Luxury comfort and care enhancing accommodations for mature adults
- Restful sleeping accommodations with newly renovated rooms
- On-site fitness and holistic health opportunities at both locations
- Post-discharge life coaching and customized support programs

