

NOSOTROS OFFERS

- A supportive alcohol/drug-free environment
- Comfortable, dormitory-style accommodations
- Individual & group counseling
- Education Groups:
 - » Addiction Process
 - » Interpersonal Skills
 - » Nutrition
 - » Relapse Prevention
- Workshops:
 - » Anger Management
 - » Beyond Trauma
 - » Employment Readiness
 - » Family Wellness
 - » Living with Co-Occurring Disorders
 - » Parenting
- Optional Social Support Groups
 - » Alcoholics Anonymous (AA)
 - » Co-Dependents Anonymous (CoDA)
 - » Narcotics Anonymous (NA)
 - » SMART Recovery
- Recreational activities



MAAC RESIDENTIAL RECOVERY PROGRAM

Nosotros, which is the Spanish word for “Us,” is a residential recovery home, funded through Medi-Cal and operated by MAAC, for men seeking an alcohol and drug-free lifestyle.

Nosotros provides a nurturing environment and promotes life recovery skills to help participants reunite with their families, build job skills, and gain employment. More than 2000 men have walked through **Nosotros’** doors since 1992, not only transforming their own lives, but also their families and communities.



NOSOTROS

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NOSOTROS

A RECOVERY HOME
FOR MEN



“This place really taught me not only how to stay clean and sober, but also how to enjoy my life.”

It was a great experience being here. It’s a beautiful place to learn, to grow and to change your life.”

Alex*,
NOSOTROS ALUMNUS

*Name changed to protect privacy



ABOUT NOSOTROS

Nosotros is a 17-bed residential recovery home for men who are seeking a sober lifestyle. The program integrates gender and cultural influences into a blend of successful substance abuse treatment services.

Trauma impacts the lives of men addicted to substances. Our staff and peer support system responds to the realities of men’s lives, addressing men’s issues such as abuse, violence, family relationships, addiction/substance abuse, and co-occurring disorders. These interventions provide a strengths-based approach to treatment and skill building with an emphasis on self-efficacy.

The goal of the **Nosotros** recovery program is to enable men to become responsible, sober/drug-free, and self-sufficient.



RECOVERY IN A RESIDENTIAL ENVIRONMENT

Length of Stay: The typical period of residence at **Nosotros** is 3-4 months.

During this time in a sober/drug-free environment, residents are assisted to resolve personal and situational barriers in order to remain alcohol & drug-free. Staff and peer support are key to the success of participants.

Visitors: Visiting hours are 1-4 PM on Saturdays and Sundays.