

PEx Recovery House

*A sober living home for individuals who have completed Primary treatment and desire to **SECURE AND DEVELOP THEIR RECOVERIES.***

**PROJECT EXODUS HQ TEAM
AND ANTHEM CHURCH
“HOME-BASE”**



*The programs and **resources** available to me have been **invaluable** in helping me build a **firm foundation** for a new and **better life.***

Matt Kruger



**SAFETY • SUPPORT • EMPOWERMENT
COMMUNITY • CULTURE**

ANTHEM

powered by Anthem Church

PROJECT
EXODUS

Life in early recovery can be overwhelming. At the PEx Recovery House, residents are **equipped** with the knowledge, skills and attitudes required to **live competently and confidently in society**.

Individuals are afforded both **space and support** that they need to **develop sustainable independent lifestyles** that are firmly **rooted** in a **culture of recovery**.



*It's more than just a sober living home. It's a place where I've been able to **grow as a person** and **rediscover my passion** for life.*

Mark Ellis

“

**more than
just a
sober living
home**



“

There are brilliant accountability structures at the recovery house that have been instrumental in my recovery.

Reece Nel

PROGRAMME



LIFE RECOVERY PLANNING

Residents are guided in the development of a dynamic, personalised strategy for recovery.



PERSONAL GROWTH

Commitment of employment, study, or volunteer-work is required.

If they have not already done so, residents are encouraged to write their Life Story and work a PEx Recovery Programme.



EXODUS RECOVERY SKILLS OUTPATIENT PROGRAMME (ERS)

Residents complete a 16-24 week comprehensive Outpatient Programme, covering a broad range of important recovery-related topics.





RECOVERY COACHING

Weekly one-on-one sessions with a certified Recovery Coach are available.



RECOVERY GROUPS

Residents attend a minimum of 2 Recovery Groups per week, as well as a weekly House Meeting.

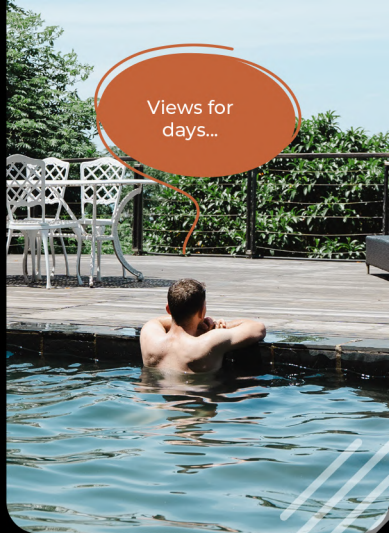


ACCOUNTABILITY

This includes regular drug and alcohol testing and online accountability software.

Residents are required to complete and adhere to a weekly schedule, as well as to stay connected to the house community.





- ✓ Fully equipped kitchen
- ✓ Comfortable bedrooms
- ✓ Spacious lounges and work areas
- ✓ Wifi
- ✓ DSTV
- ✓ Swimming Pool
- ✓ Braai Area
- ✓ Deck & Entertainment Area
- ✓ Off-street parking



24-hour on-site supervision by a dedicated management team.

Centrally located in Durban North, close to work opportunities, tertiary institutions, shops, restaurants, gyms, sports facilities, churches, beaches, and other amenities

Monthly rates include

- accommodation • utilities • meals
- recovery programme components



Leaders in
effective
multi-dimensional
recovery solutions.

National + International

Visit our website to learn more about
the **programme, resources,**
training and services
available at Project Exodus.

[www. projectexodus.net](http://www.projectexodus.net)

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