Feed those in need, house those experiencing homelessness, and empower individuals to achieve independence.

Women's Day — By — Day

An outpatient chemical dependency with co-occurring mental health recovery program.

Our Mission at House of Charity

Transforming lives... One person at a time

House of Charity
510 South 8th Street
Minneapolis, MN 55404-1079
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www.houseofcharity.org
“I WENT FROM ABSOLUTE HOPELESSNESS TO HAVING SOME HOPE IN LIFE.”

House of Charity’s Day by Day outpatient program is for women 18 years of age and older, and offers a client-centered harm-reduction based co-occurring chemical dependency and mental health recovery program. We work to optimize client potential.

PROGRAM COMPONENTS
- Trauma-informed group & individual therapy
- Gender-specific therapy
- Chemical health assessments
- Mental health diagnostic assessments
- Clinical Case Management
- Family counseling available
- Collaboration with MAT programs to assist opioid disorders

CURRICULUM
Day by Day offers a tiered approach to wellness. Counselors take a client-centered approach to individualize each treatment plan.

Phase I (10 weeks, 50 sessions, Monday-Friday): Focuses on helping clients gain stabilization with their chemical health, mental health, and living skills.

Phase II (6 weeks, 18 sessions, 3 days a week): Focuses on helping clients with their emotional wellness by addressing their trauma, self-worth, boundaries, healthy relationships with self and others, grief and loss, and any other emotional struggles they choose to address.

Phase III (4 weeks, 4-8 sessions, 1-2 times a week): Focuses on assisting clients in steps needed for long-term recovery. Clients are able to receive support from LADCs, mental health professionals, clinical case management, and peers.

CO-OCCURRING SERVICES
We utilize motivational interviewing, DBT skills, trauma-informed curriculum, IMR, and mindfulness to treat mental health issues such as:
- Depression/Anxiety
- PTSD
- Personality Disorders
- Grief and loss
- Schizophrenia
- Bipolar Disorder
- Trauma

ADDITIONAL SUPPORT available at HOUSE OF CHARITY
- Safe and sober Group Residential Housing (GRH) for those experiencing homelessness
  - Clients can stay as long as needed
- Daily meals provided at our Food Centre
- Wrap-around case management services
- Recovery yoga
- Easy access to medical services
- Peer support groups

FOR MORE INFORMATION, PLEASE CONTACT:
Intake Coordinator | 612.594.2002
To refer clients to the Day by Day program, please fax Rule 25 Assessment to 612.594.2030.

RECOVERY | HEALING | COMMUNITY