



Once you are a resident at Destiny, you will become a part of our extended family.

**Destiny creates a supportive atmosphere for our clients. Along with the family and client himself/herself, we create a treatment plan which answers your specific needs.**

Recovery through self-restraint is your only focus here. Your stay with us will help you achieve and independent, happy and healthy life.

- Cognitive Behavioral Therapy
- Medically Assisted Treatment
- 12- Step Facilitation
- Aftercare Planning
- Naturopathic Medicine
- Recreation Therapy
- Spiritual Strengthening

And Much More

## Wolf Pack Native American Tradition



All Alumni become apart of the Destiny Wolf Pack – an alumni family that helps others as they walk the path of recovery. During treatment, residents develop their bonds with others in recovery through smudging, talking circles, sweat lodges, traditional songs, prayers, arts and crafts, and Red Road Walk discussions.

### Who We Are

#### About Us

Destiny Sober Living is licensed by the AZ Department of Health Services and Accredited through CARF. Our men’s residential is located in Phoenix and our women’s residential is located in Laveen. .

#### Contact Us

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**DESTINY SOBER LIVING**  
5306 N. 17<sup>th</sup> Ave.  
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## DESTINY SOBER LIVING

*Residential treatment for men and women desiring to make changes in their lives to live substance free.*



## Freedom from the bondage of addiction

**You may be asking yourself, how did this happen to me?**

Addiction is a disease of the brain.

There is a major difference between addiction and simple use or abuse. Once the cycle of addiction has started it becomes virtually impossible to say “No” to the drugs or alcohol that we put into our bodies.

The brains of an addict are very different than those of non-addicts. Destiny helps addicts heal their brains and learn to help their brains form new ways of coping to stress, depression, and anxiety to name a few.

**What Destiny has to offer you while you are in treatment varies depending on your individual needs.**

The staff at Destiny are people who strive to help you become a better you and get the most out of your life in recovery.

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*At Destiny, we do more than just address your addiction.*

*We prepare you for living life rather than simply surviving.*

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**Destiny Sober Living treats adults ages 18+ who meet our admission criteria.**

Our residents are those with substance abuse/dependence issues, general mental health issues, involvement with Child Protective Services and/or Adult Probation or Parole. Residents may be self-referred or court ordered.

**Our individualized treatment approach helps people to strengthen eight core aspects of the self.**

The eight core aspects include strengthening the Physical, Mental, Emotional and Spiritual aspects. Then we work on strengthening Social, Family, Medical and Occupational aspects of the self.



*Destiny engages you through group therapy and one-on-one sessions*

Destiny also treats :

Depressive Disorders

Anxiety Disorders

Bipolar and Related Mood Disorders

Schizophrenia Spectrum and other Psychotic Disorders

ADD-ADHD

Obsessive-Compulsive related Disorders

Trauma and Stressor Related Disorders

Dissociative Disorders

Somatic Symptom and Related Disorders

Disruptive, Impulse-Control and Conduct Disorders

Personality Disorders

**You don't have to be alone any longer. We, at Destiny will see you through to your success every step of the way.**