



Destiny Sober Living

24hr Admission Line: 602-249-6674



August 2016 Newsletter



Our east side agency is now open. Family Institute for Health and Recovery in Mesa Arizona is now open for business. Treating children, adolescents, and adults, the Family Institute specializes in co-occurring disorders, childhood trauma, grief and loss, anxiety and depression concerns, DUI, Domestic Violence and anger related issues. IOP, individual and family counseling is available. We provide in home and in office services. Please contact our center at 602-249-6674 to schedule your assessment today.

Connect with us through Social Media

Destiny Sober Living would love to hear from care professionals in the community about what you need as well as what you have to offer through your own place of work. Let's network through Social Media. Destiny believes strongly that the more that work together ultimately does the best for their clients. Come check us out on Facebook, Twitter, Pinterest, and LinkedIn.



Destiny has been blessed with many committed people in the Recovery and Caring field. Those volunteering include our sponsors, peer mentors leading peer meetings, bible study leaders, and those that come in to lead recreational activities. Destiny is very appreciative of all of our volunteers. Thank you – from all the staff and residents at Destiny.

A GOOD NIGHT'S SLEEP
A good night's sleep is imperative to anyone trying to work on their behavioral health. It can literally mean the difference between thriving or not in a treatment center. This is why Destiny places a strong emphasis on proper sleep hygiene. Not only are pre-sleep habits important, but so is the bed that one sleeps in. Sleep comfort plays an important role in one's quality and quantity of sleep. Destiny was honored to have Mattress by Appointment of Scottsdale donate 2 Mattresses to us when we had told them that we needed to upgrade our mattresses. Not only have our resident's raved about the quality of these mattresses, our staff was too – who ended up purchasing from them for their personal home. "Best mattress I have ever had!" says our staff. If you are looking to improve your sleep, try Mattress by Appointment. We have been very pleased with them and honored by their generosity.





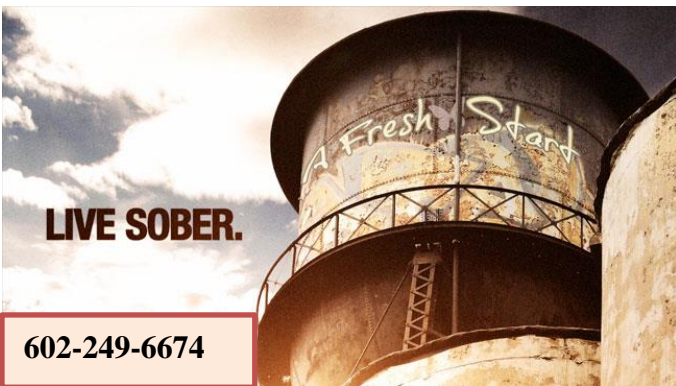
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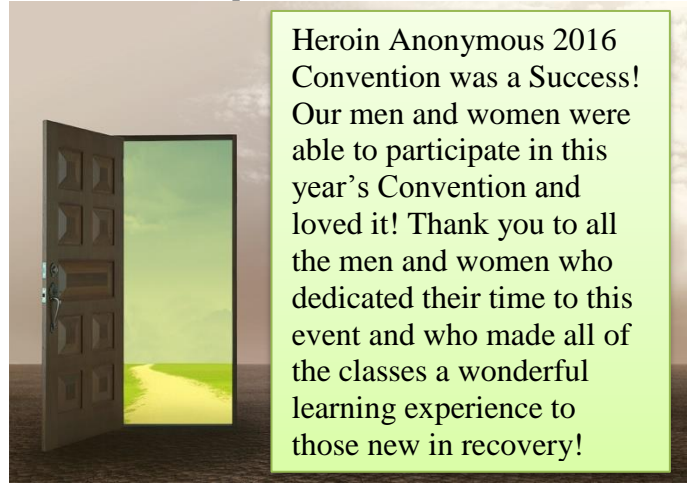
SOMETHING TO SMILE ABOUT

All too often those entering recovery have neglected their physical health for quite some time. The effects of this is seen in tooth decay, unmanaged health issues such as diabetes and high blood pressure, and mental health concerns that have gone untreated. Destiny aims to help those in recovery put back together the things in their life that may have been neglected for some time. With the help of our friends at Dentistry at Power Ranch and Dr. Greg Manning, our residents were given new toothbrushes and toothpaste. It's such a great thing to witness a person in recovery begin to take pride in themselves again, especially their smile! Thank you to everyone at Dentistry at Power Ranch. We are humbled by your kindness.



Our Transitional Living Home for Women is located in beautiful Buckeye Arizona. Near lots of job

opportunities, our Buckeye Home is a peaceful getaway from the big city; a quiet and serene atmosphere and a great way to make a Fresh Start in one's recovery. Let us know if we can help!



Heroin Anonymous 2016 Convention was a Success! Our men and women were able to participate in this year's Convention and loved it! Thank you to all the men and women who dedicated their time to this event and who made all of the classes a wonderful learning experience to those new in recovery!



WE HAVE DUI/DWI CLASSES!!!

What makes **Destiny Outpatient Services** your BEST option for DUI/DWI classes? We can bill your insurance for your treatment and most people have little to no out of pocket cost. That's right! We will report to your court your class attendance and your completion. When is the best time to get started on your classes? Before your court date! That's right! Go into court prepared. Have your assessment and classes started. Let us help you advocate for yourself. Please contact Destiny Outpatient Services at 602-249-6674 for your assessment or to learn about our other services such as Domestic Violence classes, Anger Management, Individual and Family Counseling, as well as IOP groups for substance abuse and co-occurring disorders.