

# Normal Heights Sober Living House Rules

## **Violation of these rules with result in immediate loss of residency**

- No fighting acts of violence or threats of violence
- Consumption or possession of illegal drugs or alcohol
- Accepting visitors who are under the influence
- No sexual misconduct
- No smoking in the house
- No weapons
- No theft or any other criminal act

## **Additional rules (Generally no subject to loss of residency)**

- Must keep personal space clean, beds made daily before you leave the house, dirty clothes kept in laundry bag.
- No hanging out in the front of the house: All visitors, smoking, conversations etc. Are to be done in the backyard.
- Mandatory house meeting once a week without exception.
- Guests are allowed over after 8:00AM and to be off property by 10:00PM.
- You cannot enter another resident's room without permission.
- Chores are to be completed daily except weekends (unless needed)
- Dishes which are used are to be washed, dried, and put away.
- No food allowed in rooms and you can eat only in the common areas.
- Last person out of the house is to make sure doors are locked and windows shut.
- After your 30 day probation period you can have up to 2 overnights a week with prior 24 hour verbal and written notice.
- Curfew is at 11:00PM.
- You must remain active in a program of recovery.
- No couch potatoes allowed.

Contact Normal Heights Sober Living House manager for more information 619.324.7456

