

## **New Life Program Info and Sample Schedule**

Thank you for your interest in New Life Women's Center. Enclosed you will find pertinent information about the New Life program and a sample of the guidelines and schedule. Please feel free to share information for referral purposes and to those who are interested in getting involved with the program in various ways (i.e. donations, volunteering).

New Life is a Christian based Life Training Center focused on helping women pursue spiritual and emotional wholeness. We screen out current, ongoing substance abusers, mental illnesses, and serious criminal histories.

### **Program Benefits**

- Training (Specialized study focused on Spiritual and Emotional Healing, Life Disciplines, Life Skills, Rehabilitation Skills, Cognitive Therapy, Vocational Skills, etc.)
- Drug Rehabilitation training materials and video classes
- Biblical Mentoring
- Onsite Housing
- Meals

### **Admittance Requirements**

- Individuals accepted are those committed to dealing with core issues
- Applicants must be 17 years or older
- 12 - 18 month commitment
- Applicants must be clean and sober for 30 days prior to entrance
- Full physical required before entrance at the students' expense. You will need the following: Drug Test, Hep, HIV/Aids, TB, Pregnancy, Syphilis, Gonorrhea and Chlamydia
- Under certain conditions a psychiatric evaluation may be required before entry  
[We regret that our facility is not equipped to handle anyone who may be taking medication for psychiatric purposes]
- **Non – refundable entry fee: \$50.00**

### **Communication Guidelines**

- No outside communication for the first 30 days

- **Mail** – 30<sup>th</sup> day in and out mail starts to approved immediate family. New Life staff filters all incoming and outgoing mail
- **Phone Privileges** - Weekend following your 60<sup>th</sup> day, students are allowed to make (1) outgoing call on Saturday and Sunday to approved immediate family members.
- **Family Visitation** - Weekend after 90 days, approved family members may visit on designated Sundays for 1 hour.
- **Weekend Passes** - granted under certain conditions after 180 days.

### Sampling of Rules

- Participation in all scheduled activities is required
- Smoking, drug and alcohol use is prohibited
- Profanity, physical or verbal abuse is prohibited
- All sexual activity is prohibited
- Applicants must be willing / eager for change and willing to submit to leadership and program guidelines completely

### Sample Schedule

7:00	Wake up, Scheduled Showers
8:00	Breakfast, Chores
9:00	Prayer
10:00 – 12:30	Class in session
12:30	Lunch
1:00	Daily Chores
2:00 – 5:00	Class in session
5:30	Meal Prep
6:00 – 7:00	Dinner, Clean-up
7:00	Free Time
8:00	Scheduled Showers
9:00	Personal Devotions
10:00	Lights out