



## What to Expect at Sunrise Sober Living

Choosing a sober living home is an important decision. This overview explains what life at Sunrise looks like so you can decide if our program is the right next step in your recovery.

This is not treatment or rehab. It's a **place to live**, surrounded by other men in recovery, with the structure and accountability needed to build a stable, sober life.

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### Program Costs

Here's our standard fee structure:

- **\$200 per week**, or
- **\$750 for four weeks** (a \$50 savings)

**There is also a one-time intake fee:** \$200 at move-in

*The intake fee is waived if the first four weeks are paid in full (\$750).*

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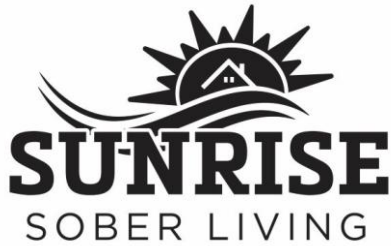
### Daily Life at Sunrise

Life at Sunrise is structured but practical, designed to support recovery while preparing residents for independent living.

Residents can expect:

- Set curfews and quiet hours
- Clean, shared living spaces
- Required participation in house chores
- Mandatory house business meetings
- Clear boundaries regarding guests and relationships
- Oversight by a House Manager focused on safety and accountability

Structure exists to protect recovery—not to punish.



## What Is Expected of Residents

Success at Sunrise depends on participation and responsibility. Residents are expected to:

- Maintain **complete abstinence** from drugs and alcohol
- Submit to **random drug and alcohol testing** when requested
- Treat others with respect and courtesy
- Maintain employment, school, or active job searching if capable
- Follow curfews, quiet hours, and house schedules
- Attend 4 recovery meetings per week and maintain a sponsor
- Participate in house meetings and assigned chores

This structure is what helps men succeed.

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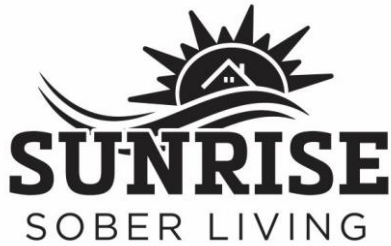
## Health, Safety, & Accountability

Safety is a top priority for everyone in the home.

Key policies include:

- Zero tolerance for drugs or alcohol
- Secure medication management
- No weapons of any kind on the property
- Compliance with drug screening protocols

If relapse occurs, the priority is safety and appropriate next-level care, even if continued residence is not possible.



## Our Environment & Philosophy

Sunrise Sober Living provides a **structured and recovery-focused living environment** for individuals committed to sobriety. Our homes emphasize:

- A **safe, substance-free** environment
- Accountability and personal responsibility
- Clear expectations to help you stay on track
- Consistency, routine, and stability
- Safety, health, and long-term recovery

We are a sober living community where you'll have other men on the same journey standing by you. We've designed our system to support real-world recovery through structure and accountability.

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### What Residents Often Say After Moving In

*"I needed the structure more than I realized."*

*"Being around other sober guys made the difference."*

*"This helped me get my life back on track."*

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### What Happens Next

Sunrise Sober Living may be a strong fit if you are serious about sobriety and ready for a structured, accountable living environment. If so, here are your next steps:

1. Call or message us for a short phone screening
2. Schedule your move-in
3. Pass an entry drug screen and sign paperwork
4. Take your next recovery step with a team that wants you to win!

**Call or text:** Brett, 615-973-4914

**Website:** [www.SunriseSoberHomes.com](http://www.SunriseSoberHomes.com)

**Location:** Murfreesboro, Tennessee

We can help with your next step, and we're here when you're ready.