Providence Women's Recovery Program – What to Bring

What to Bring

- 21-28 days of comfortable clothing, including weather appropriate outdoor clothing (jacket, sweater or coat) and pajamas. (No revealing clothes, shorts, halter tops, miniskirts, muscle shirts, etc. or anything with inappropriate wording). Laundry Facilities are provided at each residence.
- 3-5 Appropriate outfits for church (Dresses, Skirts (all knee length or longer)
- Shoes. Sneakers, slippers, dress shoes for church etc.
- Personal Items and Toiletries. Do not bring any items that contain alcohol (i.e. hairspray, mouthwash, deodorants, etc. Also nothing in Aerosol Cans.) If you choose to bring anything with alcohol (perfume) or in an Aerosol Can it will be locked up and you may use these products in front of a staff member.

DO BRING

- Alarm Clock (without a radio)
- Toothbrush and Toothpaste
- Hair Gel (Non-Alcoholic)
- Shampoo
- Conditioner
- Combs/Hairbrushes
- Mouthwash (Non-Alcoholic Only)
- Curling Iron/Hair Dryer
- Shaving Cream (Non-Aerosol)
- Disposable Razors
- Lotion
- Nail Clippers
- Deodorant / Antiperspirant (Non-Aerosol)
- Some form of ID (Passport, License, ID)
- Feminine Hygiene Products

It is also a good idea to bring the following items if you require them:

- Wallet / Simple Purse
- Cigarettes
- Stationery and Stamps (For those wishing to send letters)
- Journal (or a notebook)
- A domestic (landline) phone card
- Workout DVD's
- Christian movies or Christian (PG-13 or lower) appropriate
- Christian Music

What NOT to Bring to Addiction Treatment

- Alcohol or Drugs, or any materials reference drug and alcohol use.
- Any Items with profane or pornographic references.
- Aerosols, cleaning products (Bleach, Ammonia, or other chemicals).
- TVs, iPods, iPads, MP3 players, tablets, cell phones, pagers, etc.
- Excessive Cash, Credit/Debit Cards, Checks/Checkbooks.
- Pocket knives or any other sort of weapons.
- Sexually provocative clothing
- Pornography
- Guns, knives or other weapons
- Credit cards or large sums of cash. (credit cards will be kept by staff if needed)
- Personal care products, such a mouthwash and cologne, that contain alcohol (can be kept by staff

member)
- Cameras or tape recorders

Important Reminders About Dress Code

- Skirts/Dresses must be to the knee or longer. (slits cannot be higher than the knee)
- No ripped, torn, or holey garments.
- Your shoulders must be covered whenever outside of the residence.
- No low-cut shirts (please no visible cleavage)
- Absolutely no midriff baring at any time!
- If you choose to bring a bathing suit (there is a pool) only FULL one pieces are allowed. NO EXCEPTIONS!

Components of the Program

- Individual Counseling
- Group Counseling
- Peer Facilitated Support Groups
- Relapse Prevention Education
- Drug Education
- Trauma Recovery
- Women's Issues
- Life Skills
- Early Recovery Skills
- Random weekly drug testing and breathalyzed
- Christian Recovery Curriculum and Activities
- Character Building
- Goal Setting
- Anger Management
- Co-Dependency
- Christian 12 Step work
- Health & Hygiene
- Work Therapy
- Family Visitation
- Hiking and other outdoor activities
- Arts and Crafts
- Exercise Equipment
- Billiards