



Community Aftercare Recovery Environment (C.A.R.E.)

Having consistent, healthy, outside support is one of the major factors in having a successful long-term recovery. Ukiah Recovery Center's C.A.R.E. group can help serve as a point of connection between the recovery person and their support people.

In this group you will be provided information on

- Addiction and how it affects our lives on all levels
- How to give healthy support without enabling
- Resources for family / support counseling

Before you visit anyone in treatment, we require that you attend this group.

The group is held every Sunday from 12:30pm-1:00pm. Visiting times are Sundays from 1:00pm-4:00pm.

While in treatment clients are on a 30-day blackout period. During the blackout, clients are not allowed visits or phone calls. Children under 17 may visit during the blackout time. If a client is in treatment for only 30 days on their last Sunday in treatment, they can receive a visit.

Additional information about visiting

- Clients cannot leave property during visits
- If you bring items, they need to be checked by staff

For any questions, please call (707)462-6290 daily from 8:00am - 4:00pm and to speak with a supervisor.