

SEMPLiFi Sober Living House Rules
(in addition to and in conjunction with Program Agreement)

- Maintain a Positive Mental Attitude.
- Help each other and treat each other with respect. Abuse in any form will not be tolerated (healthy communication and effective conflict resolution is mandatory). Please reach out to House Manager and/or contact ownership for assistance if needed.
- Smoking only allowed in back.
- Obey city parking laws and be considerate of house residents and neighbors.
- Minimum chore requirements are necessary but also go above and beyond the minimum. Treat the home as if it were your own and value cleanliness beyond your duties.
- Each resident must maintain continuous sobriety, worked or be working the steps, have a home group, at least one service commitment, a sponsor and actively be seeking sponsees.
- A minimum of 4 meetings per week are required for those in their first year..... 3 meetings per week for those with over 1 year clean and sober.
- No female/partner visitors unless it is family or approved by the House Manager and/or ownership.
- Curfew is 12AM on weekdays (Monday-Thursday). 1:30AM Friday-Saturday and 1AM on Sunday night.
- 10PM is lights out. Dim lighting, electronics and TV are permitted during this time. (be quiet and respectful of those who need to sleep). Shut it all down at respective curfew times.
- Sunday house meetings are mandatory but if unable to make them please review minutes with the House Manager.
- If you come to the House Manager or Ownership with a problem please propose a solution also.
- You must be fully clothed in the main house areas (shirt and pants/shorts).
- 40 hours per week are dedicated to working, looking for work and/or school unless otherwise approved by management.
- Be honest in your dealings with each other (food, consumables, etc.) If you need help with any of these things let Management know.