

Taking Control of your Life

When you have decided that it is time to take control of your life, the program and staff at Stillwater have created the most empowering environment possible to do so. It works ... and it only requires your willingness to make the right choice.



*Peace is a Product of the
Still Mind*

Stillwater

A Division of Stillwater Meditation Center

*A Holistic Approach to
Substance Abuse Services*

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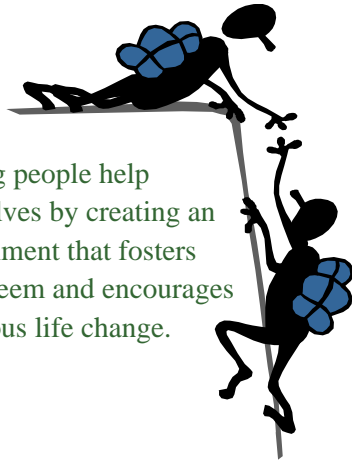
Stillwater

An Alternative Addiction Service



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Mission Statement



Helping people help themselves by creating an environment that fosters self-esteem and encourages conscious life change.

Philosophy

Stillwater sees addictions as the result of several areas of the person in dysfunction. We are concerned with the *whole person*, using therapeutic techniques, a nutritional program, spiritual reconnection, family support, and more. As a result, clients become healthy, balanced, “centered” and happy. We are committed to working directly *with* the individual helping them build powerful focus and concentration skills to assist them in achieving the things that most matter to them.

We help individuals develop skills and confidence in creating the lives they want, complete with good relationships, a satisfying job or career, and enjoyment of the moment!

Powerful vs. Powerless

A vast majority of those who are chemically-dependent have self-esteem issues and feel powerless in the face of beating their addiction.



Stillwater focuses on building self-esteem and helping people begin to feel their own self-worth again. With a sense of powerfulness and self-worth, people are in a better place to say “no” to un-



healthy, addictive behaviors and to say “yes” to the healthy choices that make life worth living. Also, individuals gain skill at recognizing the addictive “part” of themselves and at dissolving its power.

Choice vs. One Day at a Time

Whenever someone makes a conscious change in their life, it begins with choice.

Even those who use the “one day at a time” approach find that one day they simply decide, “I will never drink or use again!” Stillwater engages individuals to make



this choice for themselves and in this way take their lives back into their own hands. This declaration is made in a meaningful setting and stays with the person long after they have completed the program.

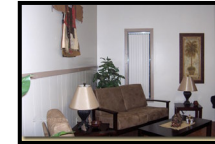
Working Together Towards Recovery



Tai Chi



Yoga



Counseling



Martial Arts



Meditation



Massage Therapy



Reiki

Stillwater is a small center. This homelike setting minimizes that “institutional” feeling and provides an abundance of personal attention. It also enables us to tailor the program to individual needs. Clients truly appreciate this special attention to their unique needs.