

NEW DAWN – ADMISSION GUIDELINES

WHAT YOU CAN BRING: Generally, you can bring up to 2 standard-sized garbage bags of personal items, including your toiletries. You don't have to bring your belongings in garbage bags - just bring no more than what would fill two.

OTHER GUIDELINES:

- * *DON'T BE LATE.* Women have been turned away for being late, so don't be. If there is a delay en route, you must call to let us know (leave a voicemail if no one answers the phone). If you arrive at the house late, Staff will call the Administrator to ask if you called. If there has been no contact you will be turned away.
- * Bring *no more than three day's worth* of all the prescribed medications you are currently taking. *All medication must be in its original bottle or blister-pack, with original labels; DO NOT* bring medication that is loosely stored in unlabelled or informally labeled containers or bags. If you have more than three day's worth of medication in your possession, please return your unused medication to your pharmacy. When you arrive at New Dawn, Staff will assist you to transfer your prescriptions to our pharmacy.
- * There is no methadone onsite at New Dawn. If you take prescribed methadone, contact the Administrator for assistance with transferring your prescription before your admission to New Dawn. If you have a carry at the time of your admission, return your unused medication to your pharmacy. *Do not bring methadone to New Dawn.*
- * There is no cell phone use at New Dawn, so if you bring one it will be locked in the office.
- * You do not have to bring linens, towels or pillows – these are provided for at the house.
- * We ask that you do not bring radios or portable stereos. You can bring a personal music device (ipod, discman, mp3 player), but can use it only at bedtime. Bring these & all other valuables at your own risk. Any small valuables (money, jewelry etc.) can be locked in the office at New Dawn.
- * New Dawn is a scent-free house, and we thank you for not bringing any perfumes or heavily-scented things.
- * There is no hairspray allowed at New Dawn. You can use other non-scented hair products if you wish.
- * The “Stabilization Period” is for 30 days: all it means is that you do not leave the house alone, and there will be no phone contact with family or friends (with the exception of children under the age of 14). You can write and send letters during your Stabilization Period, and once your 30 days are complete you can receive letters. (Please see *30 Day Stabilization Period*: attached).
- * If you use tobacco, ensure you have enough when you arrive to get you through the 30-day Stabilization period.
- * Also ensure you have enough money to get you through the 30-day Stabilization period.
- * There is one housecat at New Dawn – his name is Stew. He will leave you alone if you are not interested in him... if you are, however, he *loves* all the attention he can get! Overall, New Dawn is a spotless residence and women who have a cat allergy are still able to live there comfortably.
- * When you arrive at New Dawn, your belongings will be inspected by Staff for safety purposes in regards to drugs and/or paraphernalia. Please don't take offense – this is just a matter of policy and happens for everyone who is admitted into New Dawn.
- * When you arrive at New Dawn, your belongings will be heat-treated in the dryer and you will be given fresh clothing and an opportunity to shower prior to your admission. These policies are for safety purposes in regards to bedbug prevention. Please don't take this personally – no one is suggesting you have them. These are requirements for every admission to New Dawn.