



Gravity Hill
an mha program



**SOBER LIVING AT
GRAVITY HILL**

About Gravity Hill

What We Do

MHA (Mental Health Association) helps people live their best life. We provide access to therapies for emotional health and wellness, services for substance use recovery, developmental disabilities and acquired brain injury. Our programs also include housing and residential programming, among many other resources.

With respect, integrity and compassion, MHA provides each individual served with person-driven programming to foster independence, community engagement, wellness and recovery.

How We Think

Starting in the 1960s, MHA's groundbreaking efforts and advocacy helped to transition people away from institutional living to a life in our community. This became a model for the deinstitutionalization movement.

Today, our leadership continues to advance awareness of mental health conditions and needs at local, regional and national levels. We drive compassionate care for those challenged by mental health, developmental disabilities, substance use, homelessness, acquired brain injury and more.

Why We Matter

The youth, adults, seniors and families we serve want the same things in life as anyone: to have friends, work, go to school, have meaningful relationships, express themselves—and be heard and be accepted in their community for who they are. With our help and resources from a caring community, people can live their full potential, in their own community, every day.



St. James Avenue



Bowdoin Street



Gravity Hill Welcomes You

If you are looking for a safe and supportive place to live as a member of a sober community, consider Gravity Hill. With a resident-driven length of stay, Gravity Hill provides a welcoming environment that facilitates and nurtures successful living in recovery by providing a clean and comfortable home for our members to thrive in their sobriety. As our name indicates, our mission is to help individuals rise above their current circumstances and give them the tools to lead healthy, active lives in their community.

Our two residences are spacious and well-maintained. Our Women's House has six bedrooms for ten residents and our Men's House has eight bedrooms for nine residents. With a large communal kitchen, living room and gathering spaces including a front porch and spacious back yard, our homes are designed so residents can come together as independent individuals.



The Gravity Hill Approach

Our residences are self-supporting, cooperating communities of men and women guided by a House Manager. While there are some rules and regulations you must follow, such as living sober, being a good neighbor, and pitching in with household chores, the overall environment is warm and welcoming.

Because we want you to be successful in your journey of recovery, you also have access to the full range of MHA services, such as:

- **Recovery coaching**
- **Recovery support navigation**
- **Recovery support groups**
- **Counseling**
- **Outreach support**
- **Employment pathways**
- **Educational opportunities**

Importantly, as a Gravity Hill member you must be an active participant in sustaining your recovery. You will be assisted with finding the necessary community and employment support to help you become independent and self-sufficient. When you are ready to move beyond Gravity Hill, you will have the opportunity to stay engaged, should you wish, to offer support and friendship for new residents.

Criteria For Entry

- **Must be at least 90 days sober**
- **Active in chosen path to recovery**
- **Engaged in their community through work, school, or volunteering**

Gravity Hill Amenities

- **Spacious, historic, well-maintained homes in a neighborhood setting**
- **Large communal kitchen**
- **Internet access included for residents**
- **Washer/dryer provided for residents**

Single and double rooms are available for rent

Gravity Hill Convenience

- **If your plans include furthering your education, STCC is conveniently accessible by foot or public bus**
- **The bus line is close by for easy access to transportation to work and other engagements**
- **Close to AISS (All-Inclusive Support Services)**
- **Easy access to the library and other services**

“ I think what’s most exciting about this program is that we are giving the opportunity for all these people to build supportive relationships with each other and to share common goals. They learn to trust one another. The healing really begins when you start to trust other people. ”

—Gravity Hill Program Supervisor



To learn more about Gravity Hill

visit us online at **WWW.MHAINC.ORG/GRAVITYHILL**

email us at **GRAVITYHILL@MHAINC.ORG**

or call **844-MHA-WELL (844-642-9355)**