



A Co-Occurring Treatment Center for Men & Women

Admissions: (253) 863-1380

Main Office: (253) 531-2103

5001 112th Street East, Tacoma, WA 98446

What to Bring:

Personal Clothing for no more than one week, (laundry day assigned one time per week)

- *An extra blanket, pillow or towel from home.*
 - *All over the counter medications need to be in a brand new "unopened" bottle.*
 - *All prescriptions need to be in the original prescription bottle with the client's name.*
 - *Alarm clock*
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Personal Hygiene products to include;

- Toothbrush
- Tooth paste
- Shampoo
- Conditioner
- Soap or body wash
- Period products
- Razors
- Etc... (no alcohol products)
- Change for payphone and soda machine.

****Your positive attitude****

What Not to Bring:

- Cell phones
- No electronic devices such as iPod's with the following on them: games, camera, Internet access, movies, etc. (just music)
- Electronic cigarettes (only nicotine patches)
- Camera
- Computer
- Television
- Non-recovery reading material
- Cards
- Games
- Beadwork
- Other hobby material

You will be focusing on recovery