



## About Us

The mission of True Directions Inc. is to provide a safe, structured environment that encourages positive growth and development.

In 2018 Serenity Manor changed its business name to True Directions, Inc. while keeping Serenity Manor as the name for its well-known men's facility. True Directions provides sober living programs for men and women recovering from substance use disorders. 12 step programs as well as out-patient programs for mental health and substance use disorders are available. Our facilities are in the quiet, small town of Mora in east central Minnesota.

Serenity Manor was established in 1973 and has aided hundreds of men, women and adolescents in their recovery. Today, Serenity Manor provides a structured environment specifically focused on adult men with substance use disorder.

In 2012 we purchased the historic C. E. Williams home, or Rosehaven, and opened Serenity Haven expanding our services to women seeking low intensity treatment for substance use disorder.

In 2018, we opened our third facility, Lakeside, we offer residential sober living for women in recovery from substance use disorder.

In 2021 we started a peer recovery program to assist individuals with a substance use disorder.

## Contact Us

### Serenity Manor

106 E Maple Ave, Mora, MN 55051  
Phone: (320) 679-1936

### Serenity Haven

206 E Maple Ave, Mora, MN 55051  
Phone: (320) 679-3580

### Lakeside

630 E Maple Ave, Mora, MN 55051  
Phone: (320) 364-1157

### Peer Recovery Support Services

206 E Maple Ave, Mora, MN 55051  
Phone: (320) 679-3580



### True Directions, Inc.

106 E Maple Ave, Mora, MN 55051  
Phone: (320) 679-1936

Web: [TrueDirectionsInc.com](http://TrueDirectionsInc.com)

 Facebook @TrueDirectionsInc

This project was funded in part by the Initiative Foundation, a regional foundation.

# Peer Recovery Support



## 320-679-3580

A Sober Living Program  
of True Directions, Inc.



## **True Directions Mission Statement**

The mission of True Directions Inc. is to provide a safe, structured environment that encourages positive growth and development.

## **What is recovery?**

An individual that goes through a process of changing that improves health and wellness, allowing the person the opportunity to achieve their full potential.

## **What is a Peer Recovery Support Specialist?**

A person that is certified with long term sobriety from a substance use disorder and has made enough progress in their recovery to work with others. Having lived with a substance use disorder provides insight and support that professional training cannot replicate. A Peer Recovery Support Specialist is a person we identify with in some capacity. Peer based recovery support focuses on the individual person and strength-based supports for managing long term recovery.

## **What do Peer Recovery Support Specialists do?**

A Peer Recovery Support Specialist works with peers seeking recovery from a substance use disorder. They assist peers in creating their own personal recovery path and help connect them to recovery resources, professional and nonprofessional, that help individual needs on the road to recovery.

Peer Recovery Support Specialists facilitate and/or lead recovery-oriented group activities. They are not Case Managers, Therapist/Counselors, Nurses, Doctors, Sponsors or Clergy. Peer Recovery Support Specialists are advocates for peers in their new life of recovery.

### **What is a Peer?**

A peer is a person that we can identify with in some capacity based on our life experience.

Give our Peer Recovery Support Specialist a call if you are interested in learning more about Peer Recovery Support Services.

## **How does it work?**

Peer Recovery Support is a one-on-one process that is held at Serenity Haven in downtown Mora, Minnesota. Sometimes it is hard to always meet in person, Zoom meetings or over the phone are possible other options.

Participants may check with their own personal insurance companies to see if Peer Recovery Support is a service that is covered by your plan.

## **What do I do next?**

Just pick up the phone and call!

Schedule your first meeting to see how beneficial it can be to work with a professional with real life recovery experience.

