

## *What Invictus Woods Provides*

- Sponsorship assistance
- 12 step program and The Big Book
- Daily community 12 step groups
- 5 weekly in-house groups
- Weekly random drug testing
- Job placement assistance
- Money management skills
- Healthy dietary habits and cooking skills
- Yoga and meditation
- Nature trails on property
- Herb and vegetable garden
- Hiking and camping excursions
- Bonfires and barbecues
- Fishing and swimming in town
- Fitness center membership
- Tennis and skateboard park in town
- Cultural events and theatre in Peoria
- National Recovery Month bonfire and barbecue
- Daily Rural Transportation System available

## *Medical, Clinical, Academic and Local Community Network*

- Primary treatment centers, Individual Therapy, Family programs,
- Subcontracted Intensive Outpatient, and Family work
- Medical network for healthcare and full service hospital 6 miles from campus
- Bradley University, Spoon River College, Illinois Central College

*Stout, R.L., Rubin, A., Zwick, W., Zywiak, W., and L. Bellino. 1999. Optimizing the cost-effectiveness of alcohol treatment: A rationale for extended case monitoring. Addictive Behaviors, v.24(1), p.17-35.*

INVICTUS WOODS, INC.  
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TO LEARN MORE ABOUT  
INVICTUS WOODS VISIT  
[WWW.INVICTUSWOODS.COM](http://WWW.INVICTUSWOODS.COM)

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LIKE US ON FACEBOOK

  
Invictus Woods

THE PREMIER SOBER  
LIVING FACILITY OF  
THE MIDWEST

Providing men with a clean, safe, enjoyable, confidential and supportive extended care program to recover from addiction.

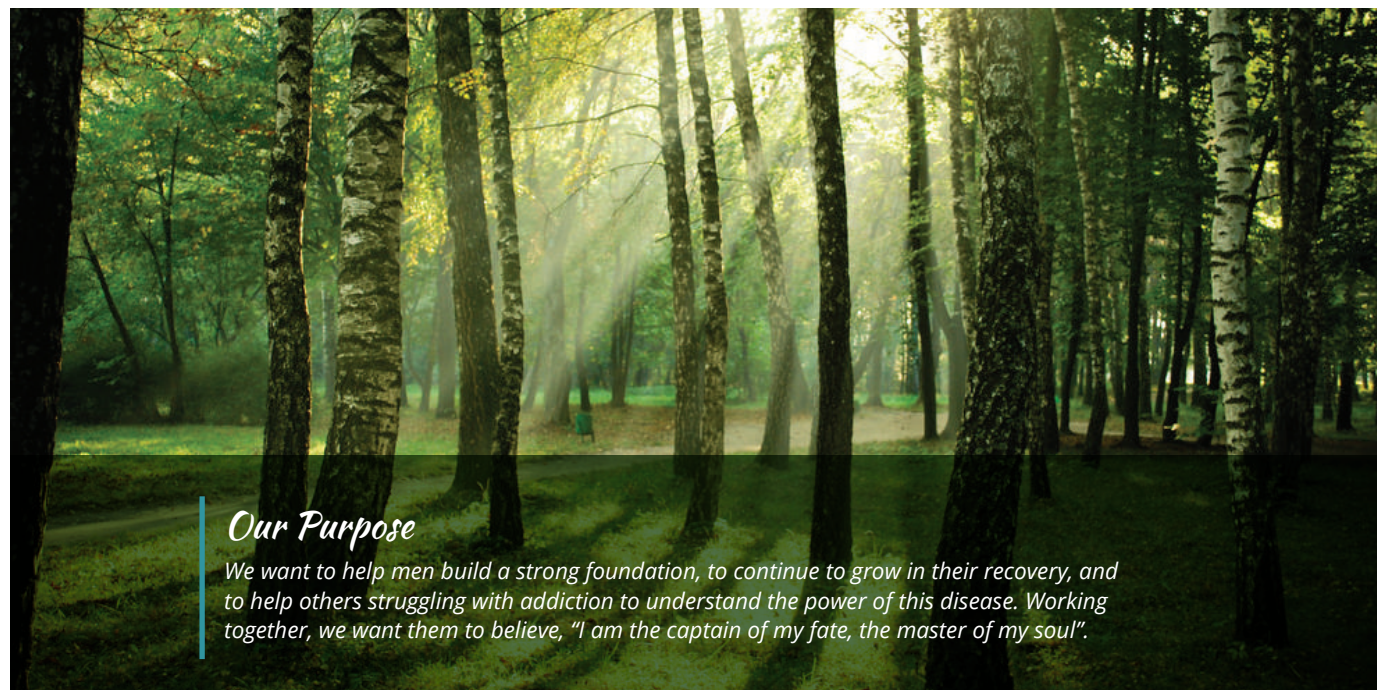




## Welcome to Invictus Woods

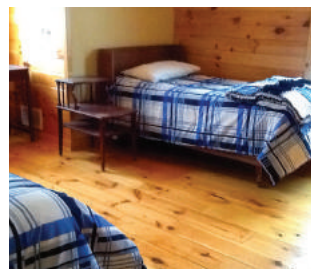
Welcome to Invictus Woods, Inc. (Invictus Woods). Our goal is to provide physical, mental, and spiritual support for men early in the recovery process. Invictus Woods program is based on the 12 steps program of recovery and positive peer accountability. We believe in educating families about addiction. It is a serious life long and progressive disease. It takes time, encouragement, and maturity to understand that addiction is a disease. Our mission is for men to learn how to stay sober and how to enjoy recovery.

Invictus Woods is an extended care program for males ages 18 and older seeking recovery from alcohol or chemical addictions. It is a serene environment away from the hectic life of the city. A requirement for admission is a successful completion of a primary care substance abuse treatment center. The home is fully furnished and has a peer-to-peer environment, which will help provide a strong foundation for a life-long recovery and self-efficacy. Residents enjoy responsibilities such as, deciding on



### *Our Purpose*

*We want to help men build a strong foundation, to continue to grow in their recovery, and to help others struggling with addiction to understand the power of this disease. Working together, we want them to believe, "I am the captain of my fate, the master of my soul".*



dinner menus, grocery shopping, cooking, house chores and 15 hours of community service a week. Laundry, household cleaning supplies, cable television, and Internet are included.

According to the research of Stout et al. (1999) extended care is essential for long term sobriety compared to primary treatment alone. This extra time allows men to develop skills, healthy habits, and motivation to prevent relapse. At Invictus Woods, we work with the local recovery community and with family support to help men rebuild their lives and to become productive members of society.

The house is set on 35 acres of wooded hills six miles from Canton, IL population 20,000, 20 miles

from Peoria, IL population 150,000, and 15 miles from the Peoria Airport. Invictus Woods employs knowledgeable staff that will provide advice, guidance, and support to adult males. The home, the employees, and the local recovery community all work together to help men make the next step from sobriety to recovery and reintegration into the world.

The house is away from everyday temptations of the city, so they can get strong and healthy in their recovery. We should work together to help these men develop skills and motivation to become productive members of society, but let us nurture their spirit slowly and purposefully.