

# LifeChange Fast Facts

LifeChange is a Christian based addiction recovery community. It usually takes up to four years to successfully complete LifeChange.

The typical LifeChange resident is a man or woman between the ages of 19-55 who has struggled with severe addiction for years.

To enter LifeChange a person must:

- Be detoxified for at least 5 days
- Free from psychiatric drugs
- Free from narcotic prescription drugs
- No sex offenders or violent criminals
- Physically fit enough to work a full day
- Not a custodial parent
- Open to Christian spiritual teachings

To enter LifeChange, a person must fill out an application form and go through an interview process.

There is no fee or expense to be part of LifeChange, however, residents are required to take part in work therapy at Union Gospel Mission or at Union Gospel Mission's Thrift Store.

**To apply to enter LifeChange call Dan Nelson at 503-274-4483 or online at: [www.ugmportland.org](http://www.ugmportland.org)**

## Union Gospel Mission LifeChange Center

3 NW Third Avenue  
Portland, OR 97209

503-274-4483 phone

503-274-0071 fax

[www.ugmportland.org](http://www.ugmportland.org)

[info@ugmportland.org](mailto:info@ugmportland.org)

## Union Gospel Mission

15 NW Third Avenue  
Portland, OR 97209

503-224-3958 phone

Meals and clothing distribution at this location

## Union Gospel Mission Thrift Store

11611 SW Pacific Highway

Tigard, OR 97223

503-639-6488 phone

Call this number for thrift store donation pick-ups



# LifeChange Addiction Recovery

# Hopeless?

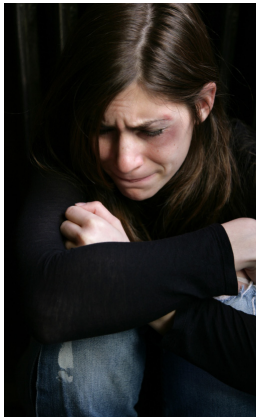


**Are you or someone you care about struggling with a life controlling addiction?**

Addiction is a terrible trap. It takes you places you don't want to go. It takes away self-confidence, and the ability to live a normal life. It destroys relationships with family and friends.

**Addiction can be a self-destructive way to cope with past pain and abuse**

Many addicts use drugs or alcohol to cope with a difficult past of loss, trauma, or abuse. The addiction is the only way they know to dull the pain.



**Addiction is very difficult to overcome**

It isn't easy to overcome addiction. Many addicts try various programs and treatments and relapse. For some people thirty day programs or 12 step meetings are not enough.

# There is Hope...



**A place where hope begins...**

LifeChange is a Christ-centered addiction recovery community. When you enter LifeChange you live and work with a community of people committed to transforming their lives and breaking free of addiction.



**LifeChange is a community**

LifeChange is not a clinical treatment or a "program" or a series of steps. It is a community of people helping each other, and supporting each other to reach beyond maintaining sobriety to a transformed and abundant life.

# Are **YOU** ready?

**If you are trapped in addiction, ask yourself:**

- Are you tired of the life you are living?
- Have you burned bridges with employers, friends, and family?
- Has your addiction caused you to do things you vowed you would never do?
- Has your addiction become a trap you can't escape from?
- Does your future seem hopeless?
- Are you willing to do whatever it takes to change your life?



**If you are ready for change, LifeChange is ready for you...**

Addiction recovery isn't easy, but continuing to live with the pain of addiction is even harder.