



Active Recovery Solutions is the brain-child of Michele Garcia, a seasoned addiction treatment and recovery outreach professional from Los Angeles, California.

Michele Garcia after achieving hard-fought journey into the surrender of sobriety and maintaining it for many years can be extremely disheartening and even devastating to relapse. It calls into question the ability to find a way to live free from the shackles of addiction.

Michele Garcia, founder of Active Recovery Solutions, first got sober on April 23, 1991 at the Drug and Alcohol Center in West Hollywood then went on to a Oasis Women's treatment program followed by sober living; then began to pursue a degree in education, driven by her passion for working with kids and adolescents. Michele became active at local Boys and Girls Clubs, leading field trips and nature trips and running workshops on writing and poetry. During this time, she obtained a certificate in child advocacy from Circle of Hope, an organization formed to raise awareness for helping abused children. She started working in the recovery and addiction treatment field. As a consultant, she became more deeply entrenched in the recovery community, absorbing the various facets that make certain treatments successful and others less so. Soon, her clients began to inquire why Michele didn't begin her own sober-living home.

As time passed she gained more knowledge and experience in the field, as well as more personal sobriety under her belt, two other clients approached her about opening a home. When a colleague made the same suggestion, recommending the full-service recovery treatment model as a guide (clients receive treatment outside of the home and live in the sober-living facility, making it more cost-effective than inpatient treatment), Michele knew she had received direction from her Higher Power about her greater purpose.

In July, 2010, Michele co-founded and opened a transitional program in Malibu, California, which remains a successful treatment program today. Since that time Michele has moved on to more challenging and client-oriented roles in the field, achieving certification for Family Systemic Intervention training.

Inspired by the healing I found in the Coachella Valley opened a woman's healing home for sober living. Founded my vision of Cielo Spiritual Retreat and Sober Living Women and working addiction therapeutic services at ATS doing spiritual group work sharing in the skills and tools I've learned in my journey. Putting a strong emphasis on discovering how fun sober living can be, Michele also organizes Sober Fun Days with community members, where clients spend the day hiking, playing Frisbee, rock climbing and barbequing together.

Michele's passion and commitment to recovery and the treatment field is clear: "I discovered that all things are possible with my higher power; my recovery comes first today".

## What Others Are Saying

*Michele Garcia is a wonderful mentor and works on a personal level to help everyone and all of their needs. She hosts lovely banquets and has a very positive and therapeutic attitude. This is a beautiful and spacious home. Pet friendly, warm, loving, and respectful.*

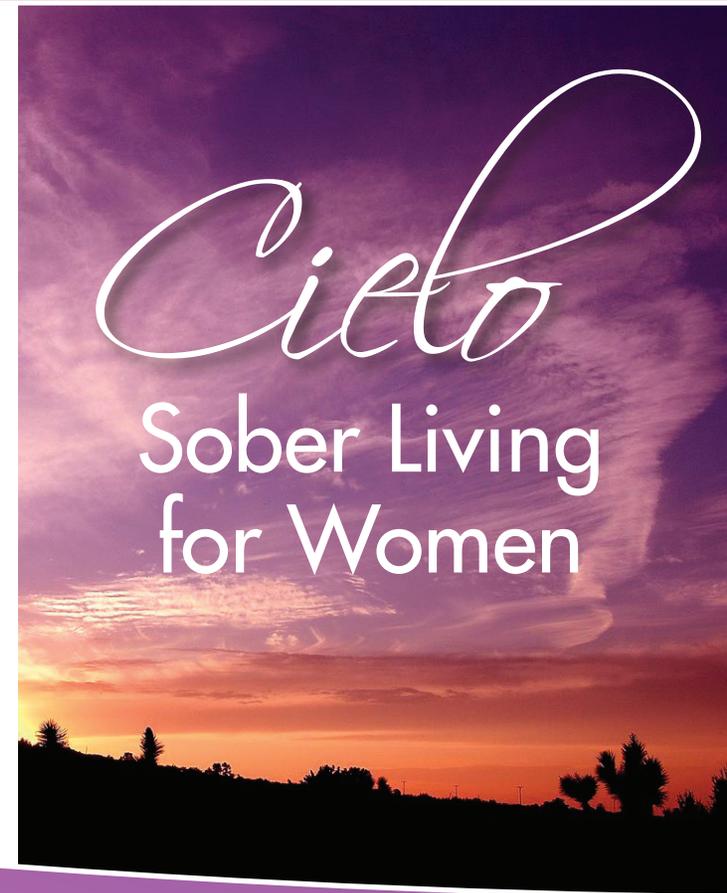
- Kimberly Klein

*Michele is an amazing interventionist, recovery advocate and awesome sober home maker!! Cielo is a beautiful place...an INCREDIBLE place for women live safe and recover in!!*

- Kage Njaka

*Michele Garcia has helped so many people and has personally throughout my recovery been there for me through thick an thin. She has dedicated her whole life to recovery. She defines the word SELFLESS. She is more willing than anyone I know. She goes above and beyond the call of duty. She is a Shining example of what a Woman in Recovery is supposed to be.*

- Tara Gilroy



# Cielo

## Sober Living for Women

### Welcome

A safe haven for women to live sober together and grow in spiritual development



19375 Prospect St  
Sky Valley, California  
**877.394.8355**

# Cielo Sober Living for Women

## **Recovery Solutions**

Your needs are unique and we appreciate that one size does not necessarily fit all. Please take a look at the various recovery solutions we are able to offer you or your loved one.



Transitional sober living +  
outpatient services nearby.

- Guided Morning Meditation
- 12- Step Meeting + Pot Luck Dinner at 6:00pm
- 12- Step Evening Meeting at 7:00pm
- Random U.A. Test for Accountability
- 24 - Hour Care
- Private + Shared Rooms on 5 Acres of Property
- Divine Feminine
- Power of Intention
- Breath Work with Shaman
- Vision Boards
- Music Circles
- Yoga
- Hiking
- Sober Fun
- Healthy Eating + Cooking Classes for Higher Vibrational Living



Please call (877) 394-8355 or Contact Us for more information