



Breathe

Life Healing Centers

We're more than just a drug and alcohol treatment center in Los Angeles, we are a life-healing center. Since 2013, Breathe has served as a sanctuary for recovery, nestled in the heart of Laurel Canyon, surrounded by natural beauty and wildlife. Our integrative, sub-acute care model blends innovative and evidence-based treatments to support lasting change.

SIGNATURE SERVICES

- Substance Use Disorder
- LGBTQ+ Treatment
- Chemsex
- Complex Trauma Treatment
- Family Therapy Program

LEVELS OF CARE

- Detox
- Residential Treatment
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Sober Living

RESIDENCES

- Beautiful Homes
- Chef-prepared Meals
- 24/7 Care
- Inclusive Workouts
- Spiritual Workshops
- Yoga
- Community Meetings

HOW WE TREAT

Expert, Trauma-Informed Clinical Care:

Medical & Nutritional Stabilization, CBT, Evidenced-Based Somatic, Cognitive Therapies & LGBTQ+ Affirming Therapies

Highly Experiential Programming:

Sensorimotor Action Method
Psychodrama, Guided Imagery, Movement, Yoga & Breathwork

Targeted Nutrition Interventions:

Tools and Coaching to Support Consistency, Habit Change, and Long-term Adherence
Health At Every Size (HAES), Weight-Neutral, All-Foods Fit

Family Programming:

6 Month Virtual Weekly Family Class™
Multi-Day Family Workshop & Weekly Family Contact with Primary Therapist

Program durations range from 60 days for substance dependency to 30 days–6 months for trauma and mental health treatment

