

Avalon Sober House LLC



About Avalon

In Arthurian mythology, Avalon is an island off the coast of England which is a place of healing. “.. it lacks no good things; no thief, reiver or enemy lurks in ambush there.” “Old age is unknown, there is neither sickness or suffering... everything is full of joy.(1)” Legend has it that King Arthur lives today on Avalon, healing from wounds sustained in his epic battle with Mordred and waiting for a time to return and lead Britain.

Like the mythical island, Avalon Sober House (ASH) also provides a safe, secure, supporting environment for men in recovery. Toward that end, our resident manager is readily available to help residents make the first steps back to become functioning sober members of the community. ASH houses are inspected and certified by St. Paul and MASH (Minnesota Association of Sober Homes) to meet or exceed all standards for health, life safety. ASH houses operate under the MASH code of ethics. The ASH program is grounded in accountability, responsibility and respect for others. Our locations at 938 Carroll Ave and 1185 Dayton Ave are in the heart of St. Paul’s sober community and close to bus and light rail transit.



“And I will fare to Avalon, to the fairest of all maidens, to Argante the queen, an elf most fair, and she shall make my wounds all sound, make me all whole with healing draughts.”
Layamon, Brut

1. *Gesta Regum Britanniae*, 12th Century, Author unknown

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More About Avalon

Avalon is a member of MASH – The Minnesota Association of Sober Homes. mnsobberhomes.org

- The primary mission of the Minnesota Association of Sober Homes, Inc., is to promote the establishment, successful management and growth of high-quality community-based sober-living residences.
- All member home owners and staff have agreed to operate by a code of ethics.
- All MASH member homes have been thoroughly inspected and found to provide a standard of living that goes beyond local regulated requirements. The house inspection includes health, life safety and management reviews that ensure each home lives up to the standards set forth by MASH.

Hi-Speed Wi-Fi throughout, large flat-screen HD TVs with multiple cable channels at both locations

Both locations are in the heart of St. Paul's sober community with good access to jobs, meetings and mass transit

What We Believe

Our purpose is to help recovering alcoholics and drug addicts to take the first steps back toward a sober, productive life. Decades-long experience across thousands of lives with every possible background, educational level, personality type and family dynamic has shown that the Alcoholics Anonymous 12 Step Program is the most effective method to stay sober.

We encourage and assist residents to follow this process; which includes finding a sponsor, regularly attending meetings, community service and facing addiction squarely.