

## Community Resources

St. Cloud Hospital Behavioral Health Services  
[1406 86th Avenue North  
St. Cloud, MN 56301  
\(320\) 251-2700  
www.centracare.com](https://www.centracare.com)

Zinnia Health  
<https://zinniahealth.com>  
866-414-4430

AA meetings, rehabilitation, Phone Support,  
Counseling, Detox, Etc.

Alano Society of Saint Cloud  
[AASaintCloud.org](http://AASaintCloud.org)  
127 7th Ave NE, Saint Cloud, MN  
320-251-9876  
[info@aasaintcloud.org](mailto:info@aasaintcloud.org)  
Group meetings, AA meetings, etc.

CentraCare Addiction Services  
[Centracare.com](http://Centracare.com)  
3701 12th St N, Saint Cloud, MN  
320-229-3760  
MyChart help desk  
Rehabilitation, AA meetings, group meetings, detox, etc.

SPOT Rehabilitation & Home Care  
[Spotrehab.com](http://Spotrehab.com)  
2835 W St Germain St # 300, Saint Cloud, MN  
320-259-4151  
[spot@spot-rehab.com](mailto:spot@spot-rehab.com)  
Telehealth

Meridian Behavioral Health - Bridge Recovery  
[MeridianPrograms.com](http://MeridianPrograms.com)  
1485 10th Ave NE, Sauk Rapids, MN  
320-406-1850  
Psychiatric Services, Mental Health counseling, in-patient &  
outpatient treatment

Sobriety First Treatment Center  
[Sobrietyfirsttllc.com](http://Sobrietyfirsttllc.com)  
266 3rd Ave S # 10, Saint Cloud, MN  
320-251-0035  
Educational Classes, relapse prevention, groups, therapy,  
evaluations, blended treatment

## The Dream Center



### About the Dream Center

The Dream Center is a halfway house in Saint Cloud Minnesota was founded in 1991 by Pastor Michael Laidlaw. The Dream Center is a non-profit that provides housing, food, health insurance, therapy and along with several other resources for previously incarcerated men.

The Dream Center provides numerous resources for substance abuse recovery such as chemical dependency assessments, one-on-one therapy, group therapy, and medications. The Dream Center is also connected with most the chemical dependency rehabilitation programs within the community.

### Contact Us

#### Website

[dreamcenterstcloud.org](http://dreamcenterstcloud.org)

#### Email

[dreamcenterpath@aol.com](mailto:dreamcenterpath@aol.com)

#### Address

529 16th Ave N, St. Cloud MN

# RESOURCES

## *Substance Abuse & Recovery*





## Eddie's Story

Eddie, is a resident of the Dream Center and currently volunteers and helps out at the halfway home that got him back on his feet. He aims to help others just like him to reach their potential and be free from their addictions.

Eddie's struggle with substance dependency began with his childhood. His addiction to alcohol led his unemployment. He stated "It took all my resources" Eddie

When he arrived at the Dream Center after being released from prison, he was resistant and reluctant to receive help. However, he expresses how his feelings changed quickly when he was greeted with open arms. "As soon as I walked in that door, a revelation just came over me. I was at peace." Eddie

Eddie further explains how the Dream Center provided him with programs and services such as therapy, housing, medications, and Alcoholics Anonymous group therapy that helped him recover from his substance dependency. He has graduated from the substance abuse recovery program and expresses how the support from staff and other residents helped him overcome his addiction. He is now proud to be 5 years sober.

## Micheal's Advice to Individuals in Rehabilitation Programs



Micheal Laidlaw, the founder of the Dream Center, encourages residents to overcome their addiction and know that "There is hope in recovery" - Micheal



## Brett's Story

Brett is a current resident at the Dream Center and has also completed the substance dependency program provided at the Dream Center.

Brett grew up in a household and community where drinking alcohol and using chemical substances was normalized. He first began drinking alcohol at 10 years old and by the time he was 12 years old he was a functioning alcoholic. By 15 he was severely addicted to several chemical substances such as heroin. After being incarcerated, Brett gained contact with the Dream Center and eventually became a resident. When he arrived at the Dream Center, he was resistant because he struggled with asking for help. He believed, "asking for help meant giving up" Brett

However, after being at the Dream Center he is grateful for all of the resources and wisdom he has been provided. He has overcome his addictions with the help of Alcoholics Anonymous and therapy provided at the Dream Center. He states, "I now know if I go back to using, I'll end up dead." Brett

Brett's life has been transformed and the Dream Center has helped him get back on track. He is currently finishing up his college courses and he plans pursue a career as an auto mechanic. His biggest advice to incoming residents is to listen. He states, "There is so much wisdom and words of encouragement that are imparted daily." Brett