

Beach Break Recovery San Diego Excursions HGR Drug Rehabs IOP One of the distinctive features of HGR Drug Rehabs San Diego California's intensive outpatient program is the regular social activities and excursions that are organized as part of the program experience. In San Diego, with the Pacific Ocean, Balboa Park, and some of Southern California's most celebrated cultural attractions within easy reach, the IOP can incorporate the kind of experiential and recreational activities that support the development of a genuinely enjoyable sober life. Beach excursions are among the activities that IOP clients at HGR participate in, and the therapeutic value of these outings goes beyond simple enjoyment. Learning to experience joy, relaxation, and social connection without substances is a critical component of building a sustainable recovery, and doing so in beautiful natural settings with a supportive peer group gives that learning a concrete, embodied quality that classroom-based psychoeducation alone cannot provide. Visits to other Southern California attractions, including cultural destinations around San Diego, provide IOP clients with experiences of engagement and pleasure that build their toolkit for sober living. The social bonds formed during these activities, within a group of people who are all navigating the same recovery journey, are among the most valuable outcomes of the IOP format.

HGR Drug Rehabs San Diego California | 402 W Broadway Suite 400, San Diego, CA 92101 | 760-697-0497

For San Diego residents who want drug rehabs or alcohol rehabs that take seriously the question of what [San Diego drug rehabs](#) a good life in recovery actually looks like and feels like, HGR's approach provides an answer that is experiential rather than theoretical. Call HGR Drug Rehabs San Diego California at 760-697-0497. Office at 402 W Broadway Suite 400. Available 24 hours.

## HGR Drug Rehabs San Diego

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**Drug & Alcohol Rehab San Diego, CA**

[drugrehabssandiego.com](http://drugrehabssandiego.com)