

Sober Living House Adopts Senior Shelter Dog - Jeffrey

October is Adopt-A-Shelter Dog Month. Jeffrey, adopted by Just Living Recovery aides in the residents' recovery journey.

DENVER, CO, UNITED STATES, October 17, 2024 /EINPresswire.com/ -- Jeffrey, a gentle 10-year-old dog was abandoned at a shelter, his spirit was broken. As a senior dog his chances of adoption were slim.

Pets offer more than companionship. They provide unconditional love and acceptance, reducing loneliness and fostering emotional connection—crucial elements in addiction recovery. Caring for another life can instill a sense of purpose and responsibility, helping individuals rebuild their lives. Executive Director of [Just Living Recovery](#), Linda Barringer was well aware of the healing power of a pet and long has supported a pet friendly environment.



Jeffrey - relaxing



JUST LIVING RECOVERY
SOBER LIVING IN A SAFE HAVEN

Jeffrey a senior dog, was cowering in the back of his kennel when JLR residents' noticed him. They decided to adopt him as a support animal. He had found his forever home with the entire community at Just Living Recovery. The residents at Just Living Recovery's love mended his broken heart, and in return, his unwavering devotion became an integral part of their healing journeys.

Jeffrey's presence is soothing. Each morning, he greets the residents with a wagging tail and gentle nudges, reassuring them they're not alone. During group meetings, he sits patiently, and his calm demeanor is a quiet encouragement. He curls up at someone's feet in the evenings,

providing silent companionship and warmth. His soft fur and steady heartbeat offer a sense of peace and security.

Jeffrey possesses an uncanny ability to sense when someone is struggling. He'll gravitate towards them, offering a comforting nuzzle or a warm presence. It's as if he understands their silent battles and the weight of their pasts. The same big heart that was once broken now radiates love, offering comfort and strength to those on their recovery journey.

Jeffrey shares his home with three cats, part of the home's pet-friendly policy. These animals, spoiled with love, bring joy, hope, and unconditional love to everyone they encounter.

Pets are more than just companions; they are therapeutic partners that can significantly enhance recovery. Their unconditional love and acceptance can be exceptionally comforting during challenging times, alleviating feelings of loneliness and isolation. Petting a dog or cat can reduce stress and anxiety, promoting a sense of calm and well-being.

In addiction recovery, pets play a vital role by providing companionship, routine, and purpose. The responsibility of caring for a pet can instill a sense of structure and motivation, crucial for individuals rebuilding their lives. The positive reinforcement and non-judgmental support a pet offers can be invaluable in combating feelings of shame and guilt. Jeffrey's presence is priceless, a daily reminder of resilience, second chances, and the transformative power of love.

October is adopt-a-dog month. If you are looking for a pet, please consider adopting a shelter pet. The same unconditional love that Jeffrey shares is waiting for you at your local shelter.

[About Just Living Recovery:](#)

For more information about Just Living Recovery visit JustLivingRecovery.org. Residents pay just \$600 per month for their room including utilities, cable and wifi. JLR believes money should not stand in the way of someone's decision to rebuild their lives. Just Living Recovery Center is a leading addiction recovery facility located in the Metro Denver area. The center specializes in providing compassionate and inclusive care to the LGBTQ+ community and people of color. With a focus on culturally competent treatment, Just Living offers a supportive community environment. Their mission is to empower individuals to overcome addiction and achieve lasting recovery.



Jeffrey, the dog who heals hearts

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