



**FreshStart**  
Ministries

# QUICK FACTS

Fresh Start Ministries of Central Florida was founded in 1986 by Joe and Kelly Cordovano. We are a 68-bed, one-year, faith-based residential program designed to help men overcome substance abuse. The highly structured program equips clients with the tools they need to achieve long-term success after graduation, addressing a wide range of topics, habits, and behaviors.

## PROGRAM PHASES

- **Phase 1: Drug and Alcohol Dependency** - Focuses on understanding how substances affect the brain and impair men's ability to make healthy decisions.
- **Phase 2: Inner Healing** - Addresses the root causes of brokenness, insecurity, anger, and trauma—helping men identify what drives them to self-medicate and begin the process of emotional healing.
- **Phase 3: Relapse Prevention & Transformation** - Centers on discipleship and spiritual growth, exploring how God transforms a man into the person He originally intended him to be.
- **Phase 4: Life After Rehab** - Prepares men for successful reentry into society by developing life skills, strengthening relationships, and learning responsible financial management.

## FINANCIAL INFORMATION

- The program fee is \$185 per week, which covers all classes, counseling, housing, and includes continental breakfast and dinner each day.

## FACTS

- **Faith-Based Residential Program** – Our curriculum and counseling are rooted in faith-based principles. Residents also attend church together as part of their spiritual growth and community connection.
- **Working Program** - All residents are required to work a minimum of 32 hours per week (Monday–Friday) and return home by 6:00 p.m. daily. Employment is an important part of building responsibility and structure.
- **For Adult Males** – While here, the focus will be on recovery and growth instead of starting any new relationships.
- **Drug and Alcohol Rehabilitation** - Residents are subject to frequent and random drug and alcohol testing to ensure accountability and maintain a safe, substance-free environment.
- **Classes and Counseling** - Classes are offered each weeknight, totaling approximately 390 instructional hours annually. Every resident is also personally assigned a Fresh Start counselor for individualized support and guidance throughout the program.
- **Focused on Family Restoration** - Family involvement is a vital part of lasting recovery. Significant others are required to attend our weekly Tuesday night Family Enhancement & Support Group via Zoom, which includes a 12-step component. Other family members are strongly encouraged to participate as well.