



Bella Vita is proud to announce the opening of its newest facility

The Bella Vita Transitional Living
634 Groveview Lane
La Canada Flintridge, CA 91011
(818) 790-2438 or (877) 91-Bella

The Bella Vita Transitional Living provides 24/7 care for those currently receiving treatment in one of our day treatment programs.

The Bella Vita Transitional Living offers a safe, supportive environment for adolescents through adulthood experiencing Eating Disorders and related disorders who are at risk of institutional placement, persons transitioning from inpatient and residential settings, or for those who are working on recovery while easing back into independent living.

Our goal is to help our clients be successful with long-term recovery. We help our clients focus on recovery while learning how to incorporate a healthy lifestyle into their treatment within a structured and nurturing environment.

We are committed to providing our clients with a home-like setting that respects privacy, promotes personal security and promotes safety.

Our treatment emphasizes the physical, mental, emotional and spiritual transformation of the individual.

The Bella Vita Transitional Living:

- Full Continuum of Care: Transitional Living, PHP (Partial Hospitalization), IOP (Intense Outpatient Program) and Outpatient Services
- For Adults, both male and female
- For Adolescents, both male and female
- Integration of recovery, life skills and self-care
- Residents participate in treatment program each day while building in opportunities for exercise, community outings, job and school search, entertainment, social activities and recreation throughout the week
- Residents are involved in household activities, and help in meal preparation
- Treatment program includes group therapy, individual therapy, family therapy, psychiatric consultation and nutrition/fitness management
- Weekly community meetings for staff and residents
- Home-like setting where one can learn life skills while attending one of The Bella Vita's treatment programs
- Within walking distance to shops, grocery stores, coffee shops and bank
- Groups include: art therapy, dialectical behavior therapy, affect management, cognitive behavioral therapy, music therapy, family dynamics, relapse prevention, mindfulness, relaxation tools, vision board, nutrition, yoga, body image, therapeutic restaurant and activity outings, healthy boundaries and perfectionism