

# KEYS TO RECOVERY — NEWSPAPER, INC. —

**SPREADING THE MESSAGE OF HOPE AND RECOVERY**

## Dying for a Drink

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Mary Cook

  
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*Watch for our Classifieds in our NOVEMBER 2014 issue*

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## About Us

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## Dying for A Drink

**Fox 13 Tampa Bay:** Binge drinking takes teen to the brink of death...

**Huffington Post:** Alcohol-Related Deaths Kill More than AIDS, TB Or Violence...

**Wall Street Journal:** Women & Alcohol Abuse: Women's growing predilection for wine has a darker side – and the only way to deal with it is to acknowledge the profound differences between how women and men abuse alcohol.

**Even fame doesn't protect us from this deadly disease** – Billie Holiday Died 1959 • Jim Hendrix Died 1970 • Amy Winehouse Died 2011 • Whitney Houston Died 2012 • John Belushi Died 1982 • Coco Chanel Died 1971 • Chris Farley Died 1997 • Philip Seymour Hoffman Died 2014... I think we could create a list that would fill this newspaper.

With headlines such as these there has never been a more urgent need for publications such as *Keys to Recovery Newspaper, Inc.* Our primary purpose and our main objective is to carry the message of **Hope** and **Recovery** from all types of addictions and disorders to as many people as possible and to offer resources that can provide treatment and support. We will do that by distributing our newspapers every month for FREE to as many people as possible. We are committed to running columns authored by today's top experts in the recovery field, staying on top of all the current breakthroughs and failures in addiction treatment.

*Keys to Recovery Newspaper, Inc.* will educate our communities about alcoholism, drug addiction, eating disorders, sex addiction, gambling addiction, homelessness, domestic violence and so much more. Included in our newspaper, at no charge to list, is a Resource Guide (see pages 16 and 17) listing free services and vital help offered within our community.

**Keys to Recovery** hopes to reach the hearts of the many individuals - struggling with addictions - currently in jails or other types of institutions - by getting them our newspaper which is filled with information that will assist in their future recovery. For every paid subscription we will be able to send a free subscription to someone in an institution.

We are NOT affiliated with AA, NA, Al-anon or any other 12-step program. We do, however, believe in the power of the 12-steps and the principles behind them. We also believe in all types of therapy. With as many types of addictions as ways to recover from them we believe that with the help of our readers, our advertisers and our "writers" we can paint a more complete picture of recovery.

We will operate **Keys to Recovery** using these principles as a guideline - Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality and Service.

Many of you will remember me from Steps for Recovery newspaper where I worked until 2008 with my business partner and good friend Jason Levin - who passed away a sober man. Unable to continue working on the newspaper without him, I choose to go back to corporate America. After five years of healing I feel ready, willing and able to go back to my one true passion - carrying the message of hope and recovery.

I am moved and humbled by the level of encouragement and support we have received while getting ready for this first issue. We have applied for our non-profit status so hopefully soon we can be a tax deductible donation for you.

This first issue is dedicated to my former partner and friend Jason Levin - I know in my heart he would be proud.

Jeannie Rabb-Marshall President and Co-Founder of *Keys to Recovery Newspaper, Inc.*

Our first issue is dedicated to

**Jason Levin**  
1967-2008



*You are pulled from the wreckage of your silent reverie  
In the arms of an Angel; may you find some comfort here.*

*-Sarah MacLachlan "In the Arms of an Angel"*

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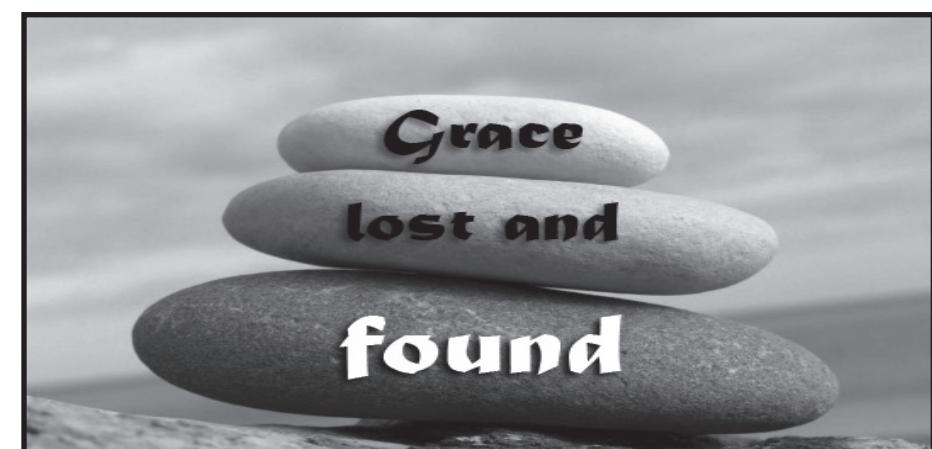
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## **Thoughts on Adult Child Recovery by: Claudia Black**

*"We became the late night regulars at the local hospital's emergency room. For instance, one night Mom dropped a gin bottle on her foot and sliced one of her tendons. Another time she was washing dishes drunk, broke a glass, and sliced a tendon in her arm. Another night she threw a saltshaker at Dad, got him in the forehead, and he needed stitches. Once when I was alone with Mom, she fell through the window and was lying there in blood and broken glass, half on the patio, half in the family room. I phoned Dad and he yelled at me to pull her in from the window so she wouldn't fall farther and slice herself in half. I got down on my hands and knees in the broken glass. I stuck myself through the hole she'd fallen through and moved enough glass away from her so I could pull her inside without cutting her up too badly. Then I cleaned her off and waited for Dad." - Jan*

Somebody may ask, "What happened then?" Nothing happens then. Nothing. It is Tuesday night. Or it could be Wednesday, or maybe Thursday. But nothing in particular happens.

But something does happen — children learn to repress their fears, sadness, anger and humiliation. Yet somewhere in their bodies the depth of those experiences and feelings remain, typically dictating how they will perceive and respond to themselves and others. They walk through life conditioned by years of helplessness and powerlessness. This young 18-year old girl is already abusing alcohol and cocaine, is bulimic, sexually promiscuous and ultimately suicidal.

While the following experience may not be as extreme, Bill would also experience the consequences of living in an addictive family.

"We didn't know dad was addicted to drugs or alcohol until my parents separated. My mom kept it a secret, and my dad just didn't come home much. He was a doctor and we thought all doctors worked a lot. When he was home we were to stay out of his way, not to be a problem. We learned to never question and never expect anything. We were just supposed to accept his absence and disregard for us. Mom vacillated between depression, being super-mother and having a short temper. We could see her stress but it was never discussed. I really thought I was not affected but then I began to have problems in my relationships. I always seemed to need one but didn't know how to be close. I became anxious about everything and then that would end the relationship and sabotage my performance at school. I began to experience depression and still struggle with it today. I realize I missed out on a whole lot of basics, such as feeling I was worthy, or that my needs were of value or that I could talk about any of it."

While it is true children growing up with addiction are at high risk to become addicted to substances, it is also common to see that they may modify their addiction to a different substance or process than the one they were raised with, such as eating disorders, sex addiction, money related or work addictions. They frequently marry someone who also has an addictive disorder. In addition, common emotional themes for adult children are difficulty identifying and expressing feelings; they are often rigid in their behavior and highly controlling of people, places and things. Some find themselves overly dependent on others. As in Bill's situation, they may feel no sense of power or choice in the way they live. A pervasive sense of fear and guilt often exists in their lives. Many experience depression and frequently lack the ability to feel close or intimate with another human being.

As complex as the outcomes are for many children, healing can begin by understanding the basics of recovery.

Recovery begins with accepting two basic rights:

- 1) We have the right to talk about the real issues
- 2) We have the right to feel

Judith Viorst wrote in Necessary Losses, "It is true that as long as we live we may keep repeating the patterns established in childhood. It is true that the present is powerfully shaped by the past. But it is also true that insight at any age keeps us from singing the same sad songs again."

**Con't Page 14**

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# GETTING THEM SOBER

Toby Rice Drews



## Using "Normal" Relationship Terms When it's Alcoholism

It's often said that "compromise is what we do, in a marriage". Got me thinking about the difference between marriages without abuse or alcoholism vs. marriages with alcoholism.

In the "April, 2006, Recovery Tip of the Month", there is this paragraph: "We subconsciously feel like we should be like that new trash bag that is advertised on TV now, the one that stretches and stretches, to way beyond what other trash bags have been able to do - to accommodate more and more garbage."

That's akin to us, and the idea of "compromise". When we compromise it goes way beyond the pale. When counselors see couples, we of course help them to learn to compromise - so, what kinds of things are typical? We teach him to maybe go golfing one day a week, only, since he watches sports on TV (and does not want to be interrupted except for emergencies), three nights a week.

We teach her (when he has been travelling for work, 5 days a week for decades and he is now retired) to 'catch herself' when he is wanting equal input into how things, large and small, will be managed in that home. In those years of his travelling most of the time, she of course had to make all those decisions, and grew used to it.

What is different in homes with alcoholism? It's like there is one partner who is normal and one with Alzheimer's. And we're trying to teach them how to make judgments about life, together. Why say 'Alzheimer's'? Because it, too, is a disease where the brain does not function properly, and one cannot rely on their judgment about matters. Oh, sometimes, while the disease is in earlier stages, the Alzheimer's patient will be very lucid and fool everyone but it is progressive, and that is less and less, over the years.

In marriages with alcoholism, we, of course, focus so much on how he behaves toward us that we sometimes forget and think he 'just needs to learn how to behave right'. He has, if he is alcoholic, a toxic-brain disease. A toxic-brain disease that is progressive and will either kill him or lead him to the back wards of a psychiatric hospital, with no more memory and no more ability to make more memories. Alcoholics who reach that stage have "wet brain"... a blank brain with no knowledge of who you are or who they are. When an alcoholic reaches that stage, it is irreversible. There are literally millions of alcoholics in the back wards of hospitals, with wet brain. The V.A. hospitals are filled with them.

No, we do not "compromise" with alcoholics in a marriage. For, 'compromise' means that two sides of a discussion make joint decisions about how to both 'give in' to make things work out well. We, instead, adapt. Adapting is done by the non-alcoholics in a family, to make the alcoholic 'happy', for a time. And we do learn ways to make that happen, in the short term. But, we also need to keep that 'trash bag stretching' to accommodate to what they demand. And those demands not only grow larger, our 'rewards' get smaller and occur less often.

We reach the point where we "really feel we know them"...where we are pretty vigilant about 'reading them' to see what they want to anticipate what they want in order to 'head them off at the pass'. To be sure to meet their 'needs/wants hopefully, to make sure we reach our goal to stop them from hurting us to make them at least temporarily half-way-nice to us.

We stretch and stretch and stretch, to be able to 'do' for them so we can have a modicum of a relationship...even if it is a pretense of a relationship so they will want to be with us. No, we've gone way beyond the pale about 'compromise'. That word is not even within sight of what we do, to keep an alcoholic relationship going.

So how do we heal? One of the *most* important ways to heal, is to "watch our language". Hear ourselves when we use terms that make it seem that we 'have normal relationships' when it is alcoholism. Saying, "I compromise" **seems** like it is what is done and expected to be done, in marriages. AND THAT IS TRUE! Compromising **is** what is done in 'normal marriages'. But it is *not* what we are referring to, when we talk about what we do.

Part of our healing is to pay **a lot** of attention to our terminology for, our terminology is the language of denial. The language of *subtle* denial that keeps us locked into the craziness of alcoholism. P.S. We often say to ourselves, when we don't want to hear all this, "oh I know what I mean when I say xxxx". Even though we 'know' what we 'mean' - when we keep using 'normal relationship' terms when referring to what we do in an alcoholic situation, it is a subtle way of minimizing what is going on.

And when we 'fight for our right' to continue to minimize - we *of course* are just not wanting to face the whole kit and kaboodle entirely. And that is understandable! But we if we want to heal *more quickly*, way down deep, we need to tell ourselves the truth and face the truth, **no matter if we stay or leave**.

For, if we skew the truth to ourselves, with all kinds of justifications...we still are thinking, then, that it will be easier for us to stay in the relationship if we don't tell ourselves the entire truth as it is. And that is just not true.

The devastation we feel when the crises happen, when the INEVITABLE crises happen, are LESS devastating to us when we "kept one foot out of the circle" all along. When we did not let ourselves forget the truth - even when we are enjoying the moments when it is good. Yes, we can, AND SHOULD, stay in 'one day at a time'. But staying in it realistically is one of the things that attendance at Al-Anon, on a regular basis, is so good at.

Going to those face-to-face meetings does help so much to learn to keep a balance...to learn to enjoy the moments when he is nice...and to learn to still be self-protective. And to be really self-protective, we cannot tell ourselves half-truths. Why say 'self-protective'? Because when we do not want to face the alcoholism and the fact that it is progressive, when it does progress, if we've let our guard down, so to speak (i.e., tried to 'forget' that there is alcoholism when it is good for a time with him), we get hit like a tidal wave. This happens mostly with people new to family recovery.

When we've been around recovery for a while, we each learn, in our own way, to find ways to enjoy the moments - without entirely forgetting what is really going on. That as long as he is drinking, it is of necessity, not of his choice, that it will get worse. But it "hits us" not at all as much, when it progresses, when we expect it. We can then deal with it SO much more easily. And how to "expect it"? By not forgetting that it is inevitable as long as he keeps drinking.

*Toby Rice Drews, author of the "Getting Them Sober" books. From January 2011, Recovery Tip of the Month by, [www.GettingThemSober.com](http://www.GettingThemSober.com)*

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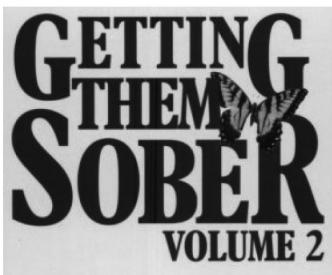
"Getting Them Sober" by Toby Rice Drews are the million-selling books endorsed by 'Dear Abby', by Dr. Norman Vincent Peale, and by Melody Beattie - who wrote, "Getting Them Sober" is the best book for the family of the still-drinking alcoholic".

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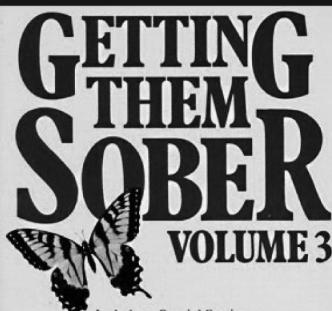
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-Abigail Van Buren(Dear Abby)



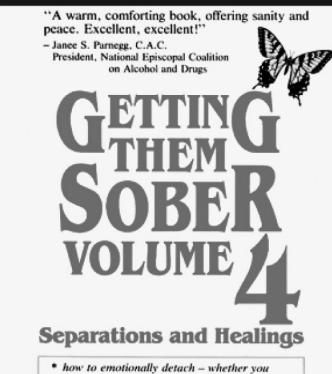
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**Meditation:** It is essential that we take up the question of forgiveness. Why? Because as addicts, we have had a great many experiences of hurting others and of being hurt ourselves. We have at times betrayed others and others have betrayed us. We took what was not ours and what was ours was taken from us. We lied to get over on others and were lied to by those who needed to get over on us. In our addiction, we were constantly involved in the kinds of behaviors that destroy family relationships and friendships. So now we can't imagine how anyone could possibly forgive the worst things we've done, or how we could ever forgive others for what they have done to us. Yet until we can experience forgiveness, we will be locked into anger, resentment, shame, and guilt. Addicts who carry those toxic emotions in their hearts are a relapse waiting to happen. Our inability to forgive, or to be forgiven, can stop the process of recovery right in its tracks. That is why we must be willing to address the issue of forgiveness.

**Prayer:** I pray that I will become willing to take a good long look at the issue of forgiveness in my life. I ask my Higher Power to help me learn how to forgive others and myself, so that I can release these debilitating feelings of guilt, shame, anger and resentment.

**Meditation:** We can look at forgiveness as a process that takes place in three different forms or levels. The first is detachment. For some of us, the best we will ever do is to detach ourselves from that hurtful memory. We cut the ties that bind us to that pain. We stop the habitual replaying of the hurt. We release the person and we let the resentment go. The second form mirrors the biblical concept of canceling someone's debt. The belief was that negative behaviors created debts that required payment. To forgive someone meant to cancel their debt. Once that's done, we no longer see the person as an adversary who owes us payment or as an enemy who needs to be punished. All is forgiven. The third and most powerful form of forgiveness is the willingness to bless the one who has harmed us, to desire for them what we wish for ourselves. Doing so creates a deep cleansing in us as it gives evidence that we are finally free of anger, resentments and vengeance. Being willing to bless others creates that blessing in us.

**Prayer:** I pray that I will be willing to take whatever steps are possible for me to unburden myself with an act of forgiveness. I ask my Higher Power for a generous heart so that I can pray for those whom I have harmed, and bless all those who have harmed me.

**Meditation:** It's very difficult to forgive others. Might it be easier to do so if we had a stronger sense of our own need for forgiveness? Would it help if we were able to see all the damage we have caused others with our lying, stealing, cheating, betrayals, broken promises and violence? When we think of the harm that has been done to us, we burn with a desire for justice. But when we think of the harm we have caused others, we quietly become humble as we ask our families, our friends and God for forgiveness. Might that be considered hypocritical, asking that our wrongs be forgiven while we are demanding justice for those who have wronged us? There is an old, powerful spiritual principle which maintains that those who demand justice from others will have to face justice themselves; those who offer forgiveness will receive forgiveness in return. Since we all stand in need of forgiveness, let us pray for the willingness and humility to extend to others the same forgiveness we hope to receive ourselves.

**Prayer:** I pray that I will become more mindful of the harm that I have caused to others and of my own need for forgiveness. I ask my Higher Power to help me be as willing to extend forgiveness to others as I am to ask my family and my friends to forgive me.

**Meditation:** Very often the person that we find hardest to forgive is ourselves. The trap is created when we focus on what we have done. Forgiveness is not a way of saying that what we did was right. The behavior was wrong. Forgiveness is about the person, not their behavior. So we forgive ourselves because of the harm that all of this shame, guilt and self-hatred has caused us. It's time that we come out of the shadows and that we set ourselves free. In light of Step Eleven we must also ask if it is God's will that we forgive ourselves. We believe it is because it fosters the kind of healing that helps to restore us to sanity, while failing to do so creates real obstacles to our recovery. Now let's consider all the addicts who need our service. They will never hear from us until we break loose from this tangled web of self-loathing. Self-forgiveness frees us up to carry a message of hope to them. So if we consider our recovery, all the addicts who need us and God's will, we will find some compelling motives to forgive ourselves.

**Prayer:** I pray that I will learn to forgive myself for all the worst things that I have done. I ask my Higher Power for the willingness to do God's will, and to release myself now in a complete act of self-forgiveness so I can become free to carry a message of hope.

*In my capacity as the Spirituality Counselor for Cri-Help, Inc., I write daily meditations that are designed to help those who are working a 12 Step program of recovery with their spiritual issues and challenges. What I am offering with this writing is a series of four of these meditations, all of which reflected in various ways on the subject of forgiveness. I hope you will find this helpful.*

*Please visit our web site at [www.cri-help.org](http://www.cri-help.org). - ©Marco Pardo 2014*

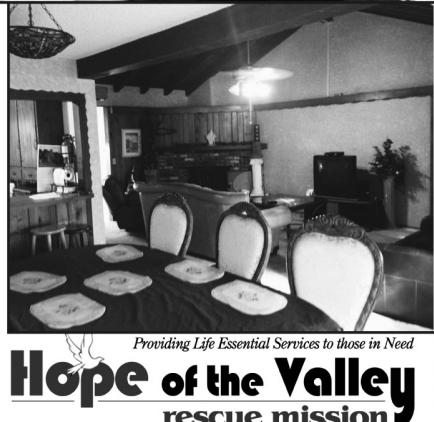
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# Ask Dr. Nita



## What is Spirituality and How Does it Relate to the 12 Steps?

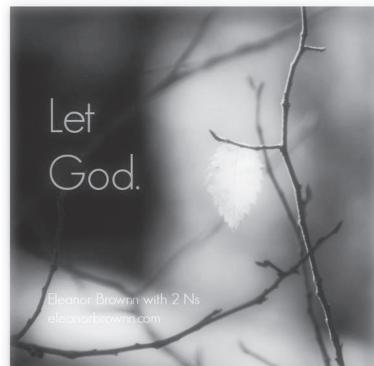
There are a number of different spiritual traditions and many religions - our purpose here isn't to cover them all but to offer some basics to get you started. Let's distinguish between spirituality and religion - although you could look this up - let's explore the premise that spirituality and religion have commonalities and differences.

Religions have beliefs, customs and rituals that are organized into specific activities and practices performed by groups of people or in communities.

Spirituality is more of an individual practice, though it can also be practiced in groups, and has to do with having a sense of peace and purpose. It also relates to the process of developing beliefs around the meaning of life and connection with others. One could argue that religions offer this as well, but in my opinion there is a long tradition of rules and regulations in most religions.

Even though in the early days of the creation of Alcoholics Anonymous, there were some religious influences, today it is considered to be a program of spirituality, based on

I see spirituality peace and contentment as a way to have a belief greater than our comfort and solace in the "world" disappoints or pain or change upon your life means more activities, and you pose - what might



spiritual principles. as a way of seeking meaning in life, and a system in something selves, resulting in when the "material imposes too much us. Imagine that than just your daily have a greater purpose than be?

primary focus shifts

Let's say that you to manage some habits you don't like, some addictions that are causing problems in your life or you simply want change or seek personal growth. What are you willing to do to accomplish this?

One idea is to focus on the principles contained in the writings of the twelve steps. For a handy shortcut to access these principles, I like the "12 Steps Companion" App (available for iPhones or Android Apps on Google Play). These are the principles:

- |                       |                          |
|-----------------------|--------------------------|
| Step 1 – Honesty.     | Step 7 – Humility.       |
| Step 2 – Hope.        | Step 8 - Brotherly Love. |
| Step 3 – Faith.       | Step 9 – Justice.        |
| Step 4 – Courage.     | Step 10 – Perseverance.  |
| Step 5 – Integrity.   | Step 11 – Spirituality.  |
| Step 6 – Willingness. | Step 12 – Service.       |

You can choose to live by these principles if you're in recovery. However, they'll work for those who aren't in a 12-step program, or experiencing difficulties in life! Ask yourself where you feel a connection, what your values are, what motivates and inspires you, and what lies in the deepest part of yourself, and stay tuned for more!

Please send your questions to Dr. Nita care of Keys to Recovery, and let the conversation continue! We look forward to posting your anonymous questions here.

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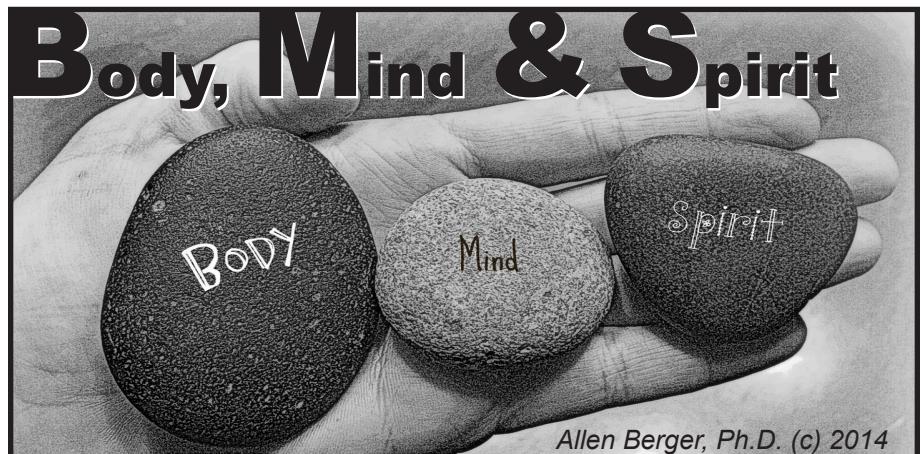


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## Nourishing & Toxic Attitudes in Recovery

Recovery capital is a relatively new concept in the field of recovery. Our recovery capital is determined by the number of external and internal assets that we have which support recovery. External assets are things like having a home group that we attend regularly, a good connection with our sponsor, the support of our family, legal problems, etc. Internal assets are things like our level of commitment to recovery, the degree that we have accepted your devastating weakness, our attitude towards our problem, and our attitude towards ourselves and others to name but a few.

External assets are much more fragile and fickle than internal assets. Therefore we want to be more heavily invested in our internal assets. To increase our internal assets we need to assess our attitude towards our problem, our attitudes towards ourselves, and our attitudes towards recovery. What standard do we use to assess our attitudes? I suggest that we ask if our attitudes are nourishing or toxic. A nourishing attitude will increase our internal recovery capital while toxic attitudes will sabotage or subtract from our recovery capital.

Answer the following question, "What attitude do I have towards my problem with alcohol and other drugs?" Most of us were quite ashamed that we had a problem period. In one sense it didn't matter the nature of our problem, the issue was that we shouldn't have any problems whatsoever. So admitting that we were or are powerless over our addiction and that our lives had become unmanageable was a tall order and nearly impossible. As Bill noted our natural instincts cried out against the idea that we are powerless. What makes it so hard for us to accept ourselves as we are? Here is what happens that interferes with us admitting to and surrendering to Step One.

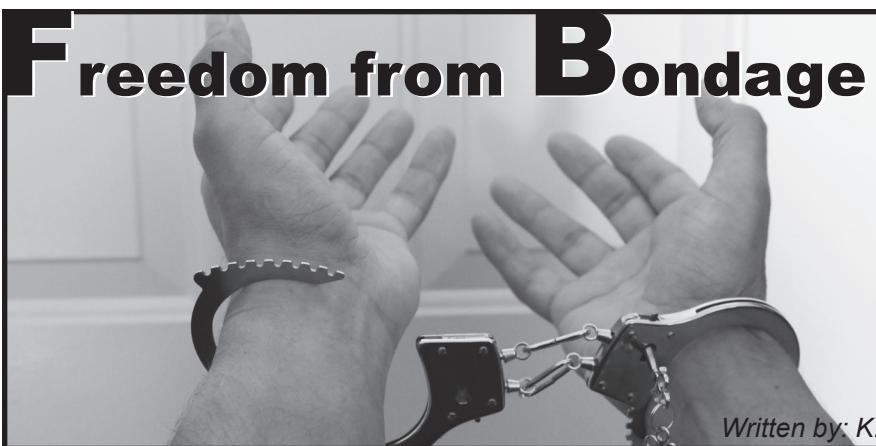
At some point in our development we shifted our energies away from self-actualization to actualizing a concept of who we should be. We abandoned our true-self in favor of becoming who we thought we should be. As Fritz Perls stated, "The one who wants to actualize a concept attempts the impossible."

It follows that admitting we have a limitation is difficult because it doesn't fit with the concept we have of who we should be. We mistakenly believe that having a limitation means we are defective, it means we are less human. This attitude is toxic, both for our recovery and for our self-actualization too. This belief makes it hard for us to own who we really are - a flawed, imperfect being. But no change can occur until we own who we are. We know that this is how change occurs - it is a process that begins by owning who we are, not when we try to be something we are not.

As we learn to challenge our beliefs along with the concept of who we think we should be, we begin to change our view of ourselves and our problem. We are able to turn a weakness into a strength. We see that owning our limitation is something that adds to who we are. It doesn't subtract from us. It helps us actualize the self that we truly are and helps ground our efforts in recovery in the possible. This is the path to creating a stable recovery. So question all of your attitudes. Are they toxic or do they nourish you.



Allen Berger, Ph.D. (c) 2014 - Dr. Berger is a talented psychotherapist who has written extensively about the experience of recovery, emotional sobriety, and the psychological forces operating in the Twelve Steps. He is the author of 12 Stupid Things that Mess Up Recovery, 12 Smart Things to do When the Booze and Drugs are Gone, and 12 Hidden Rewards of Making Amends. You can learn more about Dr. Berger and his work at [www.abphd.com](http://www.abphd.com).



Written by: K.B.

## Freedom From Bondage

Bondage; it sounds so constraining and oppressive! What does bondage actually mean? What is it that we need to be free from? Bondage means to hold captive, to be oppressed or burdened, to be in slavery, and held by something or someone,

When we come into the fellowship, we are usually beaten up pretty badly and are desperate for relief from the disease of (addiction). We know that we are under the grips of an insidious compulsion and are unable to stop on our own. We needed help to stop using and to break the cycle of insanity, darkness, and death. Death is the ultimate goal of the disease... it destroys everything it comes into contact with beginning with ourselves.

The first step to freedom is probably the hardest as it will require stepping from the darkness to the light, from isolation to receive help, and from destructive habits and lifestyles to accepting a program of recovery that is based on honesty, trust and faith. For many, the denial syndrome will immediately set in which will try to minimize have us believe that bad". The first step hardest – but it is completely liberate lives – admission. am one of those", will often bring a with the chains of away. For the first can breathe and the problem is, and what is "wrong with us"... what is wrong with me is, "I am an addict"! I am bodily and mentally different from others, and I cannot function without the use of some sort of chemical in my body and brain. What a great awakening to finally realize that we were unable to function "normally" and are able to receive the help that we need with people just like us.

Ultimately we are free not just in the absence of chemicals and alcohol, but also being able to end the cycle of habits, lifestyles and behaviors that are associated with addiction which held us captive in guilt, shame and remorse. What we begin to realize within the fellowship, attending meetings, and working the steps, is a life that is more rewarding and fulfilling than we could have possibly ever imagined. To be released from all of the ramifications of addiction is something that we grow to cherish and protect. The burden of guilt and shame will become less and less. Our recovery is the most important aspect of our lives, for without recovery there is no hope for change, happiness, peace or restoration.

As our minds and bodies clean up, we are given new tools, spiritual tools to teach us how to deal with life, problems, the past, personal relationships and how to begin a relationship with God. Instead of running away or turning to drugs, we can embrace the opportunities that we are given on a daily basis. It is in these "opportunities" that we discover that we really do have the courage and necessary skills to handle just about anything that life sends our way. It is through the experience, strength and hope that others share and through their changed lives that we can begin to watch our own faith and hope grow. At first it may be a slight trust that we sense hoping that the program actually works. But then as we stay clean and sober, we also are able to experience new freedom, joy and contentment.

It takes courage and faith to continue to live a life free from drugs and bad behaviors. We watch others who celebrate multiple decades of recovery and who have a genuine peace and ease in their lives. Sharing in the joy of recovery with others and supporting one another in this journey is something that we find great happiness in through service.

Con't Page 15

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# From Disease to Ease

Photo and Article By  
Mary Cook, M.A., R.A.S.

Alcoholism is not easy. It's a heavy burden to feed this insatiable ever expanding beast, as life becomes a story of deceit, desperation and disaster. Alcoholic life is a battle between the poisoning of mind and body, and the desires of heart and soul, between the will to die and the will to live, between the need to control people, places and things, and the futility of this task, between denial and refusal to learn and grow, and the innate drive toward full potential, between the angry, traumatized drama driven warrior, and the peaceful wise elder, between despair, isolation and superficial stimulation, and desire for meaningful engagement with life, between the insanity and destructiveness of self-will, and alignment with Higher Power for the greatest good.

As alcoholism progresses, artificial euphoria and feelings of control diminish, while cravings for gratification, and secrets and shame increase. Ultimately, the disease backfires bringing more pain and problems than previously experienced. This gift of desperation presents an opportunity to glimpse a bit of truth about our calamitous condition, stimulate curiosity and hope as to its relief, and generate willingness to participate in recovery.

**“If we wish to begin a new life, we must willingly walk through a period of emptiness, nothingness, darkness and confusion, as we relinquish what we know.”**

Running from what we fear, and chasing and attempting to control what we crave leads to constant conflict and pressure, and a sense of emptiness and disconnection from life. This contrasts sharply with the fellowship of recovery and its' warm welcome, genuine acceptance, helpfulness, honesty, humor and understanding. Over time, these emotionally corrective relationships have the power to transform barely surviving lives into thriving

lives. There is a tangible sense of lightness, relaxation, gratitude and contentment here. This is the energy of living in solution and ease.

The pain of the alcoholic's negative self image is projected onto others, generating harsh judgments, unreasonable expectations and resentments, aggression, and withdrawal. Poor esteem is linked to the repetition of negative habits of thoughts, feelings and actions, and the loss of a whole integrated sense of self. Allowing a Higher Power and recovery support people to disrupt these habits and teach healthier behaviors and attitudes gives rise to compassion and optimism. Personal inventory brings insight, and motivates us to heal and create positive change. As transformations occur, past negative energies are relinquished and a deeper, truer self emerges. This then enables us to establish honest mature relationships with others, based on reciprocal understanding, helpfulness, assertiveness and healthy boundaries.

Apathy and attachments to past conditioning keep us imprisoned in a tiny life full of fear. Freedom from this prison requires persistent, patient, positive intention and efforts in healing what obstructs recovery,

and demonstrating spiritual principles. This process stimulates higher understanding, alignment with body, mind, heart and soul, and the natural evolution of our life. When our actions are a series of starts and stops, half hearted measures, pessimism, avoidance, procrastination or resentment concerning the task, we either fail or experience limited success. When our actions are accompanied with mindfulness, trust and acceptance or enjoyment of the process of learning, we begin to perceive miracles in every day.

If we wish to begin a new life, we must willingly walk through a period of emptiness, nothingness, darkness and confusion, as we relinquish what we know. If we wish to move forward in life, we must identify and surrender what we are carrying within us and in our life, which prevents this growth. If we wish to gain something new, we must identify what we have withheld from life and begin to give it. Everything we need is deep within us. It's buried behind our addictions,

distortions, false beliefs, defenses and character defects. All of creation carries the seeds of transformation. This process is continuous and unlimited, and naturally unfolds as we accept and pay attention to the teachings and gifts of the present moment.

There are rooms of redemption all over the world welcoming alcoholics. And it is up to each of us to decide how profoundly we wish to change our story. The vision from addiction is delusional; cut off from common sense, intuition and logic and as needy as a drowning person's gasp for air. It requires tremendous courage and healthy support to starve the beast of addiction. It requires great willingness and humility to walk through darkness and surrender all that we know. But this is how we see that our story arose from confusion and pain and its' resulting defenses and character defects. We are inspired by those who have reclaimed their light and inner treasure, and we are invited into spiritual communion. It

is here that we exchange our heavy burdens for gratitude and ease, and sit together on hallowed ground. It is here in this great banquet of soul nourishment, where authentic life begins.

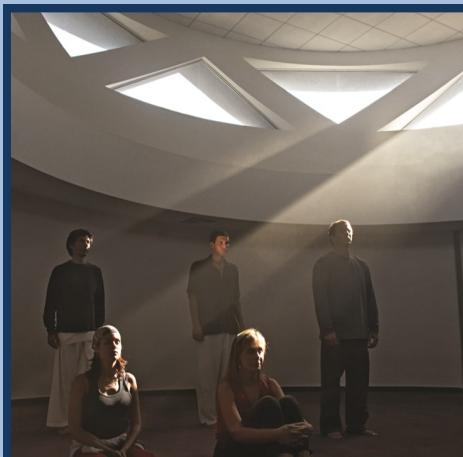
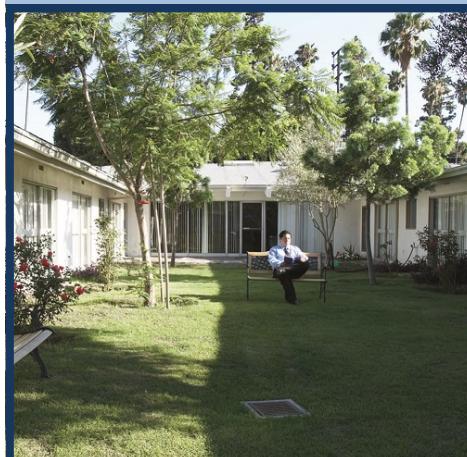
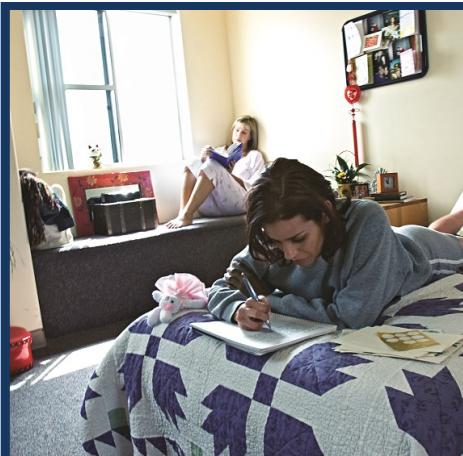
*Mary has 38 years of clinical practice and 29 years of university teaching experience. She*



*has a Master's degree in Psychology and is a Registered Addiction Specialist. Mary is available for telephone and office counseling, guided meditation, speaking engagements, workshops, and officiant services.*

*Mary Cook is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Barnes & Noble, Amazon.com.*

*For more information go to WWW.MARYCOOKMA.COM*



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# Mary Cook

Addiction Specialist Counselor



M.A Psychology, R.A.S.

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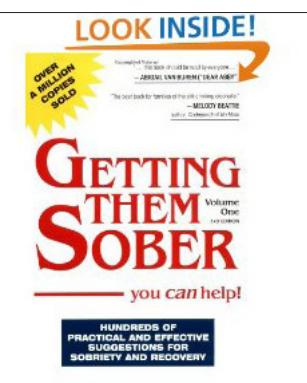
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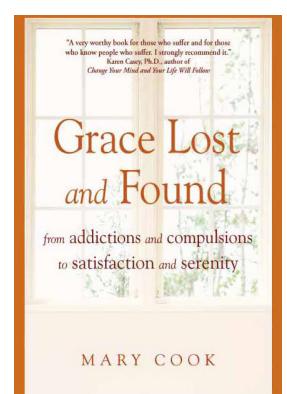
## Book Reviews



**GETTING THEM SOBER**, Volume One: by Toby Rice Drews, Over a million copies sold, this book is endorsed by Dr. Norman Vincent Peale, by 'dear Abby' ("this book should be read by everyone"), and by Melody Beattie (author of 'Codependent No More') who said "Getting Them Sober" is the BEST book for families of the still-drinking alcoholic." From the Introduction to the book "While the alcoholic lies passed out, anesthetized, the family goes through the years of his drinking - stark, raving sober. They believe lies, expect miracles, have him locked up, bail him out, wish he were dead, and pray that he gets home safely. If the spouse of the alcoholic changes his or her behavior, as outlined in this book, the alcoholic has an 80% better chance to get sober." Hundreds of practical and effective suggestions for sobriety and recovery. Available at Amazon.com



**GRACE LOST AND FOUND**: From Addictions and Compulsions to Satisfaction and Serenity: by Mary Cook - 5.0 out of 5 stars The Addicts "Bag of Tricks" EXPOSED! and Simple Solutions to Deal With Them. I really enjoyed reading this book. I'm in a 12 step program, but I think it's good for others around them too. Dealing with someone who's in their addiction can make anyone around them crazy. Mary Cook's simple explanations of how and why addicts do what they do and how to avoid them is a lifesaver. In the first chapter about addictions, compulsions and recovery, her explanations go beyond where the 12 steps leave off, sharing her experience in dealing with addicts for over 20 years as an addiction specialist and a counselor. The second chapter takes it further again with how to overcome stress, fear and pain. I found it to be completely in harmony with my 12 step program and spirituality. Emotional sobriety is an area many in 12 step programs need help and in chapter 3 on relationships with self, others and a higher power, again she speaks from experience and offers simple tools to add to my spiritual toolkit. The last chapter I read was on the process of growth and transformation gave even more good ideas to maintain and grow spiritually. Mary Cook's book was exceptional with tons of things I didn't know about recovery and living a happy life. If you are in recovery get this book. If someone you love is in recovery and you need help to figure them out, this book is your bible. Available at Amazon.com



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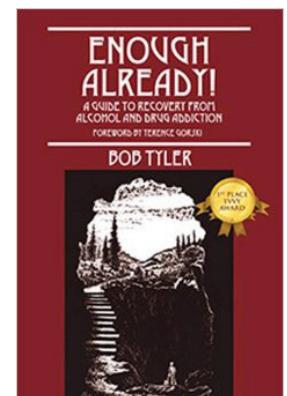
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## Being Open to Being Recovered

Throughout the years I have been asked, "Is full recovery even possible?" My answer is fundamentally, unequivocally, YES! I have seen it with my own eyes time and time again. When you hold the belief that it is possible to have full recovery, you're more likely to achieve it since you've already established the belief as your foundation. Why then do some people hold on to the idea that they will always struggle with an eating disorder? Or keep the thought that the eating disorder is a lifelong burden that they will have to learn to live with? Is it in the name of being appropriately cautious? Is it somehow a way of holding on to their eating disorder identity... adding "in recovery" for the comfort it may bring? Is there a fear that if you subscribe to the idea of being fully recovered you should somehow not need any further support?

I believe that you can have a life that does not revolve around obsessions related to food, your body, weight and be fully recovered! Do you know why? Because our bodies do just fine without our help. Our bodies do not need our minds meddling in the process (and this is good news by the way!). The truth is, with the exception of certain physical conditions, we are all born with bodies that, for the most part, are extremely sophisticated. We have mechanisms which let us know when we are hot, cold, when we need to put a sweater on, get some sleep, take a deep breath, etc. We tend to trust these systems. Why then don't we believe that we also have a system for hunger that we can trust? One that informs us when we need to eat, when we are full, and what we are hungry for? Why do we think that this one system cannot operate without our support? Why do we end up with thoughts such as, "My body is different," "It needs my help," or "My body is untrustworthy?"

To be fully recovered means becoming dedicated to the idea that your body is not broken. It means that you can leave it be and also honor its physical requests. There is no adequate scientific reason to micro-manage consumption. During the recovery process, you can learn to work on your own judgments and beliefs about yourself that you also may be projecting onto your body to feel more in control. We are all aware that the illusion of control is quite powerful and alluring, but it is only an illusion (and this is the bad news).

Letting go, truly letting go of your eating disorder from an embodied sense, can bring full recovery. So take a moment to consider what it would mean for you to be recovered. Does it mean that you are no longer engaging in eating disorder "behaviors"? Does it mean that you love your body all of the time without fluctuations? That you are even more grateful for your body than the average person?

Being recovered from an eating disorder simply means becoming aware of how your eating disorder served you, then dedicating yourself to living your life differently. Recovered people stop using their bodies to defend against underlying emotions, and instead choose to participate fully in life. They choose to not engage in the minutia of measuring and dieting because it offers the illusion of false control.

Unfortunately this is no easy task. It takes much dedication to turn away from an eating disorder. At times it may feel like trying to heal is more difficult than choosing the eating disorder. I witness these struggles each and every day by various people on their way to full recovery. I also witness the fruits of such difficult labor and have heard countless stories of inspiration from so many people who have made it through the struggle. It is imperative to remember to have an intention of being fully recovered. Also, to hold a belief that recovery is possible and a vision of what it potentially would look like for you. Further, create and develop a purpose for yourself and to bring passion back into your life beyond the eating disorder. Additionally, to develop a community of support with those whom believe (right along with you) that you can (and will) get there.

An eating disorder can be a thing of the past. It could be a previous chapter in your life, if you are willing to let it go and create a life beyond counting calories, restricting and/or bingeing on food, constantly weighing yourself and having self and body hatred. Others have done it before you. You can obtain it! We only have this life. Live fully and freely, there is so much to see and do.

Rachel Levi, LMFT, Certified Eating Disorder Specialist Founder & Executive Director Shoreline Center for Eating Disorder Treatment [www.shoreline-eatingdisorders.com](http://www.shoreline-eatingdisorders.com)

## Service Corner



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## Grace Lost & Found

Con't from Page 4



To be able to put the past behind and not repeat those same sad songs, adult children need to take four primary steps.

1. *Explore past history:* Recovery begins with speaking our truth, naming our reality, our experiences. One does not explore the past to assign blame but to discover and acknowledge reality. It is my belief that family members truly want the best for each other and that begins with honesty. We aren't betraying our parents, or siblings when we become honest about our reality. If there is an act of betrayal, it is with the addiction, the dysfunction of the family system. When we do not talk honestly about our experiences we ultimately betray the potential health of the family and ourselves.

Exploring past history means asking questions such as "What happened that was hurtful to me?" "What didn't I have that I needed?"

To let go of the past we must be willing to break through denial so we can grieve our pain. In other words, we have to admit to ourselves the truth of what happened, rather than hide or keep secret the hurt and wounds that occurred. It is difficult to speak honestly today when we have had to deny, minimize, or discount the first 15 or 20 years of our lives. There is no doubt denial became a skill that served us as a child in a survival mode. Unfortunately denial, which begins as a defense, becomes a skill that interferes with how we live our life today. We take the skill of minimizing, rationalizing, discounting into every aspect of our life. When we let go of denial, and acknowledge the past, it gives us the opportunity to identify our losses and to grieve the pain associated. It is the opportunity to genuinely put the past behind us. Exploring the past is an act of empowerment.

It is vital, however, that we go beyond the first step. Otherwise, the grief process simply becomes a blaming process. That has never been the intent of adult child recovery, nor should it be.

We continue with recovery as we move from the process of breaking our denial and grieving our pain.

2. *Connect the past to the present:* Connect the past to the present means asking "How does this past pain and loss influence who I am today?" "How does the past affect who I am as a parent, in the work place, in a relationship, how I feel about myself?" The cause and effect connections we discover between our past losses and present lives give us a sense of direction. It allows us to become more centered in the here and now. This clarity will identify the areas we need to work on.

3. *Challenge internalized beliefs:* Challenging internalized beliefs means asking, "What beliefs have I internalized from my growing up years? Are they helpful or hurt-

ful to me today? What beliefs would support me in living a healthier life?" So often we internalized beliefs such as, "It is not okay to say No," or "Other people's needs are more important than my own." "No one will listen to what I have to say," or "The world owes me and I am entitled." "People will take advantage of you every chance they can." If these beliefs are getting in the way of how we want to live our life we need to take responsibility for what we do with them. We need to let them go and recreate new beliefs in their place.

4. *Learn new skills:* Learning new skills means asking, "What did I not learn that would help me today?" As well, some of the skills we learned were often skills and behaviors that were premature for our age, or learned from a basis of fear or shame. When that occurs there is a tendency to feel like an imposter. In those situations, addressing the feelings and beliefs associated with the skill will make it more likely we can feel greater confidence in those skills.

With the many different issues adult children may need to address, from healthier decision making to realistic expectations, setting limits, to expressing feelings, etc., these four steps are not always linear. In general, we do them in the order listed, but as you will quickly experience, you often keep coming back to a previous step to do another piece of work.

The knowledge that comes in owning our past and connecting it to the present is vital in developing empathy for the strength of both our defenses and skills. It also helps us to lessen our shame and not hold ourselves accountable for the pain we have carried. When we understand there are reasons for why we have lived our lives as we have, and that it is not because there is something inherently wrong with who we are, that we are not bad, that understanding fuels our ongoing healing. The change we want to create in our life will be made directly as a result of letting go of old, hurtful belief systems and learning new skills.

Addressing adult child issues is about taking responsibility for what we do with our life. It allows us to live with honesty and choices.



Claudia A. Black, M.S.W., Ph.D., is a renowned lecturer, author and trainer internationally recognized for both her pioneering and contemporary work with family systems and addictive

disorders. Dr. Black's work encompasses the interest of both the professional and lay audiences; she originated a successful model of change in the 1970's that, today, is used in treatment programs worldwide. [www.claudiablock.com](http://www.claudiablock.com)

# Freedom from Bondage

Con't from Page 9



As we continue in our recovery we will be given many opportunities to practice what we are learning, such as honesty, determination, integrity, tolerance and acceptance. We learn that life based on our own selfishness is the root cause of most of our problems. Where we once only thought about ourselves, our desires, our demands, our habits, we now begin to see that life in general – is not about “me”.

Unlike little immature babies throwing temper-tantrums to get their way, we are able to respond in a much healthier approach. We begin to think of others and contribute to their wellbeing instead of taking all that we can for ourselves. We begin to serve and help at meet-

ings, at home and on the job rather than robbing others of joy, peace, love and kindness. We have been given a gift of spiritual tools that enable us to surpass obstacles, childhood traumas, and imprisonment (bondage).

There is hope for those who were lost, beaten and desperate. Even if our past was horrible with regrets that we are unable to change, we can chalk that up as “alcoholic chaos”, and we let it go to live in peace and freedom. As we live one day at a time, continuing to do the “next right thing” we will begin to see a new pattern of living. We always reap what we sow, and now we are reaping goodness! As we make/sow healthier choices, positive actions, and peace-

able attitudes our life can’t help but improve. Our lives manifest what we put into it, so it is up to us individually to sow good things into our lives. We get what we put into it – the good, bad, and great. We want to make the best decisions rather than rendering to self-destructive choices which is possible with the help of our sponsors and relying on God.

The freedom from the bondage of addiction is a precious gift. Instead of just surviving we are now able to handle life on life’s terms and are able to work through difficult situations that would have normally paralyzed us in fear or made us turn to inappropriate and destructive patterns.

As we stay clean and sober we begin to live life in a new and profound manner – to serve humanity in a greater awareness through selfless actions and love. Our hope is knowing that we are set free on a daily basis when we are active in our program, working the steps, and trusting God. No matter how

much time one has it is never too late to start fresh and begin living in freedom through the free gift of grace.

My old sponsor used to say, “We are the luckiest people alive... We are truly blessed to have lived life in the way that we thought we wanted (which lead to loneliness, depression, insanity and isolation) to now being able to live a life that we were intended to have all along”. Freedom is too high a price to pay for self-destruction. It is not worth one second of this precious gift of life. The question is: Will I receive what is being offered and will I believe that this promise could happen for me? We must begin somewhere, let it begin now. It will take willingness and a surrender to begin afresh to change the course of your entire life. The best is yet to come... will you join us?

*May you be blessed with hope and peace as you continue in this journey of recovery. - Kay B.*

## Advertising Rates

	1x	3x	6x	12x
	ea.	ea.	ea.	
Full Page	1,700	1,600	1,500	1,400
3/4 Page	1,400	1,350	1,300	1,275
1/2 Page	1,200	1,175	1,150	1,100
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
Banner	Each advertiser can only run once a year			
Business Box	\$100 flat rate			
Classified Ads	\$40 for 25 words or less Each additional word \$0.50			

### Additional Charges for

Full or spot Color  
Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)

## Materials & Deadlines

**Advertising Materials:** The best type of artwork/graphic to send is a PDF (with all artwork and fonts embedded), we can also accept JPEG's, Photoshop files and In-Design files, again make sure that you include all artwork and fonts.

**Advertising Deadlines:** Keys to Recovery Newspaper, Inc. will hit the streets on the first week of each month. Camera ready artwork is due the 15th of the month prior to publication.

## Ad Sizes

Full Page	10" width x 13" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
1/3 Page - Vertical	4.85" width x 9" height
1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/4 Page - Horiz.	10" width x 2.9" height
1/6 Page - Vertical	3.25 width x 5.95 height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38"height
Front Cover Banner	10" width x 1.5 height

## Terms and Conditions

All ads are due and payable upon acceptance of ad prior to publication unless otherwise authorized. The publisher assumes no liability if for any reason it becomes necessary to omit an ad. The publisher assumes no liability if for any reason we are unable to print an issue of the newspaper. It is the advertisers responsibility to proof ads, we will do everything we can to help but the publisher assumes no liability for any errors in ad. All advertising is subject to publisher's approval. The publisher reserves the right to reject advertising that we feel is not in keeping with our standards. The publisher does not assume responsibility for the contents of advertisements and all representatives or warrants made in such advertising are those of the advertiser and not the publisher. Publisher is not liable to advertiser for any misprints in advertising.

If you would like to receive

Keys to Recovery Newspaper

FREE of charge at your facility

you can go online and fill out the

“Distribution” form or email your information to:

[info@KeystoRecoveryNewspaper.com](mailto:info@KeystoRecoveryNewspaper.com)

or call us at 818.386.8400.

## DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed in California and the surrounding states. Having a current print run of 20,000 newspapers and a readership expected to exceed 70,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we will be distributing our recovery newspaper to:

- 12 Step Alano Clubs
- 12 Step Meeting Halls
- Churches
- Clinical Professionals
- Coffee Shops
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Judges
- Libraries
- Medical Centers – Hospitals
- Outpatient Centers
- Police - Parole - Probation Departments
- Recovery Stores
- Rehabs / Treatment Centers
- Rescue Missions
- V. A. Hospitals
- Sober Living's
- Transitional Housing
- Related Conventions
- Recovery Industry Networking Events and many more locations every month

# Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" **FREE** as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

## L.A. & SURROUNDING COUNTY RESOURCE GUIDE

Alcoholics Anonymous (A.A.) World Services, P.O. Box 459 New York, NY 10163, [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org), (212) 870-3400.  
A.A. San Fernando Valley Central Office (818) 988-3001. A.A. L.A. Central Office 4311 Wilshire Blvd., #104 Los Angeles, CA 90010, [www.lacoaa.org](http://www.lacoaa.org) (323) 936-4343 (800) 923-8722  
A.A. 8752 S Broadway Los Angeles, CA 90003, [www.aa.org](http://www.aa.org) (323) 750-2039  
A.A. San Gabriel / Pomona Valley - Central Service Office, [www.aasgvco.org](http://www.aasgvco.org) (626) 914-1861.  
A.A Santa Clarita Valley Central Office:, <http://www.aascv.org> (661) 250-9922  
Al-Anon Family Groups [www.al-anon.alaeteen.org](http://www.al-anon.alaeteen.org) 1-888-425-2666  
Al-Anon/Aiateen LA County [WWW.ALANONLA.ORG](http://WWW.ALANONLA.ORG) (818) 760-7122.  
Al-Anon/Aiateen Spanish, LA County, (562) 948-2190.  
A.C.A. (Adult Children of Alcoholics) World Service Organization: [www.adultchildren.org](http://www.adultchildren.org) (562) 595-7831  
Addicts for Christ Los Angeles [www.addictsforchrist.org](http://www.addictsforchrist.org) (310) 452-4328.  
California Dept. of Health Care Services - [www.dhcs.ca.gov](http://www.dhcs.ca.gov) (800) 735-2922  
California Hispanic Commission on Alcohol & Drug Abuse - [www.chcada.org](http://www.chcada.org) (916) 443-5473  
Cocaine Anonymous of the SFV, (818) 760-8402  
Cocaine Anonymous World Service Office - [www.ca.org](http://www.ca.org). 1-800-347-8998 or (310) 559-5833.  
Clutterers Anonymous (866) 402-6685.  
Co-Dependents Anonymous (CoDA) Los Angeles (323) 969-4995.  
Co-Dependents Anonymous (CoDA) San Fernando Valley (818) 379-3300.  
COSA for friends and family of Sex Addicts, [www.cosarecovery.org](http://www.cosarecovery.org) - (866) 899-2672  
(HOW) Compulsive Eaters Anonymous: [www.valleyhow.org](http://www.valleyhow.org) (818) 503-7484.  
Crystal Meth-Anonymous (CMA) (855) 638-4373  
Debtors Anonymous [www.SoCalDA.org](http://www.SoCalDA.org) 310-822-7250.  
Emotional Anonymous -[www.emotionsanonymous.org](http://www.emotionsanonymous.org) – World Services (651) 647-9712.  
Food Addicts Anonymous [www.foodaddictسانونous.org](http://www.foodaddictسانونous.org) - World services (772) 878-9657  
Food Addicts in Recovery Anonymous (FA) - [www.foodaddicts.org](http://www.foodaddicts.org) (781) 932-6300 Families Anonymous - [www.familiesanonymous.org](http://www.familiesanonymous.org) (800) 736-9805.  
Gamblers Anonymous (GA) [www.gamblersanonymous.org](http://www.gamblersanonymous.org) - (626) 960-3500  
Problem Gambling 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700.  
Love Addicts Anonymous (LAA) [www.Loveaddicts.org](http://www.Loveaddicts.org)  
MADD Mother Against Drunk Drivers, [www.madd.org](http://www.madd.org) - 877.MADD.HELP  
Marijuana Anonymous - [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) - World Services (800) 766-6779.  
Marijuana Anonymous - [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) Los Angeles 310.494.0189  
Marijuana Anonymous - [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) Van Nuys (818) 759-9194.  
Narcotics Anonymous (NA) [www.todayna.org](http://www.todayna.org) Regional Office (800) 863-2962.  
Narcotics Anonymous of the San Fernando Valley - [www.nasfv.com](http://www.nasfv.com) (818) 997-3822.  
Nicotine Anonymous - [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) - (877) 879-6422  
Nar-Anon Family Groups - [www.nar-anon.org/naranon](http://www.nar-anon.org/naranon) (800) 477-6291 or (310) 534-8188  
National Council on Alcoholism and Drug Dependence Headquarters, (All NCADDs provide help & info and other alcohol/drug related services). [www.ncadd.org](http://www.ncadd.org) - (800) 622-2255  
National Council on Alcoholism and Drug Dependence – San Fernando Valley [www.ncadd-sfv.org](http://www.ncadd-sfv.org) - (818) 997-0414  
International OCD Foundation - Obsessive Compulsive Disorder - [www.ocfoundation.org](http://www.ocfoundation.org) (617) 973-5801

Overeaters Anonymous -[www.oa.org](http://www.oa.org) - World Services 505-891-2664  
Overeaters Anonymous Meeting Hotline 24 Hour (323) 653-7499.  
Overeaters Anonymous LA Intergroup - [www.oalaig.org](http://www.oalaig.org) (323) 653-7652.  
Pills Anonymous ( PA) [www.pillsanonymous.com](http://www.pillsanonymous.com)  
Rageaholics Anonymous - [www.rageaholicsanonymous.org](http://www.rageaholicsanonymous.org)  
Recovering Couples Anon. [www.Recovering-Couples.org](http://www.Recovering-Couples.org) - 781-794-1456  
RumRadio.org the most comprehensive Twelve Step sponsorship informational resource website in the known and in the unknown Universe. 512-267-4707  
Secular Organization For Sobriety (323) 666-4295.  
Sex Addicts Anonymous (SAA) <https://saa-recovery.org> - (800) 477-8191  
Sex & Love Addicts Anonymous (SLAA) - [www.slaalosangeles.org](http://www.slaalosangeles.org) (323) 957-4881  
Sexaholics Anonymous (SA) - [www.sa.org](http://www.sa.org) (866) 424-8777  
Sexaholics Anonymous (SA) [www.sasocal.org](http://www.sasocal.org) (310) 491-8845  
Sexual Compulsive Anonymous [www.sca-recovery.org](http://www.sca-recovery.org) 1-800 / 977-HEAL  
Sexual Recovery Anonymous (SRA) - [www.sexualrecovery.org](http://www.sexualrecovery.org) (323) 850-8565.  
S-Anon (Friends and Families of Sex Addicts) [www.sanon.org](http://www.sanon.org) (800) 210-8141  
SHARE - [www.shareselfhelp.org](http://www.shareselfhelp.org) - (310) 846-5270  
Survivors of Incest Anonymous (SIA) (410) -893-3322. [www.siawso.org](http://www.siawso.org)  
The Other Bar: free. 12 step based peer recovery network for lawyers & law students 800-222-0767; [www.otherbar.org](http://www.otherbar.org)  
Workaholics Anonymous - [www.workaholics-anonymous.org](http://www.workaholics-anonymous.org) - (510) 273-9253

## DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792  
Battered Women/Children Hotline, (818) 887-6589.  
Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790  
Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).  
Center for the Pacific Asian Family 1-800-339-3940  
Chicana Service Center (English, Spanish) (323) 268-7564  
Child Protection Helpline, (800) 540-4000 (24 Hour).  
Children's Institute International (walk-in center only) (213) 385-5100  
Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.  
Domestic Abuse Center (walk-in center only) (818) 904-1700  
East Los Angeles Women's Shelter (walk-in center only) (323) 526-5819 - 24 Hour Hotline (800) 585-6231  
Family Crisis Center (South Central) - (323) 737-3900  
Glendale- YWCA Domestic Violence Project (818) 242-1106  
Haven Hills, [www.havenhills.org](http://www.havenhills.org) - (818) 887-7481 (818) 887-6589  
Helpline Youth Counseling (walk-in center only) (562) 864-3722  
House of Ruth - (909) 623-4364  
Human Services Association (walk-in center only) (562) 806-5400  
Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250  
Jenesse Center [www.jenesse.org](http://www.jenesse.org) (323) 299-9496  
Jewish Family Service of Los Angeles/ Family Violence Project/Tamar House [www.jewishla.org](http://www.jewishla.org) (818) 789-1293  
Foothill Family Services (walk-in center only) - (626) 338-9200  
Legal Aid Foundation of Los Angeles (LAFLA) (323) 801-7991  
Mental Health Center Inc. SFV Community (walk-in cen-

ter only) (818) 838-1352  
Project: Peacemakers, Inc.(walk-in center only) (English, Spanish) (323) 291-2525  
Prototypes (walk-in center only) (323) 464-6281  
Safe Horizons 800.621.4673 (HOPE)  
San Pedro- Rainbow Services - (310) 547-9343  
Santa Monica- Sojourn - (310) 264-6644  
So. California Alcohol & Drug Program/ Angel Step Inn - [www.scadp.org](http://www.scadp.org) (562) 949-5358  
The Good Shepherd Shelter - (323) 737-6111  
YWCA of San Gabriel Valley [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995 - 24 Hour Hotline (626)967-0658

## EMERGENCY HEALTH & MENTAL SERVICES

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.  
Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.  
Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or [www.bily.org](http://www.bily.org)  
County of L.A. Depart. of Mental Health has complete listing of mental health providers at [www.dmh.co.la.ca.us/providers/allprov.htm](http://www.dmh.co.la.ca.us/providers/allprov.htm), (800) 854-7771  
Fetal Alcohol Syndrome Information (626) 793-7350.  
HHS The U.S. Dept. of Health & Human Services, [www.dhhs.gov](http://www.dhhs.gov) - (877) 696-6775  
National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free  
National Runaway Switchboard (800) Runaway Meetings (818) 994-6747  
Pasadena Mental Health Center-Low fee counseling [www.pmhc.org](http://www.pmhc.org), (626) 798-0907 1495 Lake Ave. Pasadena  
San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

## HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living 310-631-1600  
Back To Life Community Living House Transitional Housing 626.277.8135  
Beyond Shelter - Homeless Services (562) 733-1147  
Casa Youth Shelter (562) 594-6825  
Centennial Place Permanent Housing 626-403-4888  
Children of the Night (818)908-4474 ext. 0  
Children's Hunger Fund (818) 899-5122  
City of Refuge Rescue Mission Personal Good Service (323) 759-2544  
Dimondale Adolescent (323) 777-6258  
East San Gabriel Valley Coalition For The Homeless (626) 333-7204  
Ella's Foundation Homeless Services 323-761-6415  
Emmanuel Baptist Rescue Mission - 231-626-4681  
Fervent Heart LLC 626-319-7479  
Family Promise of Santa Clarita Valley 661-251-2867  
Family Rescue Center 8188847587  
Global Childrens Organization (310) 581-2234  
GRCN Connecting Communities (562) 293-7595  
Glendale YWCA Domestic Violence Project 818-242-4155  
Global Human Service Inc (818) 507-6026  
Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.  
Family Promise (818) 847-1547  
First Step Transitional Living Foundation (323) 830- 6517  
HPRP Los Angeles Homeless Assistance (213) 683-3333  
HPRP Pasadena Homeless Services (626) 797-2402  
HPRP Huntington Park - Homeless Services (323) 388-7324  
HPRP Lynwood - Homeless Assistance (310) 603-0220  
HPRP - COMPTON - Homeless Assistance (310) 605-5527  
Habitat For Humanity (818) 899-6180  
Harbor Rose Lodge (310) 547-3372  
Hazel Transitional Housing 213-327-7986  
Higher Goals Inc. (323)755-9702  
Homeless Health Care Los Angeles [www.hhcla.org](http://www.hhcla.org), (213) 381-0515

# Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" **FREE** as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

## **HOMELESS SHELTERS & RELATED con't**

Homeless Adult Center 626-403-4888  
Hope for Homeless Youth (213) 353-0775  
House of Hope (323) 663-1215  
Hope of The Valley - www.hopeofthevalley.org  
818.392.0020  
Jenesse Center (323-299-9496  
Joshua House For The Homeless 323-759-1625  
Jordan's Transitional Shelter 323-577-5941 or 424-785-7781  
Lillie of the Valley Homeless Shelter Transitional Shelter  
323-971-4432  
Lamp Community Homeless Drop In Center (213) 488-0031  
Los Angeles Mission 213-629-1227 x305  
Long Beach Family Shelter (562) 733-1147  
Los Angeles Youth Network (323) 957-7336  
Mitchell House Substance Abuse Treatment Veterans  
(310) 398-0191  
Nancy Painter Home Transitional Housing For Women (818) 246-5586  
New Image Emergency Shelter (323) 231-1711  
New Directions (Veterans) Res. Drug Treatment (310) 268-3465  
NCH National Coalition for the Homeless (202) 462-4822  
www.nationalhomeless.org  
OPCC Safe Haven 310-883-1222  
Passageways Homeless Intake Center 626-403-4888  
Pentecostal Outreach 56231312570  
PATH – People Assisting The Homeless  
Hollywood (323) 644-2200  
Rochester House Transitional Living (213) 986-5599  
Runaway Homeless Youth Shelter (310) 379-3620  
Rainy Day Emergency Shelter (562) 733-1147  
The Salvation Army Adult Rehab Center, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.  
Salvation Army The Way Drop in Shelter for Youth (323) 469-2946  
Salvation Army Westwood (310) 477-9539  
Sunshine Mission for Women (213) 747-7419  
Salvation Army Glendale Chester Village For Homeless Families 818-246-5586  
St Joseph Center Homeless Services And Meals (310) 399-6878  
Sanctuary of Hope 323-786-2413  
Samaritan House 562-591-1292  
San Fernando Valley Rescue Mission – call (818) 785-4476  
The Midnight Mission 213-624-9258  
The Children's Life Saving (310) 450-3701  
TEAM HOUSING 310-631-9516  
Union Rescue Mission (213) 347-6300  
Union Station Homeless Services 626-240-4550  
United States Mission Canoga Park Transitional Housing 818-884-4409  
Volunteers of America Homeless Support Services (626) 442-4357  
West Side Homeless Outreach, Inc. 310-570-9065  
WLCAC Homeless Access Center (323) 563-4721

## **FOOD AND FINANCIAL ASSISTANCE**

Los Angeles County Department of Public Social Services, Info on General Relief, Aid to Families w/Dependent Children (AFDC), Food Stamps, MediCal and other forms for financial assistance, (800) 339-6993

## MEALS SERVED

Call the Homeless Shelters as most have food programs.  
Hope of The Valley 8165 San Fernando Road, Sun Valley, CA 91352 - weekdays 12 noon to 1pm (expect Thursday Dinner 6pm to 6:45) call for more info 818-392-0020  
The Midnight Mission meals served 3 times a day 213-624-9258  
San Fernando Valley Rescue Mission – call (818) 785-4476

## **FOOD BANKS**

APLA's Necessities of Life Program 7336 Bellaire Ave., North Hollywood Thursday 10:30am to 4:00pm, (213) 201-1600

As You Are Church, 7855 Lindley Ave., Wednesdays & Fridays, call for hours, (818) 758-1700

Catholic Charities/Guadalupe Community Center 21600 Hart St., Once a month, or on emergency basis. Food recipient must register (818) 340-2050

Children's Hunger Fund 12820 Pierce St., (818) 899-5122

Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474

First United Methodist Church 18120 Saticoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135

INFO LINE of Los Angeles Phone: (800) 660-4026

Los Angeles Food Bank (323) 234-3030

North Hollywood Interfaith Pantry - 4390 Colfax Ave., M & F open from 9:00am to 1:00pm - (818) 980-1657 (818) 760-3575

Manna, Ministry to the Poor 6642 Reseda Blvd., Every Saturday, (except the first Saturday of each month) 11:00am to 12:15pm, (818) 776-9696

Our Redeemer Lutheran Church 8520 Winnetka Ave., WINNETKA, CA (818) 341-1629

St. Jane Frances Food Pantry 13001 Victory Blvd, North Hollywood, CA (818) 766-7393

St. Bridget of Sweden Catholic Church - Tuesday 11:am to 4:00pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294

Shepherd's Nest, Feeding the Homeless 9237 Crebs Ave., NORTHRIDGE, CA (818) 557-6247

SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Van Owen St., (818) 988-7682

West Valley Pantry - 7304 Jordan Ave, Canoga Park, CA (818) 887-6101

West Valley Food Pantry (Prince of Peace Episcopal Church) 5700 Rudnick Ave., WOODLAND HILLS (818) 346-5554

## **INFORMATION & REFERRAL SERVICES**

24 Hour DayCare, Referrals and Crisis Intervention Services 310 669-5933 or 310 427-4022  
California Rehab Guide: Free On-Line Rehab Directory -  
[www.calrehabguide.com](http://www.calrehabguide.com)  
The Sober Living Network referral service (800) 799-2084.  
Sober Living Network (310) 396-5270.  
The San Diego Sober Living Homes Association: (858) 483-5866.  
INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.  
AVYFS, Antelope Valley Youth And Family Services (661) 949-1069.  
The Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, [www.cadasb.org](http://www.cadasb.org)  
CCBCDC: California Certification Board of Chemical Dependency Counselors [www.CaliforniaCertificationBoard.org](http://www.CaliforniaCertificationBoard.org) (562) 927-5143

#### **INFORMATION & REFERRAL SERVICES con't**

CAARR California Association of Addiction Recovery Resources (916) 338-9460, [www.caarr.org](http://www.caarr.org)  
CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.  
CCPG California Council on Problem Gambling [www.calproblemgambling.org](http://www.calproblemgambling.org) (800) 522-4700.  
Center for Living and Learning - employment and supportive services Job Search Preparation Program 818-781-1073. 14549 Archwood Street #221, Van Nuys. [www.center4living.lle.org](http://www.center4living.lle.org)

## **RAPE HOTLINES**

RAINN Hotline (victims of sexual assault) 800-656-HOPE.  
Rape Hotline (24 Hours) (800) 585-6231. [www.elawe.org](http://www.elawe.org)

## **SUICIDE PREVENTION**

Jason Foundation A Youth Suicide Prevention Program,  
[www.jasonfoundation.com](http://www.jasonfoundation.com), (888) 881-2323  
National Suicide Prevention Lifeline 1-800-273-TALK  
Suicide Prevention 24Hour Assessment Center (800)  
SUICIDE (784-2433).  
Suicide Prevention Center (877) 727-4747

## **DISABILITY SERVICES**

Job Accommodation Centers, Toll Free 1-800-526-7234  
(voice & TDD).  
RIDE INFO Paratransit Referral Service, transportation  
voucher program, (800) 431-7882.  
Social Security & Medicare Eligibility, Info (800) 772-  
1213, TDD (800) 288-7185.

## **HEP C / HIV / AIDS INFORMATION**

AIDS Project Los Angeles - APLA, Los Angeles - [www.apla.org](http://www.apla.org), The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line  
California HIV/AIDS Hotline (800) 367-2437. Spanish (800) 400-7432.  
Clean Needles Now/Harm Reduction Central L.A. (323) 857-5366.  
Friends of Aids Foundation (310) 401-4755. Referrals to HIV/AIDS programs and services in Los Angeles County.  
Hepatitis C Task Force For LA County: 2330 Beverly Blvd. Los Angeles, CA 90057 (213) 381-0515, [www.HepCTaskForceLA.org](http://www.HepCTaskForceLA.org)  
National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)  
REACH (risk reduction education and community health) FREE HIV Prevention education and testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH, (714) 834-7926.  
On-Line Resources for Hep C: [www.hepcsource.com](http://www.hepcsource.com) [www.hepcstraightup.com](http://www.hepcstraightup.com) • [www.hepatitusc.org](http://www.hepatitusc.org) • [www.hepatitusfree.com](http://www.hepatitusfree.com) • [www.hepnet.com](http://www.hepnet.com) • [www.hepcnet.com](http://www.hepcnet.com)

Organization/Company Name: \_\_\_\_\_

Services offered: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Contact person: \_\_\_\_\_

What you would like us to print in the resource guide: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Sober Scopes



**LIBRA:** Sept. 23-Oct. 22: This is the time to improve upon your intuitive side and start using it in your own life. You have been given enough little signs lately that things in your life need some work and you have uncovered things you have managed to avoid. Reflection is in your daily routine now, and your intuition is telling you to deal with those repeat behaviors you are not so fond of, which means, time for a little step work. Call your sponsor more regularly and get back to the book. Action is your personal magic word right now.

**SCORPIO:** Oct. 23-Nov. 21: This is a good time for all Scorpio activities – detoxing the mind and body, working on personal transformation and reinvention. While you are on the spiritual path you will get deep insights into the nature of ‘resurrection’ – and no doubt many of you will be resurrecting various aspects of your life. Finances in general are good. Your career is involved here, meaning take advantage of your success by chartering new territory and adding new goals. Enhance it all this month, now is the time while the moon is in your 8th house, the luckiest for you. Give attention to the lungs, small intestine, arms and shoulders; arm and shoulder massage will be especially powerful now. If you haven’t done so yet, learning meditation techniques will be especially helpful to you.

**SAGITTARIUS:** Nov. 23-Dec. 21: Jupiters retrograde has you on a tight leash these past few months. So you haven’t had much going on. But rest-assured, Sagittarius, you are in for a whirlwind in the next month or three! Time to pull out all your trusty tools: big book, meditation books, meeting schedule and put your sponsor on speed-dial! It is about to get interesting. Jupiter’s expansive tendencies, bring “prosperity” and “abundance” to whatever concept he is focused on. If things are good, he brings an abundance of good. If things are bad, he brings an abundance of bad. You need to be prepared!

**CAPRICORN:** Dec. 22-Jan. 19: Not only in May, but 2014 on the whole will be spectacular for Capricorn. Many things will happen. Big projects are started and will reach completion, although maybe not all of them. A lot of ambitious activity - which is exactly how you want it. Health may have its ups and downs, basically because of your neglect. Some of you may be bitten by the travel bug, so expect an exciting time. Just remember, almost every city, country and continent has a meeting – so wherever you may go – get to a meeting and experience something new!

**AQUARIUS:** Jan. 20-Feb. 18: PACE yourself! You have continued to take on one task after another and at some point you have to realize this is a marathon, not a sprint. The road is long and you need your strength to endure all that appears before you. Take stock of where you are, where you wish to go and how you plan to get there. Talk to those whose opinion you value, such as your sponsor, and seek help with your plans. Your self-awareness can be an excellent guide though it doesn’t hurt to get your sponsors thoughts.

**PISCES:** Feb. 19-March 20: You are just dying to tell someone a secret... Just don’t let it be someone else’s secret! If it is your own, seek out your most trusted fellowship friend (sponsor preferred), as it looks like it is a past transgression/regret. Time to write out that 4th step or re-write one to channel through those things you may have missed the first time. You need to get this out as it can become a toxin inside you and you and your higher power are bigger than this secret. It won’t lessen until you let

go. Give yourself a little understanding and recognize your past is behind you. Leave it there.

**ARIES:** March 21-April 19: This month, expect a significant challenge to rock your peace. There are several difficult configurations lining up in the sky, each affecting you in a personal and dynamic way. You are the RAM, and you are usually positive, therefore; you need to simply maintain your genuine positive outlook and when you feel as though the challenge has reached a peak take to the tools you have, call an AA friend and grab a cup of coffee. You are sure to help them, and bonus...Help you too!

**TAURUS:** April 20-May 20: You are more emotional this month. Maybe it’s your upcoming birthday, or something you feel you missed out on. Remember, all things are in our lives for a reason, and those things we miss, were meant to be missed. You need to let insignificant little things be and not overwhelm yourself with them. Relax and enjoy what you have, for that is what counts in the end. God has a plan for you! It can be harder to recognize that plan if you are mentally, emotionally and spiritually filled with clutter from the accumulation of little things.

**GEMINI:** May 21-June 20: Your previous struggles are no more this month. You have discovered your way and now you know from years of experience that leaning on others and asking advice is not a weakness. You are a twin for a reason! You need another to guide you and hear you out. Now is the time to reach out to your sponsor and get to work! A step study or workshop is just the thing and success in the goals you have set is just around the corner.

**CANCER:** June 21-July 22: Ok Crabby, time to step out of that negative and aggressive mind, and realize you have all you need. You have been overly aggressive this year, and it is time to take a step back – while still staying in the game. You need to control your aggression and keep a focus on your work to ensure optimum career growth for you. It is coming! Avoid skirmishes and too much pressure. When you feel yourself tensing up – take a few deep breaths, say the serenity prayer and move on. A tightened tongue will be rewarded.

**LEO:** July 23-August 22: You are a lion! Your spine might hold you together, but your heart speaks for you when you allow it. With Saturn in your 4th house of family and home, you are having disconnected feelings of anxiety over not getting it all done. It is OK! You need to slow down once in a while. Go to a meeting you haven’t been to and introduce yourself to someone new. Call an old friend from the program and ask them what they need or simply ask how they are doing. You have been so focused on self, that you have forgotten the people and beauty around you.

**VIRGO:** August 23-Sept. 22: Stop over-thinking. It has never suited or served you. Paint a room to relax in – make it earthy to help you reconnect with nature and the things you love. Put more emphasis on budgeting, balancing and your own self-worth. You are more than your thinking. And your over-thinking rarely includes what you actually need! Take a breather. Plan a weekend getaway. Find a meeting outside your area and meet new people. Maybe there is an amends waiting for action, and you have the ability to handle it. Stop thinking about it, and just get it done. The weight lifted will be well worth it.

*The SoberScopes are for entertainment because we live by Rule 62. Written and submitted by Deneen G.*

# Calendar



## October 2014

Saturday, October 18th Windsor Club Sober dance - 123 West Windsor Road, Glendale California 91204 from 10 p.m. to 1:30 a.m. with DJ Nicole \$7 at the door. 818-242-1350

Saturday, October 25th Burbank Group Sober dance - 3217 Winona, Burbank California 91204 from 10 p.m. to 1:30 a.m. with DJ Nicole \$7 suggested donation. 818-565-5691

Friday, October 10th, 11th & 12th – The 19th International Fall Round Up, Angeles City, Pampanga, Philippines Maharajah Hotel, 3 Texas St, Villasol Subd., Angeles City. Reservations: info@maharajah-hotel.com +63-45-625-6976 (Discount code “AA” for 20% discount and 1 free breakfast. For more info email: roundupangelescity@yahoo.com. Round Up Website http://roundupangelescity.blogspot.com

Friday, October 17th, 18th & 19th - The 30th Annual Santa Barbara Convention- On the Plane of Inspiration - Elks Lodge, 150 N Kellogg Ave, Santa Barbara CA. For more info visit the SBAA Convention website at www.sbaaconvention.org

Saturday, October 18, 2014 8:00 am - 4:00 pm  
19th Annual Women’s Sobriety Celebration - Church of the Nazarene , 2238 Monte Vista Ave, Oroville CA - Registration \$20 (\$25.00 at the door)

Thursday October 30th, 31st, November 1st & 2nd, 2014 - SOCALYPAA VI - The Southern California Young People of Alcoholics Anonymous Conference - Sheraton Fairplex Hotel & Conference Center , 601 W McKinley Ave, Pomona CA - Questions? www.socalypaa.org

## November 2014

Saturday November 8th: Radford Hall Comedy Show Fundraiser. Doors open at 7:30pm Show begins at 8pm - Tickets Still only \$5 per person. Radford Hall 13627 1/2 Victory Blvd., Van Nuys, CA

Friday, November 21st, 22nd, and 23rd, 2014  
YOSEMITE SUMMIT CONFERENCE - SERENITY IN YOSEMITE 2014 Yosemite Lodge/Curry Village , P.O. Box 578, Yosemite National Park CA. AA, Al-Anon, & Alateen Speakers & Meetings. Registration (see 2nd Flyer): \$25.00 (after 10/1/2014 or at-the-door: \$30.00) Or register online at: www.serenityyosemite.com

Thursday, November 27th, 28th 29th and 30th, 2014  
48th Annual Las Vegas Round Up - Celebrating an Attitude of Gratitude - Riviera Hotel and Casino, 2901 Las Vegas Blvd S, Las Vegas NV. Visit us online at www.lasvegasroundup.org

## 2015

2015 International Convention of Alcoholics Anonymous. July 2-5, 2015 - Atlanta, Georgia. http://www.aa.org - for more information.

September 2015 - Nikko & Michele T.’s Super Sober Saturday Celebration... Date - Time - Location to be announced

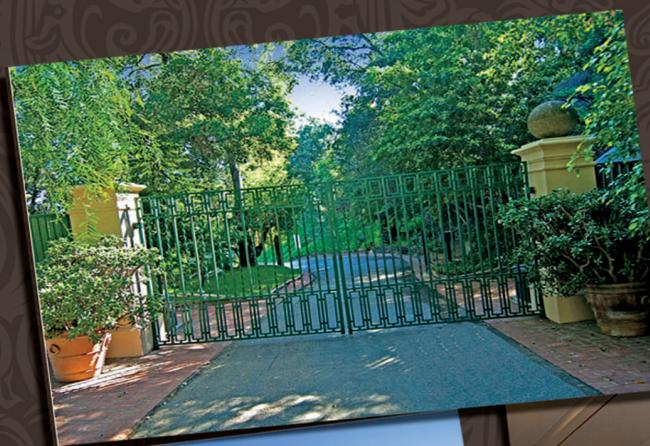
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