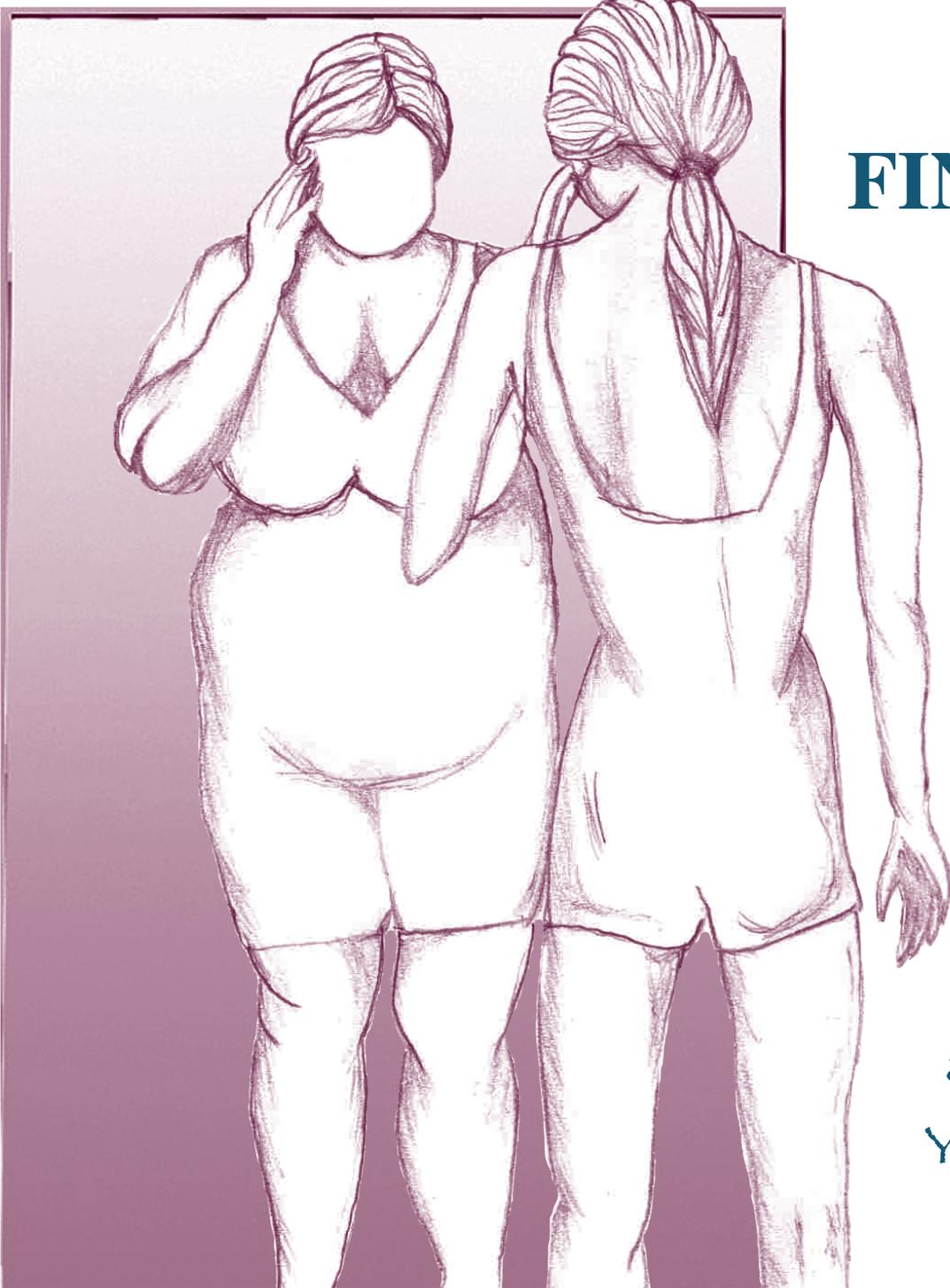


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**Transforming  
Addictions**

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**Yoga is my Drug  
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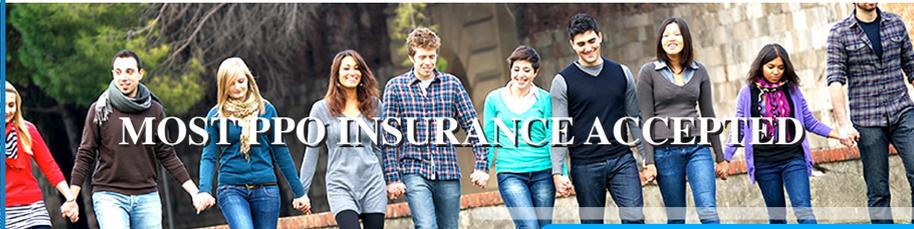
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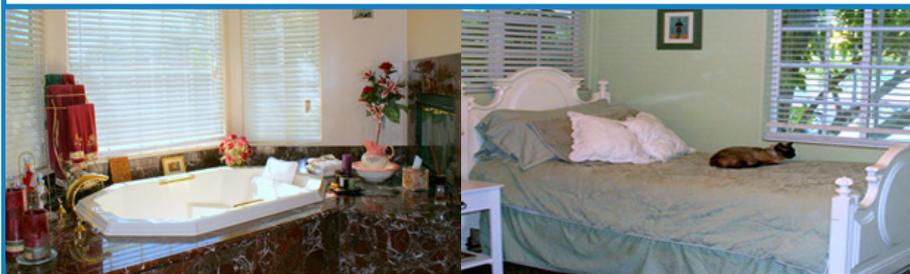
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Jeannie Rabb-Marshall - President & Cofounder  
 Marcus Marshall - Vice President & Cofounder  
 Beth Stern - Dewey C.E.O. & Cofounder  
 Staff Photographer - Shalimar Cambria  
 Graphic Designers - J Rabb-Marshall & Frannie Az  
 Outreach Director - Peggy Salazar  
 Cover Artwork - John Paul Akers

**Editorial Contributors:** Jason Levin • Mary Cook, M.A., R.A.S. • K.B. • Alexandra Katehakis & Tom Bliss • Robert Mittga Jasmine B. Marcus Marshall

# About Us

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Last month was the 7th anniversary of Jason Levin's death. For those of you who don't know him, Jason was my previous business partner and dear friend. So it's no wonder he has been on my mind constantly. I know that he would be so very proud of what we have done with Keys to Recovery Newspaper. I want to make him a part of this month's issue to celebrate and honor his life, so I am rerunning one of his columns.

Hello everyone,

What a summer it's been so far. Like any other time of the year, life happens. When the weather gets hot, things change. People who are normally nice and easygoing become irritable and uncomfortable. Myself, I can get a bit snippy or short tempered, losing my serenity over the most insignificant things and as a result, taint my view of the world around me. Thank goodness I've got a program though, to teach me how to have a better life regardless of the weather, or my perception of the world. This month I'd like to share a little bit of what I've learned about the restraint of pen, tongue and sometimes even action.

How often have we all said something or wrote and sent a letter to someone who hurt us or made us angry, only to regret the words, then spent an untold amount of time trying to mend a damaged relationship? Or worse yet acted out in some way that was beyond reasonable only to find out that we were making things much worse with every attempt to control another person or situation. Then suffering the humiliation of finding out after the fact that we were actually wrong?

In my life before recovery, that was almost a daily occurrence. Not even knowing why I was so angry most of the time, I would lash out at everyone and everything around me in an almost instinctual rage and only after much head and heartache would I find out that I really had no clue as to what was going on. Which of course, only made me even angrier. This time though, I would be at the receiving end of my own anger. Having shamed and humiliated myself and those I cared about once again. In recovery, I find that I'm still very capable of acting that way. Even though it's not often, it still can happen and the emotional hangover that it produces is very painful. Probably more painful than the hangovers I used to suffer from as a result of my "old behavior". I'm not willing to test that theory out, so let's just say it is. Back to the subject, even when there is what I believe to be a valid reason I still have to be very careful as to how I respond to a given situation. There really is nothing worse for someone in recovery than a "justifiable resentment" and justified or not I have to be responsible for my words and my actions. There is so much more at stake, my serenity, peace and self esteem can all suffer greatly if I'm

not careful about what I do or say. A big part of my own recovery has been about learning how to grow up. The good news about growing up is that life gets better and better. The bad news about growing up is that sometimes it can be very uncomfortable – even painful. Luckily I've got a program that teaches me how to grow up and friends who share with me the ways that they deal with these types of situations. This doesn't make it any easier to deal with, but it helps in walking through things quite a bit. The program has taught me to pause when agitated and ask quietly for my Higher Powers grace and guidance in any given situation. The Program has taught me that many of us whether in the program or not, are spiritually sick and need to be treated with tolerance and caring. I've learned and continue to learn to do my best to listen to and reason with another person, to allow them to have their feelings whether I agree with them or not, and to try not to take it personally. Another thing I've learned is there are times for actions to be taken and there are times where the only action is none at all.

As someone who really likes to have the illusion of control, that is the hardest thing to do for me personally. Too many times I've ruined good relationships with others by trying to get them to behave or respond the way I want them to and by taking actions rooted in self-centered motives, I've only made situations worse. The program has taught me that by not taking an action when my motives are unclear that my Higher Power is able to do what needs to be done, whether it's giving me clarity so that I can move forward or working out the situation without my help.

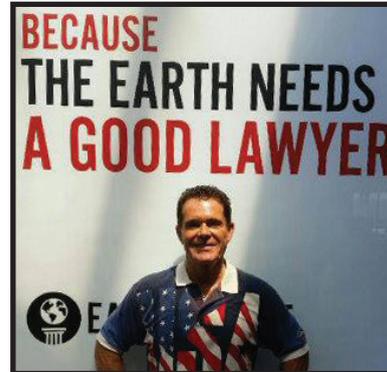
I also have to be careful, as I can also not take any action out of fear and that is just as bad as acting out of anger or resentment. However I learn day by day to do what is in front of me and trust in my HP to handle the outcome. It has been, for me, through trial and error that I'm able to learn and grow from all of these experiences and as a result my life really does get better.

Seeya next month!



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by: Mary Cook, M.A., R.A.S.

## Transforming Addictions

Since the roots of addictions are unhealed negative energies, with defenses dulling their conscious pain, recovery must come from a state of grace, rather than from force or sanctions. Thus fighting against addictions, attempting to bargain with them, romanticizing or denying them all serve to reinforce their power, in that the attempted solution has the same energy as the problem.

Not only do defenses grossly underestimate the nature and magnitude of our problems, they deny our own healing abilities, inner wisdom and available spiritual assistance as well. Defense mechanisms support negative habits, not personal growth. Thus they reinforce the false belief that if we can sufficiently satisfy the addiction, we will be happy and free. The opposite is the truth; that we become increasingly miserable and enslaved as addictions continue.

The path that others have forged ahead of us in recovery is one of acceptance, honesty, patience, tolerance, understanding and perseverance. The role modeling of spiritual principles awakens us to our spiritual self and begins to soften the harsh internal voice of our human habits. When the worst accounts of our behavior are met with equanimity, compassion and insight, the energies that fuel compulsions, begin to diminish, and hope starts to flourish.

Recognizing the folly of our own efforts in self-caretaking or even self preservation, allows us to challenge and eventually surrender our self professed human importance. Spiritual awakenings are irrational, illogical, lovingly humbling, and plunge us into the deep mystery of the divine. Most of us awaken slowly over a long period of time. Yet each experience that allows us to transcend normal human perceptions, facilitates the surrender of negative energies that sabotage growth. Experiencing our own positive transformations means that hope can begin to transform into faith. And even pain can become a possible portal to greater enlightenment.

One of the lessons in spiritual growth is that over-identification with our human self and material world, causes us to forget that we were born whole and holy. Thus part of us feels deprived, damaged or otherwise inferior. Another part seeks desperately and often aggressively to find something to simulate feelings of positive completion. Yet another part tries to hide feelings of unworthiness, and pretend that external fixes work. This is how we divide against ourselves and then we project this separation onto life. Alternatively, recovery is about unity, with our true self, with others, with our Higher Power, and thus with life.

Recovery tells us to be of service to others without personal motive. This also has to do with the principle of unity. The energy that we extend toward others, whether positive or negative, always returns to us magnified. Sometimes when it appears that we are helping or are involved with others, we are only using them to avoid self-awareness, personal responsibility and growth. This defensive personal motive means that we do not receive the benefit of "service". Instead, we feel anxious, arrogant, empty, and resentful.

Helping others when we're not being irresponsible, codependent, manipulative or otherwise defensive, stimulates an inner reservoir of wisdom and compassion, allowing this part of us to strengthen. When we are honest, open-minded and reflective, being of service to others gives us a glimpse of our similarities, the importance of taking our own suggestions and of being a positive role model. The more we listen actively and attentively without judgment and mental chatter, the greater sense we have of a deeper soul connection. When we recognize that we are all family of divine birthright, the "golden rule" is easy to live, and its' inherent mutual benefits are obvious.

Our pain comes from feelings of separation. We feel separated from that which we think will bring us happiness, health and fulfillment. We believe that our inner world holds pain and the outer world possibilities of pleasure. We listen to our human mind as if it is our God. We fear that our soul wishes us to live a stoically disciplined, spartan existence. We think power lies in money and brute force. We place our hope in the external world over which we are powerless. We act as if life is a competitive race, and yet we are only running away from ourselves.

When we've suffered enough pain to know that we're going in the wrong direction and we have a sense that there is a better direction, we can begin unpacking our bags. The only way to get somewhere new is to remove what holds us back.

Con't Page 15



## We came. We came to. We came to Believe

“As soon as we admitted the possible existence of a Creative intelligence, a Spirit of the Universe, underlying the totality of things, we begin to be possessed of a new sense of power and direction, provided we took other simple steps” (pg 46).

After completing Step 1, admitting that we are powerless over our addictions and that our lives have become unmanageable, we must move forward to the next step of recovery. The process of recovery has only just begun with the admission of powerlessness over our addiction. Many of us have found out the hard way that we, by ourselves could not overcome the destructive forces that were dominating our lives. We needed help. Pride, arrogance, denial, and ego had to be shattered in order to get to the place of being humble enough to receive help, support and guidance. We stopped fighting and surrendered. Many of us began to feel a sense of relief at our first meeting, thinking, “Finally the truth about my condition is known”. What a relief it is to find out that what is wrong with us – we’re addicts. Addicts in the grip of a devastating mind and soul, unable to find a solution to life’s issues.

“Do I now believe, or am I willing to believe, that there is a Power greater than myself?”

Coming to believe in a Power greater than ourselves which can restore us to “sanity” or soundness of mind, reasonable thinking, or even clarity is a blessing. Once the effects of the drugs wear off, we soon begin to see how warped our thinking had been. In fact, we discover that there wasn’t much clarity or good judgment at all. Our lives centered on chemicals, addictive behavior, life-styles, and friends which seemed normal at the time.

We believe that at no time in our active addiction could we have made a good – sound – judgment in regards to the most important issues and decisions that needed to be made. If we could go back to the moment before making that first call for help or walking into our first meeting, we will be able to capture that “moment of clarity”. That moment of clarity is the moment that God (a power greater than ourselves) was able to intervene just long enough and powerful enough to disperse the madness that we were in. What a loving and precious Power that is. We did not save ourselves, we were incapable of knowing what to do so that Power reached down into the insanity, that horrible darkness of addiction and tapped us with a glimpse of clarity, reality & hope. When we first came to the program, we just want to stop the madness but then we understand that in order to move forward we need a spiritual solution.

“When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work, but the God idea did” (pg. 52).

For many of us, even the mention of “God” was frightening because we grew up in homes where religion was either shoved down our throats or used for guilt and condemnation. Some experienced abuse by the clergy or by relatives who were supposed to have been models of what they professed. Some grew up where there was no god and believed only in self-sufficiency or had put trust into inanimate objects hoping upon hope for some sort of safety, peace and success.

Everyone wants peace, love and goodness, but in the depths of dysfunction and addiction there is none to be found. It is only when we surrender – to the program of recovery and to begin to seek a Power outside of ourselves that we are able to find that which we are looking for. It is in the seeking that one finds. The Big Book states, “We needed to ask ourselves but one short question. Do I now believe, or am I willing to believe, that there is a Power greater than myself? As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built” (pg. 47).

Con’t Page 15

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# Mary Cook

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## INTUITION

*"Intuition is seeing with the soul."*

~ Dean Koontz

Think about all the times you've "known" something without actually "knowing it" through conscious thought or reason. At those times you experienced an implicit way of knowing - one that's felt and understood through signals in the body - rather than an explicit knowing dependent on your five senses. Implicit knowing, or intuition, has been called a sixth sense separate from sight, smell, touch, taste, or hearing. Knowing something instinctually rather than consciously is more than knowing facts; it's insight. When you trust what you know implicitly you are relying on your emotionally and physically unified self: your body/mind. Openness to, and trust in, the awareness of your body/mind creates new connections of understanding.

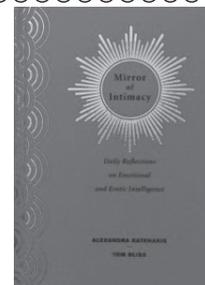
When it's time to make big decisions, especially to decide if we're with the right person, we tend to look at objective data and make mental lists of "pros" and "cons." Take a chance. Jettison your list, and sit quietly instead. Set your intention for an answer to your dilemma, then stop reasoning about it. Pay attention to dreams and thoughts that drift in and out of consciousness when you're taking a walk or working out or after love-making. Intuition bursts from the deepest part of the body/mind, but cannot be forced. Expect the unexpected, but take a wait-and-see attitude about any outcome.

Holding the paradox of intention-setting and outcome-letting is a practice that requires self-awareness. Don't let your "knowing" mind rule with its judgments and solutions. Instead, just notice those thoughts as background noise, stay in your body, and see what emerges. Intuition is the process of letting truth come into view. It's elusive and, like a shy child, will run away if you try to capture or grasp it. Let go, let God, and trust your body/mind's connection to the divine.

## DAILY HEALTHY SEX ACTS

- The next time you think about someone, and soon see or hear from that person, consider that your intuition may have been at play. Don't devalue this way of knowing by ascribing all such meetings to chance.
- Notice recurring images, thoughts or songs that pop into your head. Respect your intuition when it tells you to take a different route, grab a jacket, or call a friend.
- Use your intuition to make a minor decision. Keep trying this exercise until you come to trust your intuitive self with bigger decisions.

*Excerpted from "Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence" by Alexandra Katehakis and Tom Bliss published by Center for Healthy Sex - now available for purchase on Amazon! Sign up to receive free Daily Reflections by email at <http://www.centerforhealthysex.com/daily-meditation> • Center for Healthy Sex, 9911 W. Pico Blvd., Ste 700 Los Angeles, CA 90035 • 310-843-9902*



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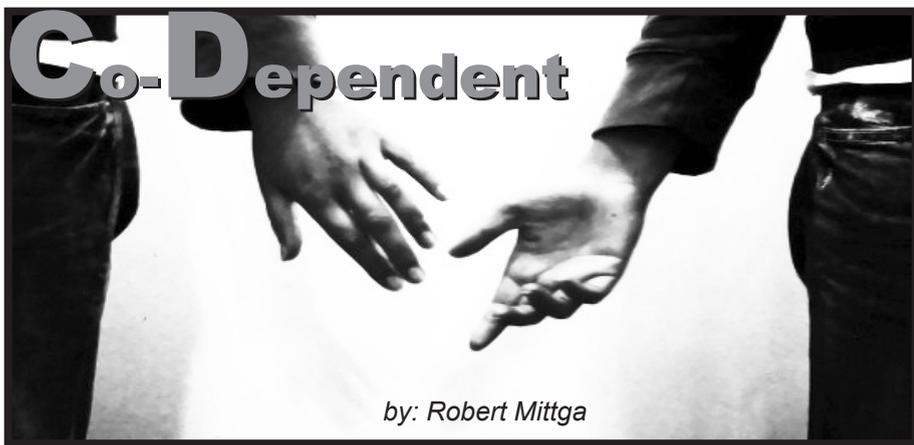
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## Understanding Codependency

In our culture, many practices that have commonly been associated with "normal" parenting actually impair the growth and emotional development of children. This impairment can lead to developmental immaturity, which is called co-dependence. Co-dependence has five primary symptoms we have listed two of these core symptoms..

### 1. Difficulty Experiencing Appropriate Levels of Self-Esteem

Healthy self-esteem is created within an individual who knows that he has inherent worth that is equal to others'. It cannot be altered by his failings or strengths, which I call a person's humanity. Parents who are able to affirm, nurture and set limits for their children without disempowering or falsely empowering them create children who can functionally esteem themselves.

The codependent individual relies on others to determine his worth or gets it from comparing himself to others, so his self-esteem fluctuates between feeling worthless and better than. When negative events occur, a person with healthy self-esteem does not question his or her own worth or value.

Children reared in a loving, nurturing environment learn to esteem themselves by being functionally esteemed by their parents/caregivers. The other extreme is arrogance and grandiosity.

The person believes that he or she is above or better than other people. In some family systems, children are taught to see others' mistakes and to find fault with others. They tend to believe that they are superior to others.

They may also be excessively shamed by their caregivers but learn that feeling superior to others helps them to feel better about themselves.

A third type of dysfunctional family that significantly affects self-esteem teaches children that they are superior to other people, giving them a false sense of power.

In these families, the children are treated as if they can do no wrong. Regardless of the type of esteem that codependents display, it is not self-esteem. It is better defined as other-esteem. It is based on external things – how they look, who they know, how large their salary is, how well their children perform, the degrees they have earned or how well they perform activities. The codependent person becomes a human doing rather than a human being. His or her esteem is not self-based. It is based on the opinions of others.

The difficulty with other-esteem is that its source is outside of the person

and thus vulnerable to changes beyond the codependent's control. Other-esteem is fragile and undependable.

### 2. Difficulty Setting Functional Boundaries

A personal boundary system is an internal mechanism that both protects as well as contains an individual's body, mind, emotions and behavior.

It has three purposes:

1) To help an individual prevent himself from being victimized

2) To prevent an individual from being an offender

3) To give an individual a sense of self Boundary systems are both external and internal.

Our external boundary is divided into two parts, physical and sexual. The physical part of our external boundary controls our distance from others and whether or not we choose to be touched. This is our personal space. As we ask others to acknowledge and respect our physical boundaries, we know to ask permission to touch other people. In a similar way, our sexual boundary controls sexual distance and touch. We are able to choose how, when, where and with whom we are sexual.

Our INTERNAL boundary protects our thinking, feelings and behaviors as well as keeping them functional. When we are using our internal boundary, we take responsibility for our thoughts and actions. We stop blaming others for what we think, feel and do.

Our internal boundary also allows us to stop taking responsibility for the thoughts, feelings and behaviors of others. Children are born without boundaries. They possess no internal way of protecting themselves from abuse or to avoid being abusive towards others. Boundaries must be taught.

People with non-existent boundaries not only lack protection, but also have no ability to recognize another person's right to have boundaries. A codependent with non-existent boundaries moves through other people's boundaries, unaware that he or she is doing something inappropriate.

Damaged boundaries may cause a person to take responsibility for someone else's feelings, thoughts or behaviors.

Like any path to recovery, rehabilitation from codependency is not easy, but the results are life-enhancing and sometimes even lifesaving.

By Robert Mittga 08 8465 0938  
Email [rmittiga@jprimus.com.au](mailto:rmittiga@jprimus.com.au)

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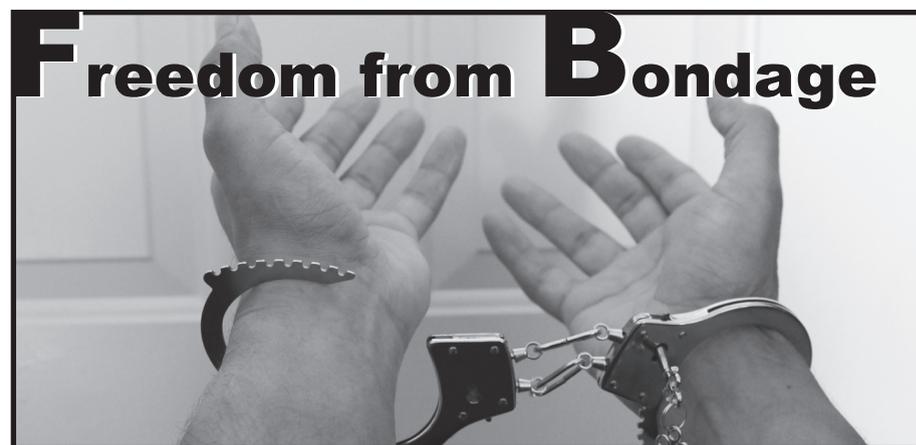
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### **Recovery From Addiction is a Family Affair**

Alcoholism and drug addiction affects the whole family - young, teenage, or grown-up children; wives or husbands; brothers or sisters; parents or other relatives and friends. One family member addicted to alcohol and drugs means the whole family suffers the bondage of addiction. Addiction is a family disease that stresses the family to the breaking point, impacts the stability of the home, the family's unity, mental health, physical health, finances, and overall family dynamics.

Without help, active addiction can totally disrupt family life and cause harmful effects that can last a lifetime. Regrettably, no family is born with the knowledge of how to deal effectively with addiction. It is a skill that must be learned and practiced daily.

One of the biggest challenges to family recovery is the belief that everything will be ok if they can just 'fix' their loved one who is addicted to alcohol or drugs. After all, "she's the one who needs help, not me!"

Helping families understand that just as the addict is responsible for their own recovery, they too are responsible for their own recovery. The whole family is in this together, including the children. Addiction in the family strains relationships and people become anxious, mistrustful, tired and an overwhelming sense of hopelessness can set in. Because addiction hurts the whole family, it is absolutely essential that solutions are designed to restore the whole family.

As a family disease, those who have been affected by addiction may take years to recover, as they rebuild and stabilize their lives, independent of what the alcohol and drug addicted family member does. Without question, it can seem overwhelming, but it helps to keep in mind that commitment to the recovery process is also a commitment to the overall well being of the whole family.

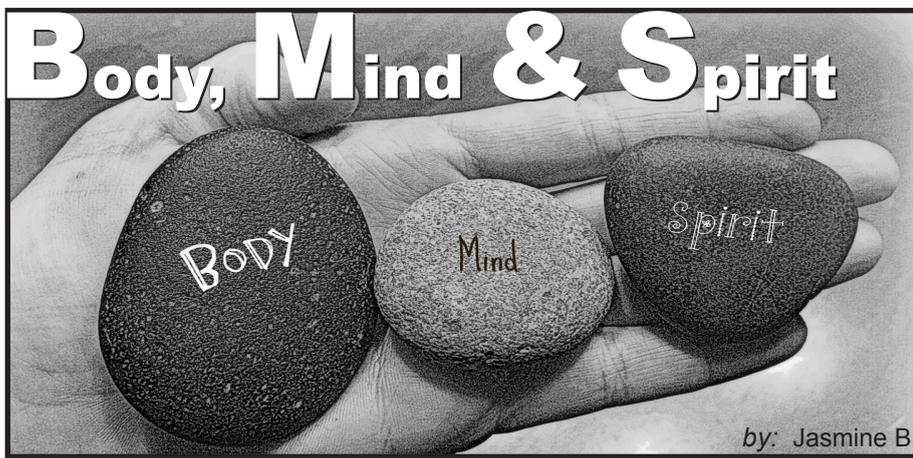
Constructive and active family engagement in the recovery process is essential if the family is to heal from the destructive impact of addiction. To move on in hope, families need a variety of supports, information and skills including the following:

1. End the Isolation and Connect: By joining an education or support group.
2. Education on Addiction and the Family: Understanding how addiction affects both the addicted person and the family is an essential foundation to moving on.
3. Learn Communication Skills: Active addiction destroys family communication. Developing these skills is essential to family recovery.
4. Detachment and Responsibility for Self: Learning to detach with love and focus on assuming responsibility for our own behavior.
5. Stop Old Behaviors: Many of our old ways of coping are ineffective and contribute to the problem not the solution: enabling, denial, blaming and minimizing the problem.
6. Engage the Children: As a parent, depending on ages, you play a critically important role in providing support and protection for the children. But, engaging them in their own recovery is very important.
7. Build on Resilience: Surviving active addiction to alcohol and drugs is never easy. Use the recovery process as a means of building on your personal and family strengths.
8. Engage in Personal and Family Activities: working alone and together to find activities that serve as a source of personal and family fulfillment (ex. volunteering)
9. Understand and Prepare for Relapse: Relapse into old behaviors is as real for family members as it is for those addicted to alcohol and drugs. Family members need to develop strategies for dealing with their own relapse issues and other challenges.

People recovering from alcoholism and drug addiction, their families, and their children can and often do achieve optimum levels of health and functioning, but this achievement is best measured in years rather than days, weeks, or months. In the process of recovery, families are strengthened through increased levels of genuine intimacy and families are better able to cope with life's challenges. Over time, the discipline of recovery can bring the family together to be the healthiest it has ever been!

Today, family recovery is a reality for millions of Americans today, and the hope, help, and healing of family recovery has become the most powerful way to break the chains of intergenerational cycle of alcoholism and addiction in the family.

*For information about Al-Anon, Nar-Anon, Adult Children of Alcoholics go to pages 16-17 (Vital Resource Guide)*



by: Jasmine B.

## Yoga Is My Drug of Choice

It is said that yoga finds you when you need it. Well, yoga found me after I lost two brothers, back to back. I was still learning how to live my life sober, and desperate for some relief from the agonizing grief I felt. One of the main things that I was struggling with was a sense of "survivor's guilt." Why had I gotten sober and lived when my two brothers did not? Why wasn't I able to help my brothers and prevent their deaths?

These questions haunted me and even though I knew it was a gift to be sober, I was barely hanging on. I did my best to use the 12 steps to find peace in my heart, but without my loving sponsor encouraging me, I never would have stayed sober.

My beautiful sponsor suggested that I needed to "get into action." I resisted this for a long time. I finally surrendered because it hurt too much not to. Getting into action meant "putting one foot in front of the other" even if I did not feel like it. And believe me, I didn't. It meant to do it anyway, even though I did not think it would help. So when my sponsor suggested working the steps and going to meetings, I did. And of course, I changed. When she suggested praying and being of service, magically I felt better. But when she suggested meditating, I was stumped.

A wise sober sister saw me still struggling with grief and made a suggestion. "Come with me to my yoga class. It will get you moving again and you will love it... Or you can just get into child's pose and cry through the whole thing. Either way, you will feel better, I promise."

It was another act of love that saved my life.

At first, I was skeptical about trying yoga. I thought that yoga was: 1} only for the very limber; 2} a hippy-dippy, kumbaya kinda thing, and 3} not for me. Boy, was I wrong. Yoga is and continues to be an amazing gift in my life, like sobriety, and nothing like the stereotypes I heard. In fact, yoga and the 12 steps complement each other by reinforcing many of the same ideas and principles.

For one, yoga is about surrendering the ego, my ego is not my amigo. It is not about getting into bending pretzels i.e. the perfect alignment. Yoga is about being present. As long as I am focusing on inhaling and exhaling deeply, while doing the postures, (no matter how 'good or bad' I look), I am doing yoga. The correct shapes comes with time. When I focus on my breath, it brings me present in my life and I get to see that nothing is wrong at this moment. In that, I am able to feel peace.

The movement and deep breathing of yoga helped me on so many levels. Not only was I excited about the changes in my body, yoga began to work on my insides. It gently helped me access feelings that had been keeping me stuck. I was able to do what we say in the program: uncover, discover, and discard by seeing where the old stories I had been telling myself were not true or valid anymore and were in fact blocking me from moving forward in my life. The more I became aware of that, the more I was able to let go of what was not serving me.

One of the big realizations I had was accepting that the only life over which I have direct control is my own. Therefore, I couldn't have "saved" my brothers and perhaps it was time to forgive myself. I began to look forward to my yoga classes. Little by little, I found I am able to hold the poses for longer periods of time and get a bit deeper in each one. As I progress in my yoga practice, I feel like I am getting a little bit of my soul back.

Yoga and my 12 step program are both amazing teachers in my life and keep me growing. Yoga is also my time to do my 11th step work: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Yoga is my moving meditation and often times as I flow through the postures, I close my eyes. In fact, no one cares what my downward dog looks like or how bendy I am; they are in their own heads, going through their own process, and in that, I find the freedom to let go of my fear of being judged. I get to just be.

When I think I can't hold a difficult pose for a moment longer, I focus on my breathing and not on the momentary physical discomfort. How many times, behind my disease, did I reach for a drink or a pill to alleviate my pain for instant relief? Surely now with a clear head I can use my will for good: to transcend the disease voice and listen to my higher power voice.

I've read that prayer is like me talking to God and meditation is like me listening to God. When I am flowing through a yoga class, I feel like I am listening to the voice I identify as God and my God wants me to be happy.

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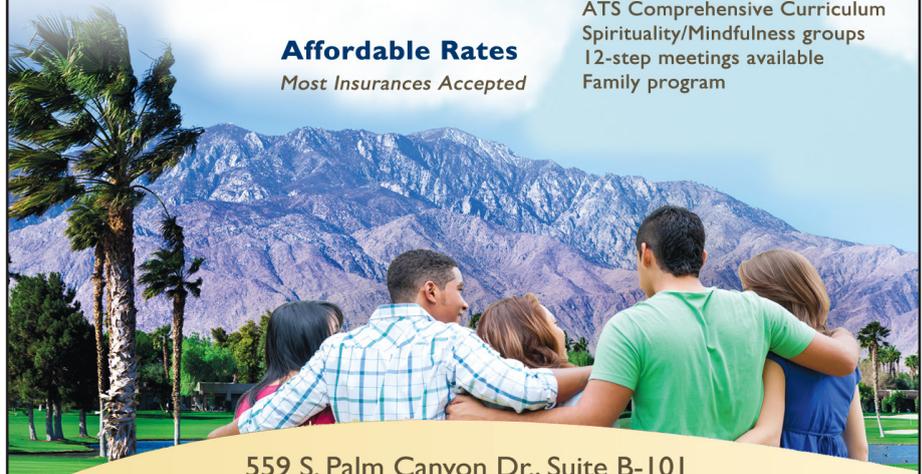
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# FINDING FREEDOM: The Journey to Recover-ED

Written by: Rachel Levi, LMFT, CEDS



The initial call sounds something like this, “Hi, is this the eating disorder treatment place? I don’t want to give you my name, but I think I need some help. Well actually, maybe I am fine, I don’t really know why I am calling. Nevermind.” Click.

As time passes, the inevitable reality sets in, this eating disorder just isn’t going to go away on its own, and the person decides he or she doesn’t really want to die, they just have a strong desire to manipulate their bodies, feeling uncomfortable in it and this drive for thinness and they can’t stop. So they call back. More than likely, this will be the most difficult call of a lifetime.

For far too long, eating disorders, including anorexia nervosa, bulimia nervosa and binge eating disorder have been portrayed in mainstream media as a phase of life for vain adolescent girls, but this depiction needs to change and fast. In truth, eating disorders have the highest mortality rate of any mental illness. They do not discriminate by age or gender or ethnic background. Some estimates indicate around 5% of the 11 million Americans who suffer from an eating disorder will die from it. The numbers of course are hard to track and more than likely are underestimated because death certificates list the cause of death, not the disorder, such as organ or heart failure, malnutrition or suicide.

So how can this be happening? How can so many people be dying of a disorder, many times without getting treatment, when full recovery is possible? Is it our collective obsession with the perfect body? Is it our collective stigma against mental health? Is it genetics? Family dynamics? Temperament?

Well here is what we know. Eating disorders are complicated and cannot be attributed to any one thing. In recent years we learned some people are genetically vulnerable to the disorder. What this means is, “if the planets are aligned just right” that is... if someone has genetic vulnerability, and in addition a certain temperament, and then, if life presents certain environmental stressors, then an eating disorder is more likely to present itself. The metaphor many professionals use is “genetics loads the gun, while the environment pulls the trigger.”

The question remains, in this day and age with such advances in medical and mental health treatment, why does anorexia nervosa, bulimia nervosa and binge eating disorders remain such a hidden and deadly disease and why are people still dying? I suggest several things at play, including the following:

- 1. Shame**
- 2. Ambivalence**
- 3. Access to appropriate care, for the appropriate length of time**

**SHAME:** Many individuals with eating disorders hold a tremendous amount of shame. The shame might be directly related to the behaviors they are engaging in to cope or something else. The problem is shame keeps people from seeking help. Perhaps they have been raised to believe they should just be able to “snap out of it” or “strong people get well on their own”. If one is an individual who is very self-directed and used to being self-sufficient, the fact that one needs professional help to recover can be a hard to accept. Additionally, individuals usually have shame around being seen as the stereotypical person with an eating disorder. Since our culture’s perception can be so negative, both the suffering and pursuit of recovery is often done in secret without support.

**AMBIVALENCE:** Webster’s dictionary defines Ambivalence as, “simultaneous and contradictory attitudes or feelings (as attraction and repulsion) toward an object, person, or action.” In eating disorder treatment we see this as feeling strongly conflicted between holding tightly to ones eating

disorder and a strong desire to let it go towards recover.

If you have an eating disorder, you are probably knowingly shaking your head. There is typically a “healthy” part of oneself that knows engaging in the eating disorder is a maladaptive behavior which has a negative impact on someone’s life in so many ways. Yet there is another part terrified and unwilling to let it go, fearful to experience emotions the eating disorder appears to be numbing or distracting an individual from. Imagine this internal conflict going on throughout your day. Think about it, if ones eating disorder behaviors has some significant positive experiences associated with it, and stopping those behaviors forces an individual to experience feelings they perceive may completely overwhelm them...it is not an easy sell to let go of the eating disorder.

Obviously many individuals eventually understand the dangerous and serious consequences of engaging in eating disorder behaviors, such as bingeing, restricting or purging long-term, but for most people, they cannot identify an alternative that works as well for the desired results. The result as mentioned above may be numbing out from unwanted or disturbing feelings, a way to reduce anxiety, or even a distraction from feeling out of control in one’s life. A person has to be willing to feel uncomfortable in pursuit of recovery and have faith that the discomfort, both physical and emotional, is only temporary.

**ACCESS TO APPROPRIATE LEVEL:** and length of specialty care - Even if a person gets to a place where ambivalence is minimal and they become “recovery-minded,” these behaviors for many have become habitual. Individuals have

used this form of coping for so long they have not learned alternative ways to deal with strong emotions and other life stressors. Practicing new coping mechanisms takes a lot of time, even when you are determined and fully committed. Unfortunately, many individuals do not have access to the type of care that will make a difference. In my experience, being able to remain in a structured treatment setting, in an effort to master new skills and emotional tolerance and regulation, is pivotal to sustained recovery. It would appear that insurance companies have a different take on standards of practice than the treating professionals. Therefore, many people only have short-term insurance authorization for care, often at a lower level and for shorter lengths of stay than what is deemed appropriate for their needs by treating professionals. This leads to the significant relapse rates we see in eating disorder treatment.

Now for the good stuff. Full recovery is possible!!! If you are currently struggling please know that you can do this. You are not alone. Yes, it will probably require a lot of work and dedication on your part. It will require you to be open to letting go of shame. It will require finding support from individuals you can trust, when you can't trust yourself and finding grace for yourself. It will require you to be open, curious and vulnerable to underlying issues and to have patience in the process. To be willing to turn towards self-compassion, value and purpose and away from the eating disorder. It will require you to feel connected walking towards grief and other difficult emotions and to keep going despite fear. It will require you to allow yourself to imagine a different way of existing and being in the world. Finally, it will require setting an intention to keep doing all of the above for as long as it takes.

The process starts with courage and reaching out. Help is here and you deserve it!

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



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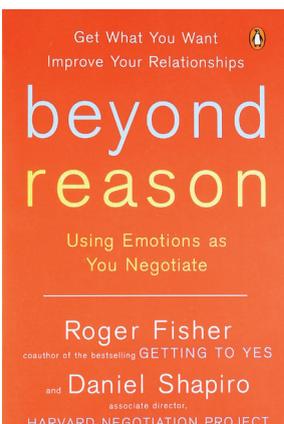


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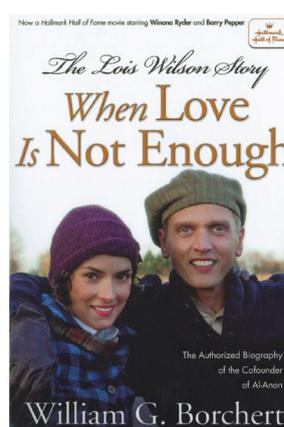
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# Book Reviews



**Beyond Reason: Using Emotions as You Negotiate, by Roger Fisher and Daniel Shapiro.** Read by the authors. Approximate playing time, 6 hours. (Penguin Audio, \$32.95). Emotions matter; whether negotiating with an angry boss or an outraged teenager, emotions can derail you. Properly treated, however, they can help you achieve the results you want. Beyond Reason clarifies the complicated, fuzzy world of emotions and offers straight-forward, practical advice. It builds on previous work of the Harvard Negotiation Project, the group that brought the groundbreaking book Getting to YES. Now, in Beyond Reason, noted negotiator Roger Fisher teams up with psychologist Daniel Shapiro, expert on the emotional dimension of negotiation. They show how to employ emotions to turn a disagreement – big or small, professional or personal – into an opportunity for mutual gain. Fresh and relevant to any interaction, Beyond Reason will help in dealing with anyone from family and friends, to colleagues, customers, and employees. Available at Amazon.com.



**When Love Is Not Enough: A Biography of the Cofounder of Al-Anon, by William G. Borchert,** Foreword by Robert Hoguet, President of the Stepping Stones Foundation (Hazelden, \$24.95). The little-known story of Lois Burnham Wilson, cofounder of Al-Anon and wife of AA cofounder Bill W., is told in this biography of one of the recovery movement's most quietly influential figures. Wilson's uncommon love and unshakeable faith have provided a legacy of hope to millions of families devastated by addiction. Author and screenwriter Borchert explores the life and times of this strong and determined woman, exploring the tender emotional territory beyond her role in the formation of AA and the subsequent foundation of Al-Anon. From her privileged childhood in turn-of-the-century New York City, to her unexpected but exhilarating courtship with the charismatic Bill Wilson, to her socialite status as a "Wall Street Wife" in the Roaring Twenties, to the couple's audacious cross-country motorcycle excursions in the 1930s, Lois was every bit the adventure-seeker her husband was. But nothing could have prepared for the chaos, anguish, and loss caused by her beloved Bill's 17-year descent into alcoholism. In the end, his alcoholism proved not to be the tragic undoing of this couple, but the beginning of one of the 20th century's most important social movements. Available at Amazon.com.



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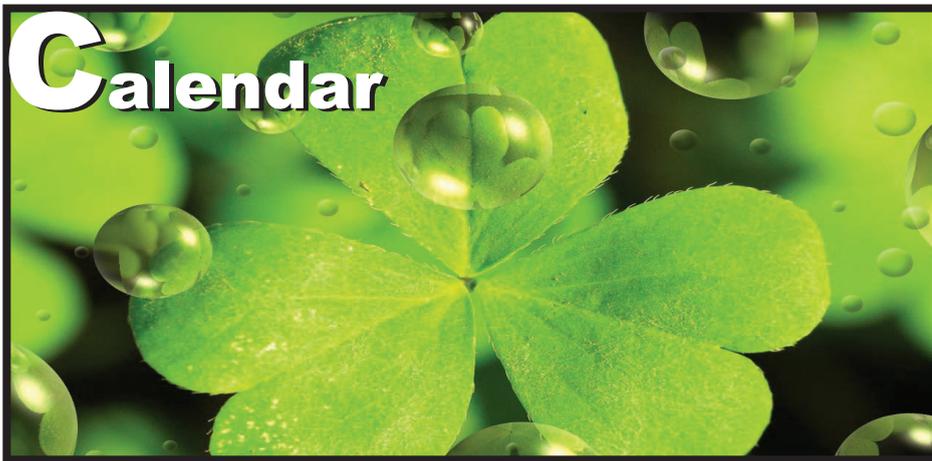
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## March

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**March 14th 2015** Saturday, Burbank Group PASTA-Palooza & DANCE: Kinda of like an all in one "Eat and then work off your Dinner". Potluck Dinner @ 5:30pm, AA MEETING @ 8pm, Dance @10pm. Suggested donation: Dinner \$5, Dance \$7, or \$10 for both. - 3217 Winona Ave, Burbank California 91504. (818) 565-5691

**March 21st 2015** Saturday, Windsor Club Sober DANCE: 10pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 at the door. - 123 West Windsor Rd, Glendale California 91210. (818) 242-1350

**March 28th 2015** Saturday - 10am Runyon Canyon Hiking trail meet Southern Entrance at Fuller near the Honor Bar. \$5 per person - In Memory of Josh Finly who overcame his addiction before he passed away - helping to raise money to help fund (2) women for (1) year in sober living, call Katy Hill (310) 729-2828 or Christina Vescovo (314) 743-7111.

**March 29th 2015** Sunday - Venice Recovery Center 4th Annual Open House & Raffle Venice Recovery Center 414 Lincoln Blvd., Venice CA: 12pm-2pm. For \$5 you could win, Guitar, Flat Screen TV, Laptop, VapGear & More. Buy a VRC Brick and live forever \$250-1000. For Donations call Doug Caruso at (310) 487.2677

## UPCOMING

**April 11th 2015** - Festival of Recovery -Saturday 9am to 6pm - SHARE - 310-846-5270, 666 Green Valley Circle, Culver City CA 90230. More than 30 Self Help Groups - Suggested donation of \$5 (no one is turned away for lack of funds)

**May 14th - May 17th, 2015** - The 21st International AA Convention in Greece "A New Light". For more info visit [www.alcoholics-anonymous.eu/events.php](http://www.alcoholics-anonymous.eu/events.php)

**July 2nd - July 5th 2015** International Convention of Alcoholics Anonymous. July 2-5, 2015 - Atlanta, Georgia. For more info visit [www.aa.org](http://www.aa.org) - for more information. Keys to Recovery Newspapers will be there!

**August 14 - 16, 2015** - The 65th Alcoholics Anonymous Virginia Area Convention Fredericksburg, Virginia. For more info visit <http://aavirginia.org/hp/events>

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

**October 29th 2015** Aloha and welcome to *The 54th Annual Hawaii Convention "Our Whole Attitude and Outlook upon Life will Change" to be held October 29th - November 1st, 2015.* For more info visit [www.annualhawaii-convention.com](http://www.annualhawaii-convention.com) - *The Entire Keys to Recovery Newspaper Staff will be working to get to this one!*

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## PRESENTERS

**A Family Disease**—Susan Ford Bales is the daughter of President Gerald R. Ford and Betty Ford and worked side-by-side with her mother at the Betty Ford Center.

**Family Recovery**—Debra Jay is a nationally recognized addiction expert and best-selling author who in her newest book, *It Takes a Family*, introduces the revolutionary concept of Structured Family Recovery™.

**Trauma & Addiction in Women**—Laura Ferguson, MD, medical director of Hazelden in Springbrook, Oregon and a noted expert on women and trauma.

**Healing from Depression: 8 Keys to Recover and Thrive**—Gayathri Ramprasad, MBA, CPS, is the founder and president of ASHA International and author of *Shadows in the Sun: Healing from Depression and Finding the Light Within*.

**Aging and Addiction in Women**—Marcia Newman, MA, LMFT, program manager of Outpatient Services for the Betty Ford Center in West Los Angeles and also the author of *Five Gifts of Pro-Aging*.

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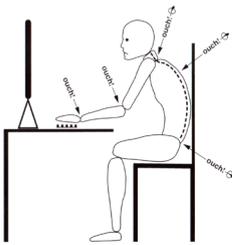
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determination

**Classifieds**

The Cost for classified ads is \$25 for 25 words or less.  
.50 for each additional word. You can email your ad to us, call it in  
or use the form below to mail it to Keys To Recovery Newspaper.

LOOKING FOR MALE & FEMALE HOUSE MANAGER for Northridge area sober living. Position is for a live-in house manger. Requirements: valid drivers license, at least 3 years clean & sober. Please email resume to luxurysoberliving@gmail.com or call (855) 975-4357.

SOBRIETY CENTRAL is a men's 12-step sober living. 2-beautiful homes to choose from in the heart of the San Fernando Valley, 24 Hour live-In management, Random drug & alcohol testing, Assistance with extended care & outpatient services, house meetings, Patio w/BBQ & smoking area, Workout area, Safe street in a quiet neighborhood, Easy access to major freeways, Bus stops & Metro stations nearby, Wide screen TV with movie channels. WiFi / House computer, Cell phones and laptops welcome, 2 & 3 man rooms, Weekly & monthly rates available. Call today & Move-In Tonight (818) 326-6499. www.sobrietycentral-soberliving.net

SARAH MARIE HOUSE - A Safe & Supportive Sober Living for Women in Torrance California, upscale sober living, blocks from Old Torrance, easy access to the 405 & 110 freeways, fifteen minutes from the beach, home situated on a 1/2 acre, walking distance to an AA clubhouse. www.sarahmariehouse.com 310.699.4750.

EPIPHANY HOUSE Sober Living - If you or a loved one suffers from substance abuse & addiction Epiphany House

is the place to be. Beautiful property, Beverly Hills Adjacent, 24-hour Staffing, Food, Transportation, Drug Testing, 12-Step Meetings, Strong Relationships with Healthcare Professionals. 424-302-0507, www.epiphanysoberliving.com

\$550/4br - SOBERLIVING FOR MEN (Murrieta) Have beds available. 2 men per room. 2 living rooms, washer & dryer, 3 full baths Just a nice big house Check out pictures. Proud member of the Sober Living network. Call Scott 760-622-2646.

\$550/5br: Sober Living (Oxnard) Hacienda House Sober Living. 5 bd, 3 bath 3,000 sqt. home. Co-Ed. We offer full house use. Washer, dryer, large backyard, computer, cooking supplies with coffee every morning. You must do 6 meetings a week, chores everyday, sign in and out and we do random testing. It is a safe and beautiful home. 10pm curfew during the week & 12:00 on the week-ends. Please call me at 805-844-0493 Cindy or Maria 805-236-5300

\$720 SOBER LIVING room for rent (city of orange) Sober living bed available immediately. Amenities included: nice neighborhood, fully furnished, Internet and cable, utilities included friendly residents. Single and shared rooms available. Requirements: men only, must be drug & alcohol free. Scott 714-771-4522.

Beautiful sober living house in Sunland, CA. For men in recovery. Swimming pool, laundry facility, gym, and internet

wifi. Nice spacious rooms . Close to many 12-step meetings. Also close to bus stops & many stores and markets. Pay rent monthly or weekly. We also provide transportation for grocery shopping. If you want to get your life on track with people who understand and are ready to help then our house is for you. 818-660-8070 move in today call manager suzy \$500.a month.

SF Men Only Sober Living Home. \$140 weekly or \$520 a month. 2-person or a 3-person room. No bunk beds. As a resident, you will have your own dresser. Each of our homes have a large screen tv, with free cable. Free long distance phone calls. Internet access. Free on site washer and dryer. Free central air and heat. Our homes have a large fenced backyard. We are dog friendly. Near Metro bus line. Restaurants and grocery stores are close by. Men on disability or on parole are welcome! Call 818-400-6259 and move in today!

UNIQUE MEN'S SOBER LIVING WITH THE BEST LOCATION! (Laurel Cyn & Chandler) clean & sober living at it's best. Where ancient wisdom joins 12 steps if you are seriously thinking of stopping the insanity and want to become a clean & sober, responsible, honorable man that people can love and respect apply here, If not don't waste our time or yours. our goal is to see you successful in all areas of your life. \$700. a month check out our website at www.ahealthyvillage.com Judi 818-766-7006

*That Piano Lady Music Studio*



**818.319.2252**

**www.thatpianolady.com**

**Let them know you saw it in Keys to Recovery Newspaper**

Company Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Contact person: \_\_\_\_\_

Classified Heading: \_\_\_\_\_ Classified ad: \_\_\_\_\_

Mail With Payment To: Keys to Recovery Newspaper, Post Office Box 922495, Sylmar, CA 91392

## Grace Lost & Found



It is our fears and false beliefs that create defenses and character defects which keep us imprisoned in the past. Life feels heavy because we carry the weight of the past and project it onto the future. We are everywhere except in this one precious moment of now. Our human minds cannot create goals without fears. Nor can they create solutions without making new problems. Our cravings for people, places and things delay our journey in the light of spiritual truth. It is the surrender of human willfulness in favor of divine will that creates a foundation for the highest good.

We are created from divine love and it is our personal relationship with our Higher Power that reminds us of this. Our inner world holds hidden pain waiting to be healed and liberated. Our inner world holds pleasure ready to burst forth behind the buried pain. Our human mind is obsessively repetitive and severely limited in scope. It primarily focuses on fears, habits and problems. Our soul invites us to make full positive use of every gift and talent that we have, and to receive and experience all of the miracles and blessings our God wishes to give us. True power lies in spiritual love. Once we fully face ourselves in this present moment, with nothing else on our mind, we know the beauty, glory and grace of this life.

WWW.MARYCOOKMA.COM Mary Cook is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Barnes & Noble, Amazon.com, etc. [www.amazon.com/Grace-Lost-Found](http://www.amazon.com/Grace-Lost-Found)

Mary has a Master's degree in psychology and is a registered addiction specialist. She has 38 years of clinical practice and 29 years of university teaching experience.



## Sunlight of The Spirit



It is the willingness to believe that opens the door, it is in the decision to believe – and to turn our lives over (in Step 3), that the foundation is prepared for a true relationship with at living, loving God. There is an old saying, "if we take one step, God will take 10,000" or "if you draw closer to God, He will draw closer to you". You see, that Power is just waiting for us to lay aside our self-will, fear, and prejudices long enough for a spiritual intervention!

Aren't we tired of trying to direct and control our lives according to our own limited abilities? There is so much more to life than we could possibly ever imagine if we could just let go and begin to trust... to really believe. The statement on page 46 in Alcoholics Anonymous, "as soon as we admitted the possibility...we begin to possess a new sense of power and direction". If we are willing to be willing, things will change. No one can explain how or why that change begins except that it comes from a willingness to believe. Life will begin to make sense and we will actually know how to handle situations with clarity and wisdom.

Step 2 "coming to believe" is the initial awakening of the spirit within us to begin to turn toward the God of our understanding in reliance and faith and to turn away from our feeble selves. In abandoning self-sufficiency and false pride we begin to trust not only in the recovery process but also in a majestic power, a creative intelligence of the Universe.

If we let go of all of our old ideas, and believe that without help we cannot overcome our addictions, then we are ready to move with on in faith to believing...in God. "There is One who has all power – that One is God. May you find Him now!" (pg 59) Big Book.

# KEYS TO RECOVERY

## — NEWSPAPER, INC. —

Advertising Rates				Ad Sizes			
	1x	3x	6x	12x			
	ea.			ea.			
Full Page	1,700	1,600	1,500	1,400	Full Page	10" width x 13" height	
3/4 Page	1,400	1,350	1,300	1,275	3/4 Page	10" width x 9" height	
1/2 Page	1,200	1,175	1,150	1,100	1/2 Page - Vertical	4.85" width x 12" height	
1/3 Page	750	725	700	675	1/2 Page - Horiz.	10" width x 6" height	
1/4 Page	575	550	525	500	1/3 Page - Vertical	4.85" width x 9" height	
1/6 Page	400	375	350	325	1/3 Page - Horiz.	10" width x 4" height	
1/8 Page	375	350	325	300	1/4 Page - Vertical	4.85" width x 5.9" height	
1/12 Page	275	250	225	200	1/4 Page - Horiz.	10" width x 2.9" height	
Front Cover	\$1,500 (one time only)				1/6 Page - Vertical	3.25 width x 5.95 height	
Banner	Each advertiser can only run once a year				1/6 Page - Horiz.	4.85" width x 3.9" height	
Business Box	\$100 flat rate				1/8 Page - Horiz.	4.85" width x 2.95" height	
Classified Ads	\$40 for 25 words or less Each additional word \$0.50				1/12 Page - Horiz.	3.25" width x 3" height	
<b>Additional Charges for</b>						Business Box	2.38" width x 2.38" height
Full or spot Color						Front Cover Banner	10" width x 1.5 height
Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)							

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.

## **Southern California COUNTY RESOURCE GUIDE**

Alcoholics Anonymous (A.A.) World Services, P.O. Box 459 New York, NY 10163, 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 (323) 936-4343 (800) 923-8722  
A.A. 8752 S Broadway Los Angeles, CA 90003, www.aa.org (323) 750-2039  
A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.org (626) 914-1861.  
A.A. Santa Clarita Valley Central Office, http://www.aas-cv.org (661) 250-9922  
Al-Anon Family Groups www.al-anon.alateen.org 1-888-425-2666  
Al-Anon/Alateen LA County WWW.ALANONLA.ORG (818) 760-7122.  
Al-Anon/Alateen Spanish, LA County, (562) 948-2190.  
A.C.A. (Adult Children of Alcoholics) World Service Organization: www.adultchildren.org (562) 595-7831  
Addicts for Christ Los Angeles www.addictsforchrist.org (310) 452-4328.  
Anaheim Alana Club, 202 W. Broadway, Anaheim, CA 92805 - Meetings 7-days a week 714-535-0900  
California Dept. of Health Care Services - www.dhcs.ca.gov (800) 735-2922  
California Hispanic Commission on Alcohol & Drug Abuse - www.chcada.org (916) 443-5473  
Cocaine Anonymous of the SFV, (818) 760-8402  
Cocaine Anonymous World Service Office - 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.cosa-recovery.org - (866) 899-2672  
(HOW) Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484.  
Crystal Meth-Anonymous (CMA) (855) 638-4373  
Debtors Anonymous www.SoCalDA.org 310-822-7250.  
Emotional Anonymous -www.emotionsanonymous.org - World Services (651) 647-9712.  
Food Addicts Anonymous www.foodaddictsanonymous.org - World services (772) 878-9657  
Food Addicts in Recovery Anonymous (FA) - www.foodaddicts.org (781) 932-6300 Families Anonymous - www.familiesanonymous.org (800) 736-9805.  
Gamblers Anonymous (GA) 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  
MADD Mother Against Drunk Drivers, www.madd.org - 877.MADD.HELP  
Marijuana Anonymous - www.marijuana-anonymous.org - World Services (800) 766-6779.  
Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles 310.494.0189  
Marijuana Anonymous - www.marijuana-anonymous.org Van Nuys (818) 759-9194.  
Narcotics Anonymous (NA) www.todayna.org Regional Office (800) 863-2962.  
Narcotics Anonymous of the San Fernando Valley - www.nasfv.com (818) 997-3822.  
Nicotine Anonymous - www.nicotine-anonymous.org - (877) 879-6422  
Nar-Anon Family Groups - 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 - (800) 622-2255  
National Council on Alcoholism and Drug Dependence - San Fernando Valley www.ncadd-sfv.org - (818) 997-0414

International OCD Foundation - Obsessive Compulsive Disorder - www.ocfoundation.org (617) 973-5801  
Our House Grief Support Center - WLA & Woodland Hills, CA (888) 417-1444 - www.ourhouse-grief.org  
Overeaters Anonymous -www.oa.org - World Services 505-891-2664  
Overeaters Anonymous Meeting Hotline 24 Hour (323) 653-7499.  
Overeaters Anonymous LA Intergroup - www.oalaig.org (323) 653-7652.  
Pills Anonymous (PA) www.pillsanonymous.com  
Rageaholics Anonymous - www.rageaholicsanonymous.org  
Recovering Couples Anon. 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.slaalos-angeles.org (323) 957-4881  
Sexaholics Anonymous (SA) -www.sa.org (866)424-8777  
Sexaholics Anonymous (SA) www.sasocal.org (310) 491-8845  
Sexual Compulsive Anonymous www.sca-recovery.org 1-800 / 977-HEAL  
Sexual Recovery Anonymous (SRA) - www.sexualrecovery.org (323) 850-8565.  
S-Anon (Friends and Families of Sex Addicts) www.sanon.org (800) 210-8141  
SHARE - www.shareselfhelp.org - (310) 846-5270  
Survivors of Incest Anonymous (SIA) (410) -893-3322. www.siaawso.org  
The Other Bar: free. 12 step based peer recovery network for lawyers & law students 800-222-0767; www.otherbar.org  
Workaholics Anonymous - 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 - (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 (323) 299-9496  
Jewish Family Service of Los Angeles/ Family Violence Project/Tamar House www.jewishla.org (818) 789-1293  
Foothill Family Services (walk-in center) - (626) 338-9200  
Legal Aid Foundation of LA (LAFLA) (323) 801-7991  
Mental Health Center Inc. SFV Community (walk-in center 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 (562) 949-5358  
The Good Shepherd Shelter - (323) 737-6111  
YWCA of San Gabriel Valley 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  
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, (800) 854-7771  
Fetal Alcohol Syndrome Information (626) 793-7350.  
HHS The U.S. Dept. of Health & Human Services, 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, (626) 798-0907 1495 Lake Ave.  
San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

## **FOOD BANKS**

APLA's Necessities of Life Program 7336 Bellaire Ave., N.Hollywood Thursday 10:30am to 4:pm, (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:am to 1:pm - (818) 980-1657  
Manna, Ministry to the Poor 6642 Reseda Blvd., Every Saturday, (except the first Saturday of each month) 11:am 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:pm 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 Church) 5700 Rudnick Ave., Woodland Hills(818) 346-5554

## **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

# 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

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  
Covenant House California (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave. Hollywood, CA 90027. (323) 461-3131. www.covenanthousecalifornia.org  
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, (213) 381-0515  
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  
Long Beach Rescue Mission (562) 591-1292  
Los Angeles Youth Network (323) 957-736  
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 562-313-1257  
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

## 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  
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  
CCBCDC: California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org (562) 927-5143  
CAARR California Association of Addiction Recovery Resources (916) 338-9460, www.caarr.org  
CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.  
CCPG California Council on Problem Gambling www.cal-problemgambling.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

## RAPE HOTLINES

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

## SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, 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, The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line  
Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen. 1730 W Olympic Blvd., #300, LA  
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.HepCTask-ForceLA.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  
www.hepcstraightup.com • www.hepatitusc.org • www.hepatitusfree.com • www.hepnet.com • www.hepcnet.com

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.

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**Aries:** March 21-April 20: As a handful of planets move through Aries this month, you are in the mood for adventures and for following your bliss. At the same time, you have some excellent events happening in your professional life. You don't have any trouble juggling work and playtime activities when the 12 steps are applied. You seem to be able to schedule both in a way that offers you the best of both worlds. You do have some financial struggles involving paying for the playtime activities. It looks like you could easily blow your budget if you are not applying the principals of the steps and paying attention.

**Taurus:** April 21-May 21: Over the last couple of months, you have had to deal with some romantic, financial, and trust related issues involving friends or professional associations, that your Sponsor could help with. You were able to socialize and enjoy these groups of people, but not mix financial or romantic aspects of your life with them. Now, you are given an opportunity with help from your higher power to work through various romantic, financial, emotional, and spiritual issues you might have. This is a good time to look for ways to heal so that these issues do not hold you back in the future.

**Gemini:** May 22-June 21: All 3 of your people oriented sectors are lit up with positive energy at various points this month and they are often working together due to applying the 12 steps. You and a partner are able to socialize with friends and family. You are able to negotiate excellent business deals, persuade others to see your point of view, and you can bond with all kinds of different people through Sponsorship. And yet somehow with all of this lovely social energy going on you manage through the help of your higher power to complete a big project at home and launch a new one at work. Be careful when mixing social relationships with any kind of romantic or financial activities.

**Cancer:** June 22-July 22: Your professional life is still bursting with all kinds of positive energy and excellent opportunities for leadership and advancement when relaying on your higher power. Your partner is truly happy seeing what is happening to you and your career from following the 12 steps and it's principals. Some maybe upset that you are spending so much time focusing on climbing the Ladder of Success, they could be jealous, or they could feel that you are doing it all wrong. Either way, you are still having a great time and managing to find your way with the help of your Sponsor without too much trouble. Be careful when conducting financial transactions. Things could end up costing you personally a lot more than you expected.

**Leo:** July 23-August 23: As much as you love learning new things, traveling, and broadening your horizons, by mid-month your focus is moving back towards work and your financial and professional goals by not applying the 12 steps and its principals. You have some excellent opportunities to begin making progress in this direction by either taking on a leadership role in which you come across as kind but firm, you find a way through meditation to see things from your higher power's perspective. Either way, you are happy about the way you are able to work your way up the Ladder of Success without having to be mean or vindictive.

**Virgo:** August 24-Sept. 22: Despite ongoing financial, romantic, and/or trust issues making it difficult for you to have fun, you still have a lot of positive energy through your higher power helping you to bring more romantic and financial security into your home and private life. Regardless, you have a lot of skills, motivation, and the 12 steps to help you figure out how to create the life that you want despite the lack of playtime funds and/or romantic compatibility in your life at the moment. When we rely on our higher power and not ourselves, life becomes more manageable.

**Libra:** Sept. 23-Oct. 23: Social partnerships, business partnerships, and romantic partnerships are all receiving a lot of positive attention this month due to following your higher powers direction. You may be involved in a number of partnerships or just one really important one, but either way you are enjoying and succeeding at social, business, and romantic activities within those partnerships. You or someone in your circles could also find a way to turn a rival or competitor into an ally because of showing respect of person, through the principals of the 12 steps. Peace of mind is derived from working with your Sponsor and your higher power.

**Scorpio:** Oct. 24-Nov. 22: You are still in the midst of a very productive and positive time from using the knowledge given by the 12 steps which helps you work hard towards accomplishing your financial, professional, leadership, and fitness related goals. Towards the end of this month, a partner begins to complain about how much you are focusing on your career, but the two of you are able to negotiate and work things out. Even though your budget still can't handle all of the fun and playtime spending that you would like, you are able to create some lovely moments and launch some fun new projects. Do not let it be said that something like money could hold a Scorpio back when their mind is set on having fun.

**Sagittarius:** Nov. 23-Dec. 21: You are getting a lot done around the house and you are also highly productive at work because of prayer and meditation daily. You are still finding plenty of time to focus on your hobbies, playtime activities, and having fun at 12 step meetings. If you can afford the time off, you might want to consider traveling now because your "fun" and "travel" sectors are getting along extremely well because you're broadening your views towards discipline and application of the 12 steps in your daily life. Reliance on something greater than ourselves help brings assurance that true recovery is possible.

**Capricorn:** Dec. 22-Jan. 20: You are able to work on your residential, retirement, and home related topics this month allowing your Sponsor to help guide you when needed. You can also put some time into bringing more love, forgiveness, and peace of mind into relationships involving your parents, houseguests, or roommates by relying on the wisdom of the 12 steps and its principals. Once your private life seems to be in a better place, you will be ready to begin focusing elsewhere. The structure and insight we receive from the steps is rewarding, we become prepared to work through life's trails with our higher power leading the way.

**Aquarius:** Jan. 21-Feb. 18: You are quite social, entertaining, and persuasive this month due to the inner peace acquired through allowing your problems to be taken care of with insight from your higher power. You are get along wonderfully with friends, family, partners, and even your rivals like you because they see the positiveness of sobriety that you exhibit. You are able to conduct profitable business meetings and to get your point across with ease. You are beginning to switch your focus towards strengthening your relationship with your higher power, your home and private life.

**Pisces:** Feb. 19-March 20: You are blessed with some good luck blending your financial and professional activities. You are beginning to also find that you are in a more social mood too. You are getting along wonderfully with friends, your Sponsor and colleagues. And now you are also beginning to enjoy spending time with neighbors, extended family, and those in your local community as well because of the application of the 12 steps and its teachings. You are able to come across as a smart and fair negotiator by relying less on self and more of your higher power. We are more productive when we allow the principals 12 steps and the wisdom of the Big book to guide our steps and decisions.

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