

April 2015

KEYS TO RECOVERY — NEWSPAPER, INC. —

SPREADING THE MESSAGE OF HOPE AND RECOVERY FROM ALL ADDICTIONS

PRESCRIPTION PAIN KILLERS AND HEROIN

AN AMERICAN EPODEMIC



*“The solution must become bigger than the problem
for the problem to be solved.”*

Feature page 10-11

Fortresses

Page 4

Freedom From Self

Page 8

**Meditation It's Not
What You Think It is**

Page 9

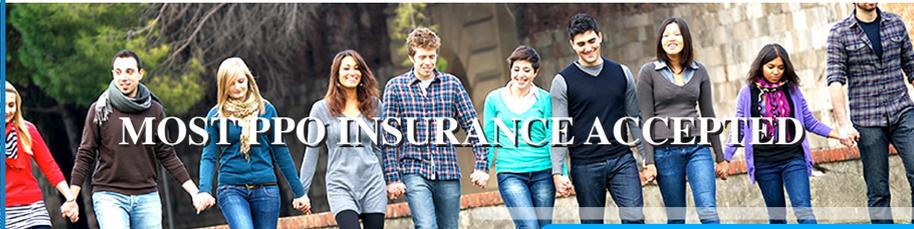
 **Hashtag Lunchbag**
GIVING IS CONTAGIOUS



A STEP IN THE RIGHT DIRECTION
PREMIER LUXURY CARE
INTENSIVE OUTPATIENT TREATMENT

SPECIALIZING IN THE TREATMENT OF:

- | | | |
|---------------|----------------|------------------|
| Addiction | Dual Diagnosis | Eating Disorders |
| Alcohol Abuse | Bi-Polar | PTSD/Trauma |
| Drug Abuse | Depression | Co-Dependency |



PROVIDING SERVICES FOR:

- | | |
|--------------------------------|---|
| Biopsychosocial Assessment | Couples/Group/Family & Individual Therapy |
| Psychiatric Assessment | Discharge Planning & Aftercare Referrals |
| Custom Treatment Planning | Meetings & Support Groups |
| Relapse Prevention | Case Management |
| Drug & Alcohol Abuse Education | Life Skills & Sober Coaching |
| Anger Management | |
| Nutrition Education | |

Call us today for a consultation: **1-855-975-HELP (4357)**

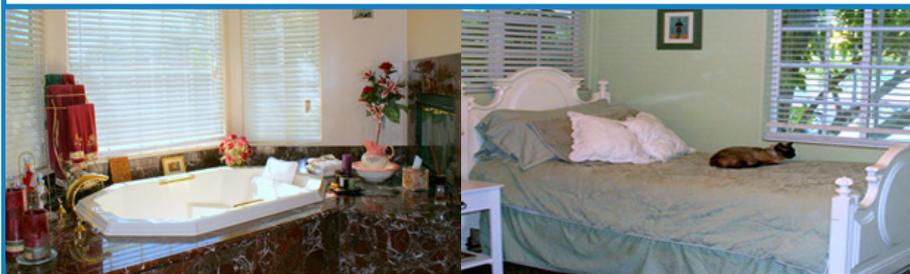
9535 Reseda Blvd, #300, Northridge, California 91324

www.AStepintheRightDirection.com

A STEP IN THE RIGHT DIRECTION
PREMIER LUXURY SOBER LIVING



- Luxury 8 Bedroom 6 Bathroom Home
- Customized Treatment Planning
- Life Skills & Sober Coaching Available
- Meetings & Support Groups
- Family Support
- Discharge Planning & Aftercare
- Pet Friendly Home



Located in the Country Estates of Northridge, California

Call us today for a consultation & availability:

1-855-975-HELP (4357)

www.AStepintheRightDirection.com



Contents

Editors Column	Page 3	J. Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Kay B.
Ask Dr. Nita	Page 6	Nita Vallens
Food For Thought	Page 7	Katie Ashley
Freedom from Bondage	Page 8	M. Marshall
Body, Mind & Spirit	Page 9	Maria Gray
An American Epidemic	Page 10-11	M. DeLeon
Book Reviews	Page 12	
Calendar	Page 13	
Classifieds	Page 14	
Resource Guide	Page 16-17	
Sober Scopes	Page 18	

Contributors

- 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
- Outreach Director - Peggy Salazar

Editorial Contributors: • Mary Cook, M.A., R.A.S. • K.B. • Katie Ashley • Nita Vallens • Marcus Marshall • Maria Gray • Michael DeLeon

About Us

Advertising Rates - page 15
Distribution Information - page 15

Visit our website for more detailed information on Keys to Recovery Newspaper.



Here we are getting ready to publish our fifth issue of Keys to Recovery Newspaper. What a journey we have been on since we started this mission. We would like to take this time to thank all of our loyal advertisers, columnists, distributors and supporters. I am very excited to say that we have officially been notified by the state of California that we are a non-profit company, which enables us to do so much more this upcoming year.

Marcus, Beth and I co-founded Keys to Recovery Newspaper and we rotate writing the editors column. Last month I ran an old column from Jason Levin - when he was the editor of another recovery newspaper. His column was met with so much love that I will try to add him in the rotation. I've asked Marcus and Beth when they write their "editors column" to talk about themselves so our readers can get to know them on a personal level. This is not something that comes easy to me but I am going to try it as well this month.

While we were sitting here this weekend laying out April's upcoming issue my husband (Marcus) answered the business phone - thinking it was a last minute change on an ad or a column we had been waiting for but it was not - it was a mother who was calling for help trying to find her daughter a place to go once she was released from treatment. Although we are a recovery newspaper we have learned that sometimes people turn to us for help having nothing to do with ads or columns, but having to do with recovery and hope. We get these types of calls more and more each month.

There is so much pain and suffering out there - we quickly realized that we were going to be of service in so many ways having nothing to do with the publication our newspaper - and that my friend is perfectly okay with us.

We started this newspaper because we see on a daily basis the need for hope and the need for recovery. Like this billboard we saw while driving down the street the other day.



My first thought was how big is this problem that someone created an advertising campaign to deal with it. My next thought was it must be huge if they passed a law to encourage people to call 911. This is what I found online -

Overdose Deaths: A Serious National Problem: Overdose deaths rates nationwide more than doubled between 1999 and 2013.1 According to the Centers for Disease Control and Prevention (CDC), 43,982 people died from drug overdoses in 2013 - an average of 120 people a day. Overdoses resulted in more deaths than HIV/AIDS, homicide or car accidents.

*The tragedy is that many of these deaths could have been prevented.
911 Good Samaritan Laws: A Practical Solution That Can Save Lives.*

So that was the answer to my questions. And Yes I agree completely if someone overdoses please call 911. But I want to get in front of the overdose not behind it. That is why we started this newspaper to help people find HOPE AND RECOVERY for all types of addictions and disorders. I love what our new friend Michael DeLeon (Author of our feature this month) says "I choose to be a difference maker and I work to make a difference in this fight every single day." Here at Keys to Recovery Newspaper WE CHOOSE to be difference makers and WE will work every month to make a difference. Join us.

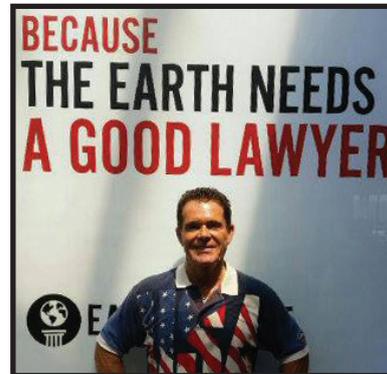
Thank you - Jeannie Marshall



Los Angeles Personal Injury Attorneys

At the Law Offices of Lee Arter, we have handled more than 11,000 cases and won over \$100 million for victims of negligence. Our clients are individuals not large class action suits

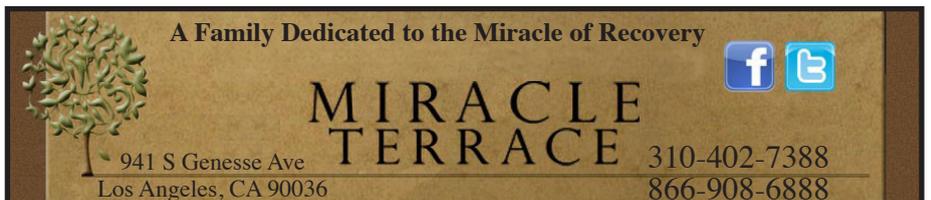
- A law firm with a true record of success
- The Experience to handle the toughest cases
- Our lawyers have decades of experience.
- Serving The Spanish Community



We handle

- Motor Vehicle Accidents
- Premises Liability
- Construction Accidents
- Dog Bites
- Serious Injuries
- Claims against Government Entities
- Insurance Bad Faith

toll-free **800-799-9999**
Five locations through out California to serve you.



Member of the Los Angeles Sober Living Coalition

SOBER LIVING FOR MEN, WOMEN & COUPLES IN LOS ANGELES

The foundation of our mission is the application of spiritual tools and technology, as well as the 12 Step philosophy into our lives, one day at a time.

Whether newly clean and sober or for those who have completed detox and or residential treatment programs, the important truth is that this same person must continue to grow or face the likelihood of relapse.

At Miracle Terrace, we emphasize the solution to this dilemma and we stress the importance of unity, recovery and service in a structured environment.

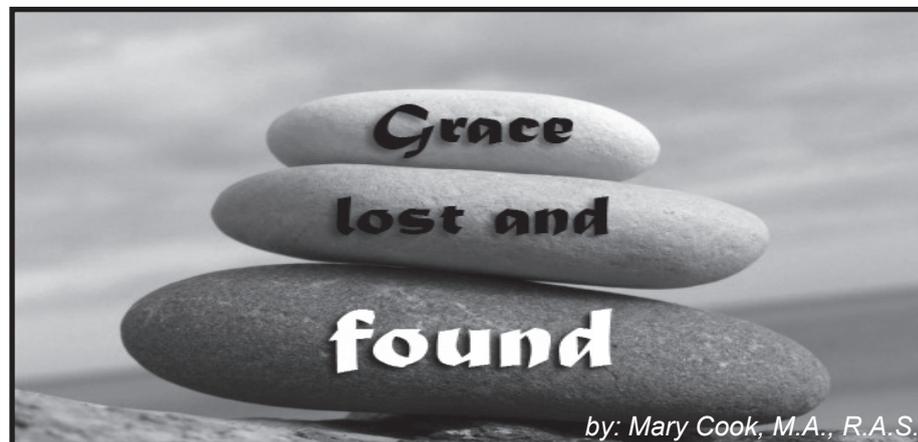
- Pet friendly
- Couples accepted
- Tolerant of Recovery Supportive Medication, including Suboxone
- Near all 12 Step Meetings
- Private and semi-private rooms
- Insurance accepted at affiliated Out Patient Programs

For a complete listing of our amenities, please visit our website:

www.MiracleTerrace.com

FOOTPRINTS OF SERENITY

"Guiding Individuals On A Path Of Recovery"



FORTRESSES

When we experience too many years of overwhelming fear, our minds create a fortress of defenses to protect us. When we experience too many years living from this fortress, it endangers and ultimately destroys us. Fortresses are commonly created with addictions, adrenalin, dishonesty, isolation and violence.

Fortresses deny our capacity for healing and spiritual development, and trap the fear inside of us without understanding the truth and goodness underneath it. Fortresses cannot provide happiness or fulfillment. The stress of continuing conflict and the need for something far greater than defenses ultimately weakens the fortress.

We know all about fortresses in recovery. We know that arrogance attempts to hide ignorance. Apathy attempts to hide pain. Vanity attempts to hide insecurity. Violence attempts to hide fear. We know that admitting ignorance fosters learning. Admitting pain fosters healing. Admitting insecurity fosters acceptance. Admitting fear fosters compassion.

Recovery allows us to see through the defenses, character defects and addictions, to the trapped fears from trauma and abandonment, to false beliefs of self as unworthy and unlovable, to the healthy needs for caring, compassion, understanding, healing and wholesome relationships, to the authentic self which holds our highest purpose and all that we have to give. We understand the solutions are the truths that lie deep within us and we access them through the investigation and surrender of everything that hides them.

But the fortress cannot be dismantled all at once, for recovery cannot be forced, but rather arises from a gradual opening to a state of grace. The process of accepting and understanding our fears, false beliefs, healthy needs, and the fortress of defenses surrounding them, allows light into the darkness. Acts of faith and spiritual principles are demonstrated and encouraged in the fellowship of recovery, to foster a sense of safety for deep personal examination and growth. As each part of the fortress weakens and falls away, peace and freedom enters, while fear and its' defenses exit. We learn in recovery that what we fear fosters divisiveness, what we have not healed haunts us, and what we deny destroys us. We learn that what we brave brings understanding, what we heal holds our purpose, and what we confess compels our growth.

There is a divine design to life which far exceeds human understanding. In order to become all that we were created to be, we must discover the treasures which lie deep within us. In order to discover these treasures, we must journey through pain and problems without defenses. In order to make this journey, we must enlist the help of a Higher Power and a fellowship of those who have journeyed before us. In order to enlist this help, we must have experienced the futility of our own fortress surrounding overwhelming fear, and be willing to surrender it.

Recovery is not an intellectual understanding that gives us control over ourselves and others. It does not give us a permanent blissful state, nor does it give us freedom from responsibilities or pain. It is rather, an experience of turning our will over to a loving Higher Power, accepting changing conditions and emotional states, and feeling privileged to use our gifts to serve life on earth. Through the miracles of grace we surrender addictions for altruism, adrenalin for happiness, dishonesty for integrity, isolation for fellowship, and violence for healing, for we have seen the light and realized its' truth within us.

WWW.MARYCOOKMA.COM Mary Cook is an addiction counselor with 38 years of experience and 29 years of University teaching. She has a Master's degree in psychology and is a registered addiction specialist. Mary is a speaker and the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Barnes & Noble, Amazon.com, etc.



Psychotherapist & Hypnotherapist

Dr. Nita Vallens believes in a holistic approach to unify body, mind and spirit.

Enjoy a better life today by

- Living each moment to the fullest
- With less stress and more peace and joy
- Creating relationships that are fulfilling

I will work with you to • Rebuild self esteem and integrity

- Be accountable and responsible • Learn new life skills
- Release underlying issues that hold you back

Free yourself from the past and create a passionate and fulfilling life!

call Dr. Nita Vallens Lic# MFC25909

818.783.6258

www.DrNitaVallens.com

LIVING FREE

Recovery Companions and Coaches
EMPOWERING FOR PURPOSE

- 24/7 Companion Services
- Sober Coaching Services
- Transportation Services
- Interventions

If you or a loved one is struggling with substance abuse, please contact us today! Don't waste anymore time!

818.390.4676 or email: eamarni@liv-free.org





by: Kay B.

You Can't Keep It...

You can't keep what, unless you give what away? A statement used in the program to confuse the newcomer! As if our minds were not confused enough, we are supposed to figure this out and try to apply it into our new lives. What do we have and do I really want it, much less give it to someone else.

The other confusing statement, "you can't give away what you don't have". So, if we can't keep it unless we give it away, and we can't give away what we do not have, then what are we supposed to keep and to give away? The confusion lies in what we are trying to keep and give away by our own selfish desires and ideas rather than what is being shared within our recovery communities from an outflow of healthiness and genuine concern for others. Changed lives are the result of constant application of new life principles, diligence in working the steps and trusting in our Higher Power.

The spiritual receiving, the reaping as the Al-Anon literature give to the world, so to me". We treat want to be treated, as you would have mutual respect and simple fundamentals.

"You can't give do not have". We things that we do

esty, generosity, kindness and recovery. Unfortunately we do give away what we do have... sometimes that is dis-ease, anger, unforgivingness, shame, hurt, and victimization. We will want to continue to grow and become healthy members of society and to be productive in life rather than continuing in old behaviors. We come into the rooms empty and alone with nothing to give except profanity, abuse, and wreckage. Self-seeking brought more confusion, loss and despair. We had become obsessed with our own needs, wants and desires, too afraid of sharing what we have received. We usually ended up becoming overly dependent on others and grabbing for more of anything from life itself.

Selfishness and greed are hollow places of insecurity and lack of trust. We get and want more and hold onto what we have in fear of losing something or not getting what we deserve. This way of thinking is like living in a box, shallow and small. It becomes conditional with lots of rules. We become so jaded and fearful that we will not let others in unless they have something to offer. Rarely do we think of what we can contribute to life or to the well-being of others.

As we become more "sober" and healthy we begin to see that life is not about us and our needs. If we trust God we know that all of our needs will be provided for and that all of our problems are in good hands – because God cares for us. We keep our recovery by giving it away – sharing with others and being of service. We keep our recovery by living out the principles of the program in all of our affairs. As we grow we become more and more interested in others, in life itself and figure out ways to meet the needs of others rather than constantly thinking of ourselves. We find that there is freedom and joy in serving and assisting others to become better people. Even our jobs are more fulfilling when we are living on a service plane and not in a selfish box.

The spiritual law of giving and receiving, of sowing and reaping becomes an exciting and productive way of life. We become waterfalls of goodness into others' lives instead of dried up cesspools and we become fountains of living water, blessing others from out of the overflow within our own hearts and lives rather than drains. We have learned that as we receive, we are to give back. What is it that we have? We are affirmed at our first meeting when we are welcomed with grace, acceptance, unconditional love, support, and encouragement. We can definitely begin to practice these principles to others from a thankful heart.

"We have learned that as we receive, we are to give back."

law of giving and ing and sowing, or ature states, "as I the world will give others how we "do unto others them do to you" in acceptance is a tal idea that really

away what you cannot give away not have like, hon-

Con't Page 15

Mission/Vision

ATS is dedicated to an abstinence-based model of recovery. Our approach is whole-person-centered tending to the mind, body, and spirit. We believe in the power of human nature and respectfully meeting our clients where they are. We aspire to be an important chapter in their journey to becoming whole, healthy, and happy.



Intensive Outpatient Program

Additional Services and Offerings

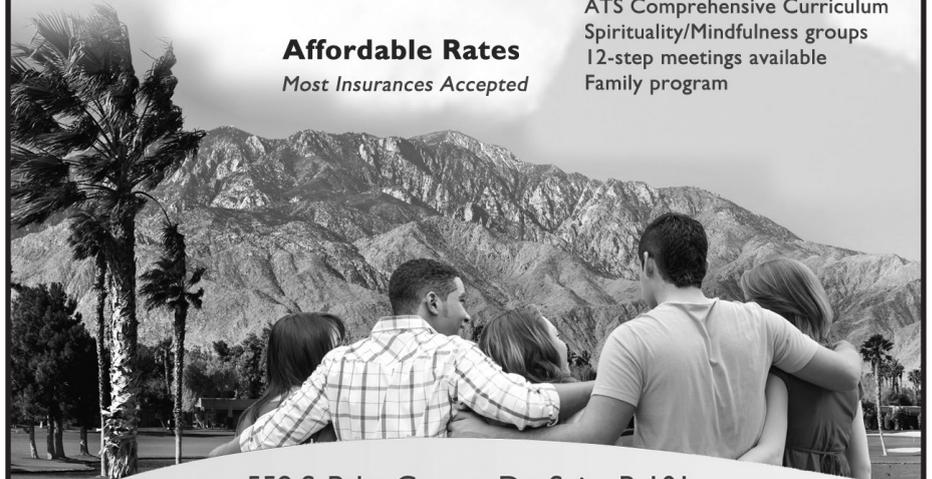
Comprehensive assessments
Weekly aftercare group (no fee)
Monthly network luncheon (no fee)
Health and wellness track
Whole person approach

Program Core

Process groups
Individual counseling/therapy
Educational lectures
Relapse prevention
Life skills
ATS Comprehensive Curriculum
Spirituality/Mindfulness groups
12-step meetings available
Family program

Affordable Rates

Most Insurances Accepted



559 S. Palm Canyon Dr., Suite B-101
Palm Springs, CA 92264

TEL: 760-778-6120 • WEB: ats-iop.com

Handyman Services by John Paul

No Job is too BIG or Small I can do it all!

- Experienced
- Honest
- Hardworking
- Reliable
- Great prices

818.447.0613



Present two documentaries offering a National perspective on the worst social health crisis America has ever seen...

KIDS ARE DYING

to order a copy of this DVD, send a check for \$11.95 to the address below
www.kidsaredying.org

AN AMERICAN EPIDEMIC

a documentary

to pre-order a copy of this DVD (release date November, 2014)
 send a check for \$19.95 to the address below

www.americanepidemicmovie.com



Steered Straight, Inc.
 P.O. Box 842
 Millville, NJ 08332

All proceeds support Steered Straight, Inc., a 501(c)3 non-profit organization in providing substance use awareness programs in schools



Provide the most effective student prevention programs to your school— visit us at
www.steeredstraight.org

LIFE ALWAYS OFFERS YOU A SECOND CHANCE. IT'S CALLED TOMORROW.

Ask Dr. Nita



by: Nita Vallens

Dear Dr. Nita,

I went out with a woman who drank three cocktails in about 2-1/2 hours, on our first date, and I'm sober 13 years. I wasn't going to see her again, but I was advised by my sponsor to give her a chance, and I have been seeing her a couple of months. We have a good connection and it's going well, but how can I tell if she has a problem? It seems like some of her friends are pretty big drinkers. Thanks, Gerald

Dear Gerald,

My first reaction is to assess what is your business or her business. And, what I mean is whether or not she has a drinking problem is HER business. Remember that in a general sense, untreated co-dependency and denial are the hallmarks of addiction - what lurks beneath, so to speak.

The fact that you're writing shows that it is bothering you - consider that there are enough people on the planet that you can find someone that is more of a fit for YOU! This is also the moment to remind you that if you are not already in AI Anon, now would be good time to attend some meetings.

If you were in the office with me right now I would be asking about your relationship history. Do you have a pattern of rescuing women or getting involved with women who are especially needy or whom you try to change? Or, have you rescued wounded birds only to have them fly away afterwards? It does concern me that you mention she has some friends who are "pretty big drinkers" because we tend to spend time with and attract people with similar habits, values, and life experiences to ourselves.

Let's talk about relationships and their stages. It takes awhile to get to know someone, and in the first or "romantic/intoxication" phase of the relationship, we can sustain our best behavior for up to a couple of years. By "best behavior", if she does have a drinking problem, maybe she is in her "controlled drinking" phase, and it could easily look like social drinking to you, or alcoholism. The second phase is "Power struggle", involving the facing of reality that this person is not for you - he or she has differences, and what was cute in the beginning may now be annoying and arguments and disagreements have begun.

The problem with this second stage is that many couples come apart thinking they are with the wrong person, when in actuality, they are not aware of relationship stages and perhaps give up too soon. Being able to learn tools for communication and negotiation and do some healing helps many couples to work through this stage and reach stage three, "Co-creation". The third stage is the phase of relationship we all want - feeling that you're creating a true partnership, and achieving real intimacy. (Source: Seana McGee at www.NewCouple.com).

Now that you have a sense of the phases you will go through in your relationship, you want to do the best you can when you make your selection of a partner. One of the tools to practice (starting right now) is communication. If you decide to talk to her about her drinking, be sure you tie the conversation to a specific event or concern that has recently taken place. Do not judge or criticize her and use the "I" statements I wrote about in "Keys to Recovery" two issues ago. For example, "I'm concerned that when we were out with my friends last night, you got a bit tipsy, and this morning you complained of a bad headache."

I suggest the following as a guideline:

The CAGE questionnaire*, the name of which is an acronym of its four questions, is a widely used method of screening for alcoholism. Two "yes" responses indicate that the possibility of alcoholism should be investigated further. The questionnaire asks the following questions:

- 1) Have you ever felt you needed to Cut down on your drinking?
- 2) Have people Annoyed you by criticizing your drinking?
- 3) Have you ever felt Guilty about drinking?
- 4) Have you ever felt you needed a drink first thing in the morning (Eye-opener)

to steady your nerves or to get rid of a hangover? (*The CAGE questionnaire, among other methods, has been extensively validated for use in identifying alcoholism. Source: Wikipedia).

Share some of your experience with her - you went through a process to get sober - you know your story has probably already inspired others. Let your intuition be your guide, and let me know how it turns out.

~~~~~  
*Dr. Nita Vallens is a counselor and hypnotherapist in Sherman Oaks and can be reached via [www.DrNitaVallens.com](http://www.DrNitaVallens.com) Dr. Nita's Inner Vision radio show can be heard on Tuesdays at 1:00 pm on KPFK Los Angeles, 90.7 FM or stream at [www.KPFK.org](http://www.KPFK.org)*  
 ~~~~~



Eating Disorders Are Not About Beauty

It seems that talking about eating disorders and positive body image is en vogue lately. Stories of recovery, calls for help, and encouragement to heal are splashed all over social media and major online publications. The stories that I am seeing are heartbreaking. They are all from individual perspectives, and yet they have a lovely sense of sameness.

It is the story of a woman struggling with self worth and self esteem as a result of an onslaught of images of unrealistic hypersexualized women from the popular media. It is the story of body shaming experiences that were endured at a tender age. It is an infuriatingly common story that chills me to the bone and lights an activist fire in my soul. But, it is not the only story. I know it wasn't mine.

I heard only positive things about my body when I was young. I was always told how tiny I was, how flexible, how talented, how fearlessly willing to push myself to my limits. All good things to hear as a young dancer.

When I began getting the attention of boys and men I continued to hear only praise. I can remember standing in the basement of a house that belonged to the parents of a friend of my first boyfriend surrounded by a group of 16 year old guys. I was the only girl. They were discussing how flat my stomach was and how lucky my then boyfriend was to be dating me. The positive feedback was not limited to my body. I was also told regularly that I was smart, creative and a good student. I followed the rules so well. I was so responsible. I was a good friend, a democratic leader. I was a role model.

The praise from so many people in my life felt amazing. It felt sustaining. It felt like a part of me, like part of my own internal dialogue. Until it didn't.

I began to realize that my perception of myself wasn't mine. I began to go deep into myself to figure out what I believed in, what made up the core of me. I jumped down the rabbit hole – silently, without warning, without telling anyone.

My eating disorder was a misguided attempt at independence. It was a way for me to feel that I didn't need anything. It was a distraction from all of the anger and sadness that I didn't want to feel. It was a way to have something for me that was not in concert with the needs, beliefs, and desires of someone else. It was a way to be my own person. It was a turning away from the deep connection to spirituality that I was feeling, but which was in direct conflict with how I perceived the religion in which I was raised. It was a way to mirror physically the way I felt – unseen and unheard.

In truth though, it wasn't any of these things. It wasn't really working in any of the ways that I thought it was. Instead of finding my true self I had given complete control over to a part of myself that was terrified of living life on my own terms. I gave into fear and uncertainty and the eating disordered part of me took control.

Just as my experience with Anorexia was not about my appearance, neither was my recovery. The process of deep healing was long – much longer than it took to get to a healthy weight and cease all eating disordered behaviors.

I had to question everything. I had to let go of all that I believed and clung to. I had to drop the story that I had been telling myself. I had to drop the meal plans, the "therapy talk," the identification with my self as an Anorexic. I had to leave behind my tendency to be the good student and the desire to rebel against the system. I had to accept the unknown and get really comfortable with letting faith guide the way – even without a plan or set of rules to follow or break.

I had to take what resonated deep within in my soul and leave all the rest. I had to drop judgement of myself and others. I had to get really vulnerable and really brave. I had to find my Self and my voice. Finding my voice and using it to create a life that felt authentic continues to be a phenomenal journey. I made many wrong turns at the beginning, but each misstep taught me a lesson and propelled me further into freedom from my eating disorder and into a place of trust and love for myself.

I see this time and again with my clients. They come for help with healing from eating disorders. They have made some progress in recovery in the recent past, but they are not happy. Just as I was over a decade ago, they are hyper-focused on food, exercise, and numbers of all kinds – on the scale, food labels, clothing tags, and on the clock.

The real issue is never the food or the body. The real pain is never healed by just gaining weight, losing weight, or letting go of eating disordered behaviors. The real healing comes from getting to the core. We truly heal when we find our voices and begin to use them. Full recovery is possible and it happens when we go deep and open ourselves up to knowing and being who we really are.

Katie Ashley - Postive Body Image & Self Love Activist. Yoga Therapy Based Mentoring. Feel free to call me at (843) 469-2344. If you prefer email, drop me a line at katie@katieashley.org.



HARVEST HOUSE

Sober Living for Women

818.305.1949




Harvest House - Elegant Sober Living for Women located in the Heart of Encino

Successfully supporting women in 12 Step recovery from alcoholism & addiction through a safe, nurturing, structured and peaceful environment • daily meetings • gourmet kitchen using gardens on the property • meditation • exercise • writing • art • fountains in the garden • music studio • beautiful decor • flat screen TV's • cable & internet • restaurants, shopping, public transit, parks & wilderness areas are within walking distance

Providing "high-end" luxury & services with affordable pricing.

Lisa Jacobsen, Owner and On Site Manager;
LACo Sober Living Coalition Board Member, San Fernando Valley Co-Chair; Former Board Member Prototypes Treatment Center; Juris Doctorate Degree from UCLA; Member California Bar Association

HARVEST HOUSE

Sober Living for Women

HarvestHouseLiving.com



Mary Cook

Addiction Specialist Counselor

M.A Psychology, R.A.S.

Author of:
Grace Lost and Found

38 years of experience
Available for counseling in
my office in San Pedro, CA
or by telephone

Phone: 310-517-0825

Email: MaryCookMA@att.net

WWW.MARYCOOKMA.COM





Kool Living
RECOVERY CENTER
866-921-8893



Your Needs Come First
Kool Living Recovery Center is a fully licensed
Detox & Residential Rehab
facility in Southern California

Our Blended Approach

We know that there is no such thing as a "one size fits all" approach in addiction treatment. Our recovery program combines all the key elements necessary to achieve successful and long-term recovery.

Our programs are designed with the highest standards and quality of care to fix the root of each client's addiction problem, regardless of what phase or state they are in.



HOLISTIC TREATMENT
Our unique blend of therapy and other forms of support make this program a one of a kind.

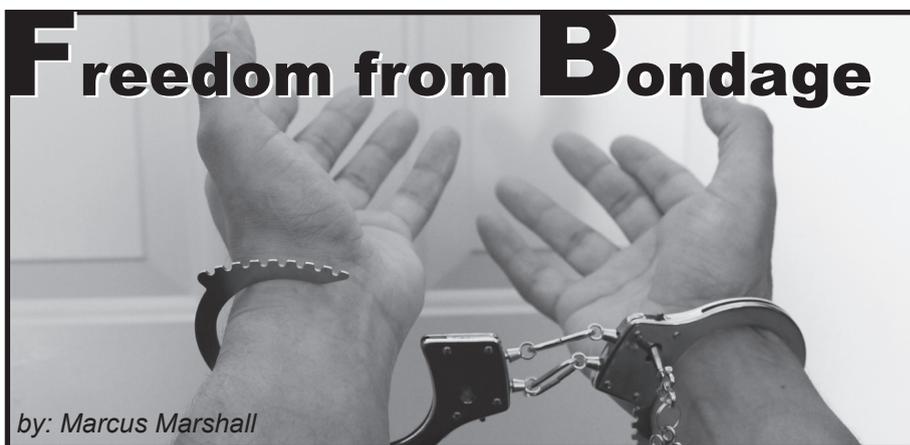
*When you are prepared to take the next step
call Kool Living Recovery Center
and speak with an addiction specialist.*

866-921-8893

www.KoolRecovery.com

We Accept Most Major Insurances
• Confidential Assessment
• Insurance Verification • Financing Options

Freedom from Bondage



by: Marcus Marshall

Freedom From Self

Freedom is an independence freely given or earned sometimes at one's own peril. When I wrote the editor's column in our February issue of Keys to Recovery, I touched on some of my own mental, physical and spiritual bondages that held me back, from being able to face life on life's own terms. When the true concept of recovery was given to me with all of its liberating advantages, I saw with clarity for the first time how my own destructive past and behaviors could be cleared up, and how I could have a chance to become whole again.

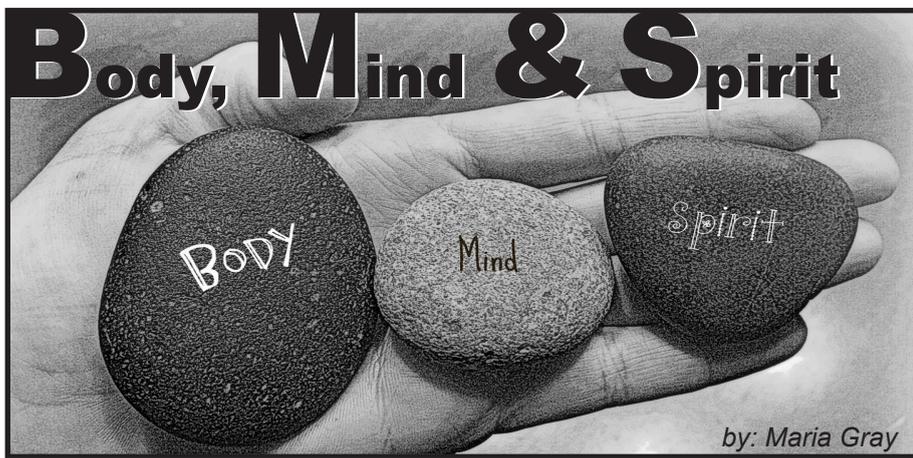
The knowledge that my ignorance of life could cause me so much pain and suffering wasn't apparent to me, until I was in my fifties. I harbored a self-righteous attitude stemming from what I felt was an unfair and unwarranted hatred towards me, being that I was of mixed ethnicities born in the 60's and race tension was high, it was the height of civil unrest. I was born and raised in Pacoima, which at the time was predominantly black, my mother being a beautiful woman of German and Jewish decent, was frowned upon by the women of our town for various reasons, and my father was considered a race traitor by all. I took the brunt end of those hatreds, I was considered an abomination, which was evident by the way I was treated by the whites and blacks alike. This carried on for many years until I permeated my personality with the misunderstanding that most people were hateful and unforgiving.

During the time I was incarcerated in prisons and jails for over 10 years, I continued to educate myself through college courses and observation of others. I became willing to open my mind and heart to the fact, that the hatred and racism I had experienced over my life time was not the norm. I realized it caused an adverse effect on my spiritual, mental, emotional and social perception that was abnormal. I looked at outside influences as the reasons my behavior altered during my life. People, places and things had become my excuses for so long. I now realized that I was my own worst enemy and that in order to overcome this inward foe, I had to turn my will and life over to a power greater than myself. The 12 steps and its principals, in accordance with God's will helped liberate me from myself.

The damaged ruins - which I created - of my mind were rebuilt to embrace the joy and hope that freedom from a drug and alcohol state of mind was possible. I began to understand the pains inflicted upon me during my developing childhood years. I now know they were from misguided and pain suffering individuals, who needed love and support instead of the hate and the hardships they had inflicted on others.

The entirety of my life has helped sculpture who and what I am today, and that is a man in whom the problem has been solved. Recovery takes on numerous manifestations starting from the inner being of one self, which radiates to those around them through works and deeds, which in turn can help others to become empowered and change what's needed in their own lives. Filling my mind with positive and uplifting affirmations daily, which helps to keep me focused on accomplishments that are obtainable and not possible failures that can be averted, when one truly apply themselves. We all have within ourselves a warrior that knows no limits when accessed, patience and stick-to-itiveness is the formula that brings forth positive results. There is truly no one outside of our self, who can hold us back from becoming the person our Higher Power designed us to be, we have to want it bad enough to honestly be willing to relinquish our preconceived notions that life is hard, and rather to understand that hard times can be occur in our lives. There are solutions for every form of problems known to humankind, we just have to search earnestly to find and apply them in our daily lives.

My choices have given me freedom from the physical containment of institutions to all of the fearful imprisonments of self, due to my own prejudices that stifles my growth spiritually, mentally, socially and hinders me from being a possible inspiration to those around me. My life has been enlightened through understanding and envisioning what lies ahead for me, if I continue to apply all of the gifts that God has bestowed upon me. Hatred and anger are now gauges that I measure my growth by, they're not what governs me anymore. What inspires me now is to be of service and to be a representation of my Higher Power. Being Vice-President of Keys to Recovery is pure joy that fuels my spirit on a daily basis, and causes my cup to over flow with love, happiness and servitude that reminds me continuously that life is incredibly precious.



Meditation - It's NOT What You Think It Is

By now you might have heard about the many benefits of practicing meditation. I don't know about you but my mind begins to snap shut as soon as someone tells me that something is good for me (especially when it comes to lima beans). So I won't tell you why meditation is good for you, instead I will share some of my own experience with meditation and some tips for starting your own meditation practice. I hope to dispel some of the myths that I had to overcome when I began practicing.

In the late 80's I was living in Boston, attending graduate school and waitressing in Kenmore square. I was pretty anxious during that time, I had trouble sleeping and most of the time my shoulders were tense and inching closer to my ears. A friend introduced me to George Mumford, a meditation teacher and sports therapist. George spent 5 seasons with Phil Jackson, (legendary coach of the Los Angeles Lakers & Chicago Bulls) helping professional basketball players practice mindfulness on the court.

George suggested that meditation might help reduce my anxiety. When I first began meditating I really did not like it. In fact, I hated it. I would sit down to meditate and the thoughts in my head would get really loud. It seemed that meditation was making things worse not better; I called George often, sometimes late at night. I would complain that I did not have a blank mind.

Myth #1: Nowhere is it written that successful meditators have blank minds; I am not sure where this rumor started but it is just not true. As I continued to struggle, George would say kind, practical things like "Just direct your attention to your breath". I would go back to my practice, determined to get it right this time. Sometimes I found it helpful to count my breath, other times I would silently repeat "breathe in love, breathe out fear".

Sometimes I could not sit still and I would choose to practice walking meditation.

Myth #2: Meditation must be practiced in a seated cross-legged position, even if you are a runner with tight hamstrings. George taught me how to practice walking mindfully; paying attention to the sensations in my body, especially my feet as they touched the ground. I practiced moving slowly with focus, (luckily there were no cell phones in those days) breathing and noticing sensations in my body as I walked.

Eventually I developed a daily 20 minute practice. I like to practice in the morning, sometimes I practice in the middle of the day if I am running late. If I have had a stressful day, I might practice again for a few minutes before bed.

Myth #3: Meditation must be practiced in the morning; and

Myth #4: Meditation must be practiced for at least an hour for it to be effective. I have experimented with longer and shorter time periods throughout the years and have found that 20 minutes feels right for me. Some people prefer a longer period of time. One of my friends who is the mother of a small child, likes to practice at night while she sits in a rocking chair near her daughter's bed watching her fall asleep.

I would describe my practice as Insight Based meditation, focusing on the sensations in my body and thoughts in my mind. When I find myself getting attached to any particular sensation (for example-itchy nose) I simply come back to my breath. If I am sitting and I start thinking "What's for dinner" I simply come back to my breath. There is a funny meditation teacher in Venice, California who asks his thoughts to have a seat on the couch and says "I'll get to you later". When I worked in technology I would often think about my coworkers and how they irritated me, I would acknowledge the irritation and then direct them to have a seat on the couch. Sometimes my couch would be packed with so many people that some of them had to sit on the floor.

My meditation practice extends throughout my day into mindfulness.

Con't Page 15

THE

O'KANE

LAW FIRM



CRIMINAL DEFENSE LAWYER

D.U.I.'S (DRUG & ALCOHOL)

Expungements

Warrants

Juvenile Crimes

Assault & Battery

Drug Possession

Intent to Sell

Homicide

Theft

Embezzlement

Personal injury

& more

Call Frank O'Kane

818 769-7300

For a FREE Consultation

Voted **SUPER LAWYER**

by Peers 2004-2015 for
Trial Experience & Results

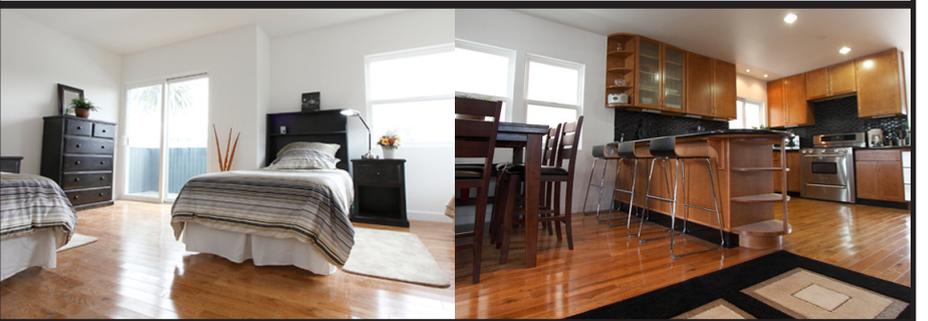
Friend of Bill's

3500 WEST OLIVE AVE SUITE #300, BURBANK CA 91505

WWW.OKANELAW.COM



www.AdvancedHouseSoberLiving.com



*If you want to start your journey today
give us a call*

310.450.7194

ADVANCED HOUSE SOBER LIVING

**Men's Sober Living
Creating Alumni**

PRESCRIPTION PAIN KILLERS AND HEROIN

AN AMERICAN EPIDEMIC MORE THAN a documentary



Written by: Michael DeLeon - Steered Straight, Inc.

An American Epidemic

In early 2013, it happened to me. A personal manifestation of what I had been preaching to people for more than 10 years. Speaking to audiences that were mostly suburban and rural, I had been describing a public social health crisis that was unfolding before our eyes. The problem was, few, if any, believed me. As more and more people began to lose their lives to an epidemic of narcotic painkiller diversion, over-prescribing and abuse of these prescription pills, the accidental death rate in this country soared. Death from drug overdose surpassed death from automobile accidents. I saw the drug overdose epidemic leaving the New Jersey urban cities of Camden, Trenton, Newark and Paterson where it had traditionally took the lives of those addicted. I saw this scourge infesting suburban and rural homes. Then, it hit home for me. Four of those accidental deaths by drug overdose were young adults that I was counseling for their addiction. Honor-roll students. Two-parent households. Upper middle class homes. Great neighborhoods. Great kids. Heroin became their story, and their story became part of mine.

Reflecting on their lives, and their passing, I felt as if I missed something. Counseling them, I thought I should have seen their relapse coming. I believed that they would recover. I believe they did not want to die. I blamed myself and I wanted to tell their story to others so I could prevent it from happening to someone else. I thought I could create a cautionary tale for others to learn from, so I set out to make a film about their journey, and their untimely deaths. I wanted them to live forever not only in the memory of their families, but through a documentary film where their death could rise from vain to purpose. That purpose became my passion.

Their story developed into the story of so many others. I travelled those urban cities to see the devastation drugs and crime leaves behind. I

couldn't believe there were so many suburban kids on the gritty, urban streets of New Jersey. Young kids, young girls, boys, selling themselves on the streets, living in abandoned buildings without more than the clothes they were wearing. I couldn't believe my eyes. How did they get to this point? All their stories were the same. Their paths were different, but their suffering was shared in a unique but identical way. Homeless, destitute, unhealthy on the streets of urban New Jersey, and addicted to heroin. Yet none of them were from these urban cities they now called home. They came for the drugs and they stayed. They got sucked in by the very drug they used to escape whatever problem they thought they could overcome. They were prisoners to the very drug they turned to when their other drugs stopped getting them high. The high became their new problem, and their lives spiraled out of control.

They hated where they were but they couldn't see themselves rising out of it. I filmed them for a year, and met so many lost souls. There were over 100 in just the time I spent in these four cities. Some of them died just weeks after I interviewed them. Others were in the very same place with the very same clothes they were wearing months earlier. The only thing that kept me going was the desire to tell this story, coupled with the inspiration I got from the very few people that found the strength to recover. I asked them all where they saw themselves in a year's time. "Dead", said most. "I don't know", said the others. I told them that I knew a place where they could detox and get treatment. None were interested. Not one. Some didn't believe they could get clean. Some didn't want to.

Once I finished my project, I started to wonder if this epidemic was unique to New Jersey. I decided to travel to other states and talk to people. I learned how Nationwide, it was happening everywhere. This was not something that was happening in some

places. It was happening everywhere. To everyone. This was an epidemic.

As the problem began to explode, family members began to speak up, but with societal stigma and the misconception by most that addiction is somehow a moral choice rather than a disease, few were listening. Prescription medication misuse and abuse was beginning to take those not often thought of to be the face of a drug addict. The changing demographics of drug overdoses from a traditionally urban plague to a suburban one, NIMBY and the 'Not My Kid' claims prevented most from accepting the fact that the landscape of addiction was moving to an atypical place. It was affecting a demographic of society never so affected by such a social crisis of this magnitude.

By 2009, as the families of those lost began to be heard, and the nation moved further toward limiting those addicted to pills from getting their pills, we began to see an ever-increasing climb of heroin use by suburban kids. This demand led to a perfect storm of sorts. There was an explosion of heroin into this country by drug cartels and it was being fueled by suburban gang migration driven by a poison into new markets that demanded it. The country was not prepared. It happened so fast. The discussion is everywhere. The users are beginning so young, and people are literally losing their lives or destroying their lives every single day. There are over 125 people that die of an overdose in America every single day.

So what can we do? How do we solve this crisis when society seems to look at addiction with acceptance. There is a social and cultural acceptance of drug abuse where people simply accept it as a problem that just exists. In some circles, it's even glamorized. The myths of drugs and stigma of the addict fuels further growth and the problem continues to grow. The solution must become bigger than the problem for the problem to be solved.

Some believe people who suffer from it deserve it. It's a disease that you cause yourself. But aren't most diseases self-imposed? Almost a half a million Americans die every year from cigarette related death. We accept that, and with this growing drug abuse epidemic, we can't allow it to become a social norm. Lives are lost and families suffer. The collateral damage is far-reaching. It's affecting every aspect of society and it's happening everywhere. For every addict that goes through this, there's an entire family that is affected. Our country is affected. Problems reach everyone and it is something that we must all collaborate on to make a difference.

After a year of filming around the nation, I returned home to produce a national documentary on the drug problem that plagues our Country. "An American Epidemic" not only tells us how we got here, exposes how bad it actually is, but works to rally every viewer to join the mission. This is an objective that we all must be a part of. We can't solve this problem alone. We can't depend on any sector of society to take the lead on this. We all must collaborate to turn the tide on this tragedy.

I want people to understand the magnitude of the problem without believing that it can't be solved. We might not be able to solve it on our own, but we might be able to solve the overall epidemic by working together. I choose to be a difference maker and I work to make a difference in this fight every single day. I encourage you to do the same. Join me as part of a Recovery Army where we can make a difference. If I can change some young adult lives, some students from starting drug or alcohol use in their teens, some students way of looking at the world – by opening up and sharing my story, I will have fulfilled my life.

Michael DeLeon of Steered Straight, Inc. - check out the website www.AmericanEpidemicMovie.com or www.KidsAreDying.com to buy the movie. Order the soundtrack to the movie. It is incredible! There are 30 Tracks, all music on Recovery and Addiction Struggles donated by 26 amazing artists around America including Colin McGuinness and Ricky Byrd. Check out his other websites www.steeredstraight.org • www.heroinolutions.org.



THE LAKEHOUSE
RECOVERY CENTER
SOUTHERN CALIFORNIA'S PREMIER RESIDENTIAL
TREATMENT CENTER FOR MEN & WOMEN

A Comprehensive & Affordable Detox, Drug Treatment & Alcoholism Recovery Center in Westlake Village

Since 2008 our methods have led to proven higher success rates with higher probability for long-term sobriety

toll free **877.762.3707**



- The latest in recovery services & clinical advancements & time-tested protocols as well as many years of formal & practical expertise among our warm & caring staff.
- Boutique style focusing on quality care & services
- Beautiful environment & surroundings conducive for internal growth
- Strong staff to client ratio
- Private rooms • Gourmet Chef
- Pet Friendly

Multi-Month care available through our sober living program.

www.LakehouseRecoveryCenter.com

Let your transformation begin.




inneractions
Looking inward. Moving forward.

Our addiction specialists are here to help.

inneractions intensive outpatient program

Individualized programs for alcoholics, addicts and their families:

- One-on-one therapy
- Addiction counseling
- Structured and anonymous group therapy
- Chemical dependency / brain chemistry
- Family groups
- Individualized psychotherapy
- Private chemical dependency counseling

818.963.HELP

(818.963.4357)
inneractions.net

21333 Oxnard Street, 2nd Floor
Woodland Hills, CA 91367

Most insurance plans accepted. Flexible payment programs.

SEXUAL RECOVERY STARTS HERE

We treat sex, love and relationship addictions and compulsions



Our Treatment Options...

- ❖ Two - Week Intensive Program with Supervised Residential Component
- ❖ Evening Intensive Program
- ❖ Psychosexual Evaluation and Assessment
- ❖ Fitness-for-Duty Evaluation
- ❖ Sex and Love Addiction Focused Individual and Group Therapies
- ❖ Couples Therapy and Spousal Support Groups

SEXUAL RECOVERY INSTITUTE

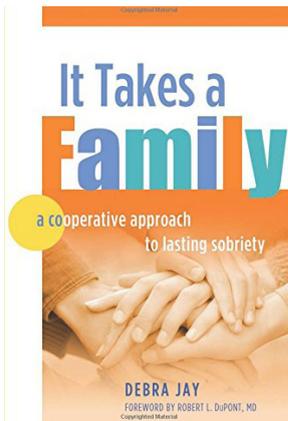
sexualrecovery.com

310.360.0130



Formerly Member of Elements Behavioral Health

Book Reviews

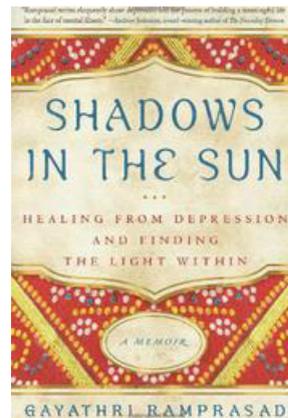


IT TAKES A FAMILY: A Cooperative Approach to Lasting Sobriety. Counselor & interventionist Debra Jay shows alcoholics, other addicts, and their loved ones how to work collaboratively and as individuals to take on the roles and responsibilities that support long-term sobriety.

Most books on recovery from addiction focus either on the addict or the family. While most alcoholics and addicts coming out of treatment have a recovery plan, families are often left to figure things out for themselves. In **It Takes a Family**, Debra Jay takes a fresh approach to the recovery process by making family members and friends part of the recovery team, beginning in the early stages of sobriety.

In straightforward, compassionate language, she outlines a structured model that shows family members both how to take personal responsibility and to build a circle of support to meet the obstacles common to the first

year of recovery. Together, family members address the challenges of enabling, denial, and pain while developing their communication skills through practical, easy-to-follow strategies and exercises designed to create transparency and accountability. With this invaluable guide, family members work together as they reinvent their relationships without the all-consuming dysfunction of active addiction. Available at www.hazelden.org and www.Amazon.Com



SHADOWS IN THE SUN: Healing from Depression and Finding the Light Within, by Gayathri Ramprasad. As a young girl in Bangalore, Gayathri was surrounded by the fragrance of jasmine and flickering oil lamps, her family protected by Hindu gods and goddesses. But as she grew older, demons came forth from the dark corners of her idyllic kingdom – with the scariest creatures lurking within her.

The daughter of a respected Brahmin family, Gayathri began to feel different. "I can hardly eat, sleep, or think straight. The only thing I can do is cry unending tears." Her parents insisted it was all in her head. Because traditional Indian culture had no concept of depression as an illness, no doctor could diagnose and no medicine could heal her mysterious malady.

This memoir traces Gayathri's courageous battle with the depression that consumed her from adolescence through marriage and a move to the United States. It was only after the birth of her first child, when her husband discovered her in the backyard "clawing the earth furiously with my bare hands, intent on digging a grave so that I could bury myself alive," that she finally found help. After a stay in a psych ward she eventually found "the light within," an emotional and spiritual awakening from the darkness of her tortured mind.

Gayathri's inspiring story provides a first-of-its-kind cross-cultural view of mental illness – how it is regarded in India and in America, and how she drew on both her rich Hindu heritage and Western medicine to find healing. Available at www.hazelden.org and www.Amazon.Com



WESTWIND

Recovery Residences
sober living



WESTWIND

Recovery Residences

- Four beautiful homes in West Hollywood and Hollywood areas
- Full Transportation to IOP and 12-step meetings
- Dedicated full time staff always available
- Heated pool and hot tub

(800) 223-5759

westwindrecovery.com

Maria Elisavetsky
REALTOR® CalBRE #01938535

COLDWELL BANKER
RESIDENTIAL BROKERAGE

Sharareh O'Kane
REALTOR® CalBRE #01953907

818.530.8381 C
818.528.2258 O

mariahomeconnection@gmail.com

310.903.1812 C
818.528.2225 O

shdavoud09@gmail.com

12930 Ventura Blvd #202, Studio City, California 91604

Calendar



APRIL 2015

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)

April 11th 2015 - SoCal BID for ICYPAA - presents "You Can Sit With Us - Back to BAEsics", Warehouse Party - Studio 60, 6000 Avalon, Blvd., Los Angeles, California AA Meeting @ 8pm followed by a dance at 10pm suggested donation \$15.

April 18th 2015, Saturday, Windsor Club Sober DANCE: NEW TIME: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 at the door. 123 West Windsor Rd, Glendale California 91204, 818-242-1350

UPCOMING

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

May 16th 2015, Saturday, Windsor Club Sober DANCE: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 at the door. - 123 West Windsor Rd, Glendale California 91204, 818-242-1350

June 4th, 5th 6th & 7th 2015, A.A. Desert Pow Wow - with Al-Anon Participation. Renaissance Indian Wells Resort & Spa, Indian Wells California. For more info visit www.desertpowwow.com or call (760) 340-7540 or (760) 776-1066.

June 7th 2015, Sunday Skid Row Drifters, Potluck & Meeting. Potluck Noon-1pm with Entertainment (please bring a dish & a chair). 1:00pm to 2:30pm The Gratitude Meeting. 804 East 6th Street in the Park, Los Angeles CA (S.W. Corner of 6th & Gladys between San Pedro & Central) Skid Row Drifters is the only group to hold "open" meetings on Skid Row every night and twice on Sunday - and have been doing it for 40 years. This Annual Potluck Meeting is held to raise the funds necessary to keep the essential meeting going. For more info you can email: LAskidrowdrifters@gmail.com or call Jerry H. (213) 884-2750 or Robert H (661) 951-9615.

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

August 14 - 16, 2015 - 11th Annual Mountain AA Conference with Al-Anon Participation. A Search for Serenity. Held at Big Bear Performing Arts Center, 39707 Big Bear Blvd., Big Bear City, CA 92315. For more info visit www.MountainAAConference.com

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

August 27th to 30th, 2015 - 31st Annual South Bay Family Roundup - AA Conference with Al-Anon Participation. Having Had a Spiritual Awakening. Held at Torrance Marriott South Bay, 3635 Fashion Way, Torrance CA 90503 - For more info visit www.SouthBayRoundup.org or call (310) 354-7660.

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.annualhawaiiConvention.com - The entire Keys to Recovery Newspaper Staff will be working to get to this one!

Send us your upcoming SOBER or recovery related events. We will list it for fun and for free. Email events to: info@KeystoRecoveryNewspaper.com

MY 12 STEP STORE.com
Recovery gifts in Style!



CELEBRATE RECOVERY
WITH MEDALLIONS

MY 12 STEP STORE

books • gifts • chips • jewelry • cards

8730 Santa Monica Blvd
West Hollywood, CA 90069
310 623 1702

Open daily 10a-8p M-F 10a-7p S-S

Visit us Online at my12stepstore.com
We Ship Worldwide

Join Us!

JKR | LAW OFFICE OF
Jeffery K. Rubenstein
Los Angeles Criminal Defense Lawyer

**CRIMINAL DEFENSE BY
FORMER PROSECUTOR**



Attorney
Jeffery K. Rubenstein

**HANDLING ALL CRIMINAL MATTERS
RECOVERY ORIENTED**

CALL US 24/7
FOR A FREE
CONSULTATION

310-477-2100

www.jkrlaw.com

IF YOU HAVE SUICIDAL THOUGHTS,
PLEASE CALL AND TALK TO SOMEONE. WE
ARE HERE TO HELP YOU. **YOU ARE NEVER
ALONE.** PLEASE REMEMBER THAT.

1-800-SUICIDE (1-800-784-2433)

1-800-273-TALK (1-800-273-8255)

Why Suffer? Find the Cause!

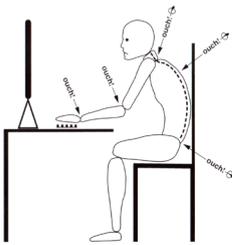
"Tech-Neck"

Headaches

Arm & Shoulder Pain

Back & Leg Pain

New/old Whiplash



All Ages Chiropractic

818.980.5141

Dr. Michael Blum

10449 Magnolia Blvd., N. Hollywood, CA

Dr. Joanna Freed

Specializing in Addiction & Trauma

Live a more joyful & passionate life

- Form healthier relationships
- Heal the past for a healthier present
- Rebuild self-esteem
- Accept responsibility for your life
- Insurance accepted

Dr. Joanna Freed

818.300.5629

38 years of experience

Sherman Oaks office
Psychotherapist Lic # MFC 21124

SUNRISE RECOVERY
SOBER LIVING

7244 Caldas Avenue
Van Nuys, CA 91406



"Safe, Clean & Affordable"

Member of the
Los Angeles County Sober Living Coalition

For info call: 818.660.8015

The key to success is
hard work and
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.

HELP WANTED

CAADE / CAADAC counselors and interns needed for outpatient program in Northridge. Call 1-855-975-4357.

SOBER LIVINGS

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. Call 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. www.ahealthyvillage.com Judi 818-766-7006

\$600 / 2000ft Best Sober Living in West Valley (West Hills) If you need a sober living environment then don't miss this opportunity. Call (818) 675-3096. Only \$600 for the 1st month will move you to this beautifully landscaped with therapeutic environment and one of a kind Sober Living in the entire West Valley. We offer Cable TV, House Computer with Wi-Fi, Washer and Dryer in the unit and many more, in a least cluttered sober living setting. You will love it. Just give us a call 818-675-3096. You can also visit our website www.soberestate.com

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

Sunlight of The Spirit



We are thankful to be alive, to have a new way of life and to be able to give to the world instead of taking. Each day is an opportunity to become a more productive member of life by giving it away... and as we give it away, we are replenished by the Sunlight of the Spirit. We keep our recovery and joy by not demanding that life or others fill us, but by allowing the Spirit of Guidance access to direct the steps of an abundant life trusting in a greater spiritual provision.

Our words of encouragement to others brings life and hope. When we speak to others in loving-kindness with compassion, life emerges and even anger is calmed down. We have learned that if you want good friends, be a good friend, if you want a loving spouse, be a loving spouse, if you want cheerfulness, be joyful and if you want to be free, keep a thankful heart.

Recovery is not meant to be a selfish life, it is to serve others and carry the message of hope to the lost, broken and addicted. We give away what we do have, so that by giving "recovery, hope, inspiration, encouragement, and love", we can stay clean – and – sober – and sane. The way of keeping it, is giving it away. As we give, we do receive – more than we give, later than we give, and sometimes different than we give. We want to be prepared to give hope and the tools of recovery to anyone who wants it.

It is easy to become discouraged when we do not see immediate results, but if we keep doing the next best thing we will eventually see the fruit of our labor. The best way of seeing what has been planted is in how we respond to life and in sharing with others, watching them change.

Body, Mind & Spirit



The way I differentiate between the two terms is that meditation happens at a specific time that I set aside each day for practice. Mindfulness means carrying my meditation practice into my daily affairs; it is about my commitment to slowing down and being aware, trying to respond mindfully as opposed to reacting.

Each day is different. Sometimes I meditate, start my car and ease into my day. Other times it is clear that everyone in Los Angeles needs to take driving lessons and that I am the only person who knows how to operate a car. Those are the days I try and practice Thich Nhat Hanh's red light meditation. Red light meditation consists of stopping at the red traffic light and relaxing your tight grip on the wheel. The next step is to take a breath and softly smile. It does not have to be a huge grin, just a gentle smile and a few relaxing breaths.

Myth #5- Meditation is no fun. Meditation is an "individual adventure" (these are Bill Wilson's words, the co-founder of Alcoholics Anonymous). I encourage you to make it work for you. Some days I practice sitting meditation, other days washing dishes meditation, making soup meditation, the list goes on. Whatever you choose to do just have fun with it, just don't forget to breathe. I incorporate meditation and mindfulness into my work with my clients; helping them to develop their own unique ways of being present in the world and using that presence to enhance their experience in therapy.

Maria Gray is a Licensed Marriage and Family Therapist in private practice on the westside, specializing in addiction and trauma. 310-319-6500, mariagray.net

KEYS TO RECOVERY NEWSPAPER, INC.

Advertising Rates

Ad Sizes

	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)				

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

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 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 Satcoy 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.

Organization/Company Name: _____
Services offered: _____
Address: _____
Phone: (____) _____ Cell (____) _____
Contact person: _____
What you would like us to print in the resource guide: _____
Mail To: Keys to Recovery Newspaper, Post Office Box 922495, Sylmar, CA 91392



KATZ DENTAL GROUP

Of all the things you wear your smile is the most important

Treating recovering addicts for over 30 years
Recover Your Smile - Recover Your Confidence



Dr. Richard Katz

- Complimentary Cosmetic Consult, Veneers, Crowns, Invisalign, Bleaching, Full Exam & X-rays for first time patients.
- \$70 introductory cleaning
- Accept all PPO insurance policies
- Negotiable payment plans available

310.556.5600  **888.SMILE-70**

visit our website for more detailed information:

www.KatzDentalGroup.com

10289 West Pico Blvd., Los Angeles



ARIES: March 21-April 20: While you may be having some issues concerning travel, cultures, relocating, shipping, and/or transportation, you are also enjoying quite a bit of financial and professional success. You are a natural leader, through God you have an excellent sense of the moral compass being what is right and wrong regardless of what others say is the rules of society. Throughout all of it and attending 12 step meetings, you are still having fun, the everyday dramas and battles of life gives you something to hone your spiritual skills on.

TAURUS: April 21-May 21: You are beginning to experience some financial challenges. It does not have to be a lack of money, but it could be a "mine" versus "ours" mind-set that is beginning to surface that you could speak to your sponsor about. The good news is that you are also able to funnel plenty of money into your home and household budget and you are evaluating through the 12 step principals, your spiritual approach to money and making sure that you are acting in a way that supports your emotional well-being.

GEMINI: May 22- June 21: After a couple of months of amazing social energy, you are ready to focus on your career and how best to move forward while still maintaining spiritual health, calling your sponsor regularly and achieving inner peace. You want to like the work you do and feel that it is ethical and somehow serves a meaningful purpose. You have social skills that could help others by being of service to them, there appears to be some personal problems relationship wise brewing, through the reliance on guidance from your higher power healing is at hand.

CANCER: June 22 through July 22: You have been enjoying a great deal of professional success lately. A partner or rival has disagreed with you throughout the process, with the help of your sponsor you're doing well for yourself nevertheless. You end this season of professional good fortune by setting new professional goals or by taking on a new sponsee. As your attention begins drifting towards social and cultural topics, you find that there are 12 step meetings where you'll encounter good and decent people as a result. It might be a good idea to start planning for a little vacation in the near future.

LEO: July 23 - August 23: You are feeling rather extroverted this month. You are able to take on leadership roles, negotiate excellent financial deals, and you are in the mood to socialize and to participate in 12 step clubs, committees, and networking activities. You are an amazing team player and you could find you are enjoying meeting new people within various academic, media, cultural, religious, and/or travel related organizations. This is an excellent month for mixing business with pleasure and befriending those that you conduct business with and new comers.

VIRGO: August 24-Sept.22: You are in the mood to focus on bigger things and concepts, like your higher power, religion, legal matters, mass media, global awareness, etc. You might decide to go back to school, travel, relocate, get involved in politics, etc. Most of the time, these activities are really fun and enlightening, but with expanding your knowledge, you do find out that what you intuitively feel is the truth and what the gatekeepers of knowledge claim is the truth do not always match. This will naturally cause you some grief, but sharing and exploring these topics with your sponsor may broaden your horizon anyway.

LIBRA: Sept. 23-Oct. 23: You and a partner or rival agree to a fresh start and mean it. Or you find a new partner or fun rivalry that brings some joy into your life. Your professional, financial, residential, and social lives are all doing great. The only area where you are really struggling is in the recovery, legal, cultural, religious, media, and/or academic areas of your life. You could be debating the idea of relocating to another 12 step meeting or your increased reading of the big book. Being an example of how the principal's work in your life can help others around you.

SCORPIO: Oct. 24-Nov. 22: You have a partner or a competitor that is unhappy with your professional goals, leadership style, boss, or reputation. Luckily, the two of you can spend plenty of time together focusing on sobriety that you both like which brings joy into your life. You are still going to focus on your professional and financial goals. But you are making sure to spend quality time with your Higher Power to help you work things out with a competitor. There is a bit of a financial tug-of-war beginning to brew, so you might want to keep an eye on that just to make sure that your personal goals do not get sidetracked.

SAGITTARIUS: Nov. 23- Dec. 21: Despite the fact that you and a partner or rival are engaged in some head to head disagreements this month, the two of you have plenty of opportunities to negotiate, compromise, settle disputes, and find in the 12 steps some answers. You have some battles here and there at work but mostly you are working on your financial and professional goals in a smart and tenacious manner that helps you to keep moving forward. Overall, you are happy and productive and finding ways to work through any interpersonal issues that arise with the help of your sponsor.

CAPRICORN: Dec. 22 - Jan. 20: During most of this month, you are in the mood to play, goof off, go on vacation, schedule some romantic date nights, attend local 12 step meetings, take your children to the playground, etc. You find plenty of time to make these lovely activities into a reality. Then as the month begins to end, you start feeling a need to become more productive and to get back to work. You do not appear to have any trouble balancing both aspects of your life when allowing God to help you.

AQUARIUS: Jan. 21-Feb.18: You spend most of this month trying to heal, fix, mend, and otherwise improve your residence and/or your relationship with your Higher Power. At times, your spouse, best friend, business partner, or a rival or competitor is annoyed with what is going on or they are trying to sabotage your efforts. They seem to be blowing things out of proportion. You are financially able to afford whatever improvements you are trying to make and for the most part, these changes are bringing more peace, harmony, and forgiveness into your home and private life through your recovery.

PISCES: Feb.19- March 20: This is the third month in a row that you have enjoyed financial and professional blessings. You are still social and able to get along with all kinds of different people. And yes, you still cannot blend your financial and social activities. However, this month, you are beginning to think about your home life, recovery matters, and/or private life. Some things at home need your attention and it can distract you from spiritual goals. You are quite productive at home and at work, but sometimes your mind is not dwelling on your Higher Power's will.

Miracles in Action Sober Living



Located in beautiful Glendale, California

We are dedicated to helping you maintain your sobriety in a safe, comfortable drug & alcohol free environment, and helping you integrate into a 12 Step Lifestyle.

Member of the Los Angeles County Sober Living Coalition.

for more info call (818) 429-9103

Overcome Drug
Addiction And
Reach Out.

**PROGRESSIONS
TLC CAN HELP.**

CALL US TODAY FOR A
BETTER TOMORROW.



(855) 514-3737

www.progressionstlc.com



Sober CollegeTM

INSTITUTE OF CHEMICAL DEPENDENCY STUDIES



Become a Certified Addictions Counselor

- Start anytime
- Finish in 6 Months
- 1 weekend a month

Call Today! **866-61-LEARN**

Woodland Hills, CA
www.addiction-studies.com