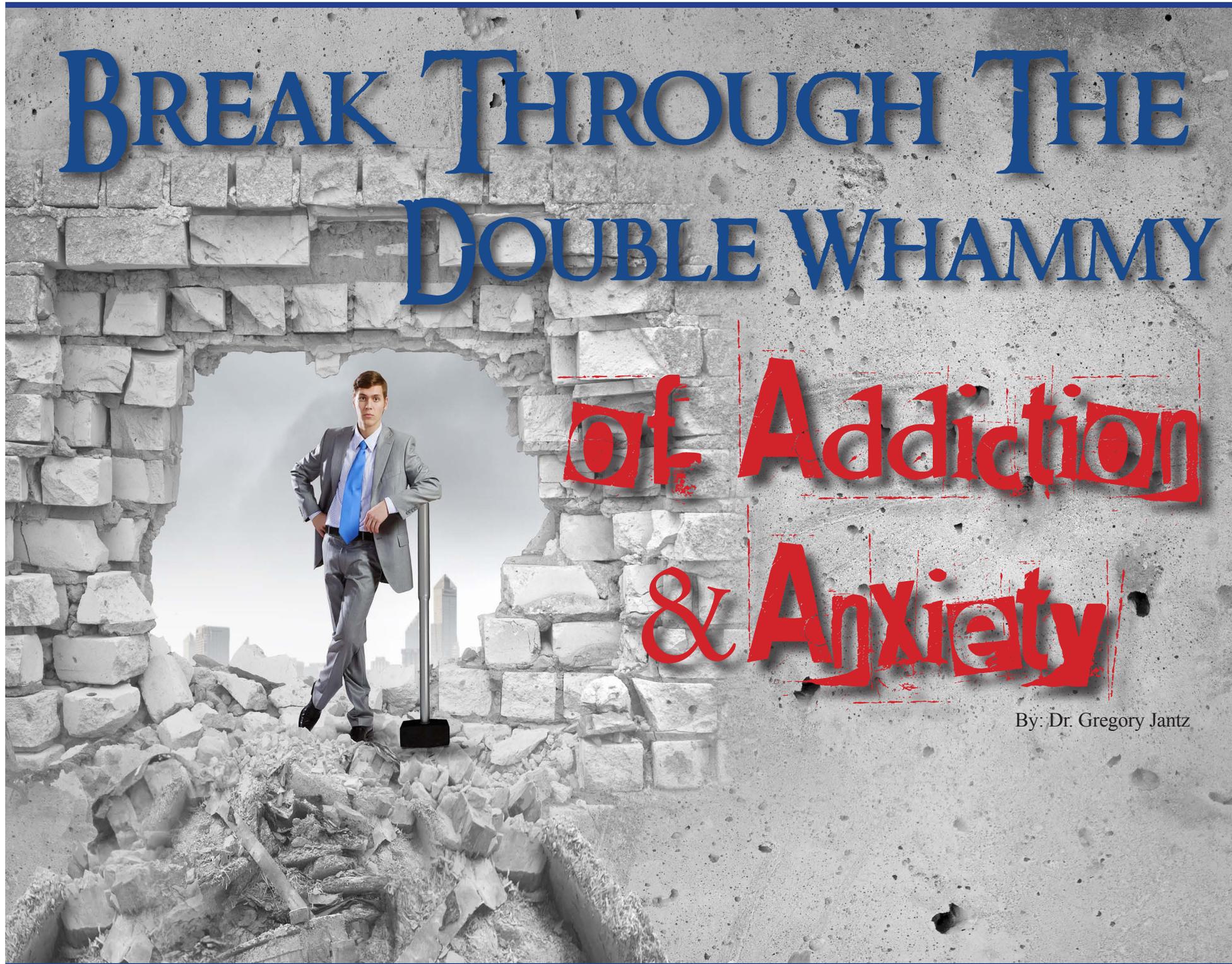


**SPREADING THE MESSAGE OF HOPE AND RECOVERY FROM ALL ADDICTIONS
FOR FREE - TAKE IT, READ IT, SAVE IT OR PASS IT ON**

March 2016

KEYS TO RECOVERY — NEWSPAPER, INC. —



BREAK THROUGH THE DOUBLE WHAMMY of Addiction & Anxiety

By: Dr. Gregory Jantz

**Clearing Our
Vision**
Page 4

**The Success
Behind Failure**
Page 9

**Don't Tell
Anyone**
Page 15

Sanctuary Treatment Center *Exclusively For Women*

*A gentle and informative group setting in an excellent environment where women feel safe and comfortable.

*Licensed detox and residential treatment center
*Six client maximum for the best of individualized care



818.646.3280 www.SanctuaryTreatmentCenter.com



**SPRUCE
HOUSE**

www.SpruceHousePasadena.com

Men's Sober Living See Page 15

Pasadena
RECOVERY CENTER
Affiliated Sober Living for Men

866-663-3030

1-855-975-HELP (4357)

A STEP IN THE RIGHT DIRECTION



ADDICTION TREATMENT
LUXURY TRANSITIONAL LIVING

MOST PPO INSURANCE ACCEPTED

WHAT WE TREAT:

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

WHAT WE OFFER:

Biopsychosocial &
Psychiatric Assessments
Treatment Planning
Relapse Prevention
Drug & Alcohol Abuse
Education
Anger Management
Nutrition Education
Couples/Group/Family &
Individual Therapy

Discharge Planning &
Aftercare Referrals
Meetings & Support
Groups
Case Management
Life Skills & Sober
Coaching

*Pet Friendly Luxury
Transitional Living*

Call us today for a consultation:

1-855-975-HELP (4357)

www.AStepintheRightDirection.com

9535 Reseda Blvd, #300, Northridge, California 91324

ATLAS HOUSE

A Co-Ed Premier Sober Living Home
in BRENTWOOD, California

Offering high-end sober living without the high-end price tag.



For more
details visit

www.Atlas-Recovery.org

Call Today **310-719-5610**



- Open to all methods of recovery.
- Food and Transportation to local IOP's provided.
- 12 step & non 12-step recovery meetings close by.
- Weekend activities such as Camping, Hiking, Surfing, Beach Days etc.



Contact: Dave@Atlas-Recovery.org



Proud Member of the Los Angeles Sober Living Coalition

Contents

Editors Column	Page 3	Marcus M.
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Rev. Leo Booth
Ask Dr. Nita	Page 6	Nita Vallens
Food For Thought	Page 7	Jenni Schaefer
Freedom From Bondage	Page 8	Mara
Body, Mind & Spirit	Page 9	Marcia Ullett
The Journey Continues	Page 10	Phoebe Nolan
Matters of the Heart	Page 11	Melody Anderson
Anxiety & Addiction	Page 12	Dr. Gregory Jantz
Book Reviews	Page 14	The Crew
Healing The Family	Page 15	Anita Devlin
Events	Page 16	
Fit This In Your Recovery	Page 17	Dr. Fitness
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	
Sober Scopes	Page 22	Marcus M

Contributors

Jeannie Rabb-Marshall - President & Cofounder
 Marcus Marshall - Vice President & Cofounder
 Beth Dewey-Stern - C.E.O. & Cofounder
 Staff Photographer - Shalimar Cambria
 Graphic Designers - J Rabb-Marshall
 Outreach Directors - Peggy Salazar & Judy Gavin
 Cover Photo: © Nexusplexus | Dreamstime.com

Editorial Contributors: • Marcus Marshall • Beth Dewey-Stern • Mary Cook, M.A., R.A.S. • Rev. Leo Booth • Nita Vallens • Jenni Schaefer • Mara • Marcia Ullett, M.A. • Phoebe Nolan • Melody J. Anderson, LCSW • Dr. Gregory Jantz • Anita Devlin • Dr. Fitness (Batista Gremaud)

About Us

Advertising Rates - page 19
Distribution Information - page 19

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



It has been a true blessing for us here at Keys to Recovery to have been in business for the past year and a half. We realize what a privilege it is trudging this road to recovery with our friends, fellow sobriety brothers and sisters, as well as our advertisers, writers and the readers of our newspaper and website. When I reflect on all of my friends and loved ones who are no longer here... I feel such a sense of appreciation that the pathway leading to abstinence and recovery was extended to me, being that it was such a very crucial time in my addiction. I was one of those prideful "I don't need any help" individuals, who was willing to die trying it on my own, before I allowed others to help me do "what I couldn't do for myself!" Pride like all dualities have a positive and negative meaning, I was displaying the destructive behavior of false pride during those times. The lack of maturity is like a two edge sword, it could cut you deep while it's cutting others that are in your life.

I am thankful that I was instilled with the understanding and the application of faith at a very young age, which was demonstrated daily by my mother. I was instructed on how to depend on God during all situations, knowing that He's in control of all things. I was taught to "give thanks *IN* all things" not giving thanks *FOR* all things, for example, if I fell and bruised my arm I wouldn't thank God for that, I would thank God that when I fell I didn't break my arm. I later had to apply these principals back in November 5th of "88," when my then Fiancee' was killed by a hit and run driver. Again I applied my faith when my girlfriend passed away from liver disease, November 25th Thanksgiving day, back in 2002 after a 5 year battle, which left her bed ridden for the last 4 years of her life.

Faith is "the substance of things hoped for, and the evidence of things not seen" I truly believe what the scriptures says. When I was 19 years old back in 1979, I was studying to become a minister, and I asked my now wife Jeannie Rabb-Marshall to stop drinking and getting high with me, so that we could get married. Being in her addiction she honestly said "I love you Marcus, but I don't want to be a Preacher's wife" she wasn't ready for recovery. She was the love of my life back then and after 33 years of separation, she is still. My faith carried me through some devastating times in my life, and the presence of God was evident in how I was strengthened during those times. I knew it was my faith through God that sustained me, because if it was left up to me alone, I would have crumbled. The clearest example is when I was imprisoned during the time when my precious mother passed away, we were very close and that truly took the wind out of my sails.

There are situations and events that are out of our control, but by remembering that God is in control of ALL things big and small, gives us the assurance and strength to continue forward. I am very thankful to all of those past and present who helped me to not just believe, but to see my faith revealed throughout my life. We could psychologically cause ourselves to doubt and start thinking, what is the purpose to continue doing the right thing, when it looks like so many hardships and disappointments are ever present. During my darkest hours I never allowed any adverse thoughts our actions, to disrupt what has grounded me since an early childhood. What I can do in the moment I will, and what isn't within my power to accomplish, I allow God to take over and give me the solution. I believe we all have an inner voice letting us know our limitations, it's when we allow ourselves to think that we're bigger than the problems of life, that some situations become over whelming to us.

My faith was in the forefront when we started Keys to Recovery Newspaper, I was one of the lead Technicians at Cri-Help Treatment Center during the time when my wife asked me to resign and work full time for our newspaper even though numerous individuals said that print was dead, and that we would not be successful venturing down this road. My wife and I love and appreciate God's guidance and His ever present companionship, when we allow God to be the author and finisher of our faith, nothing is impossible through Him who sustains us. We have grown substantially since our first issue back in October of 2014, we have a projected monthly readership of 90,000 as well as a strong website presence. We are in 17 additional sates outside of California and we have not just saturated the recovery arena, but are now doing the same in main stream America. Our lives are remarkable and so fulfilling on a daily basis, by simply putting our trust in God and allowing His love to flow through us to be of service to all.

I hope you enjoy this months issue...Marcus



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 Latin 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 throughout California to serve you.
www.LawyerLee.com

TRUE INTENTIONS

Call Now **818.288.6075**
www.TrueIntentionsSoberLiving.com



TRUE INTENTIONS Sober Home provides a safe environment, free of alcohol & drugs. Our Intentions are to assist each client in their journey of recovery, in the hope they will find their authentic self and discover their purpose in life. Sobriety is a gift that we wish all will experience.



Located in Tarzana, California

- On site Manager
- Heated Outdoor Pool
- 12-Step Meetings
- Work closely with IOP & Treatment Centers
- Pet Friendly
- Refuge Recovery
- Meditation Meetings
- Gym Membership
- Jacuzzi's in some Suites
- Private & Semi-Private Rooms

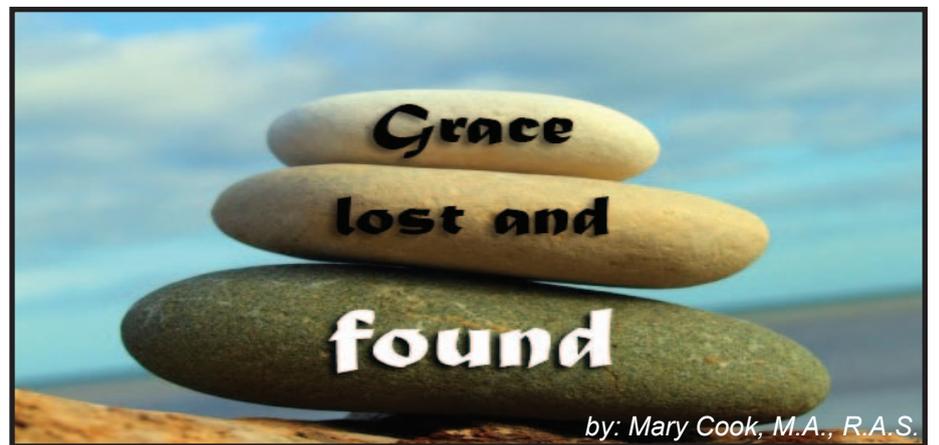


Evolve Treatment Centers
HELP AND RELIEF FOR THE TEENS OF TODAY





Call us today at 310-231-6499 www.evolve-treatment.com



CLEARING OUR VISION

Sometimes we are so focussed on our desires for the future, that we fail to appreciate and make use of our current gifts and lessons. We can be too absorbed in the present, and neglect to see how we are re-creating past patterns that will lead to future disasters. We may also view someone from the projection of our wishes or fears. We see our ideal fantasy partner or our worst nightmare, rather than perceiving the individual fully, with both positive and negative attributes.

Character defects can cloud our vision, as when our own abuse and dishonesty causes us to mistrust others as devious and harmful when they are not. Defense mechanisms impair our sight, when denial of our own childhood sexual abuse, stops us from protecting our children from the same. The disease of addiction leads us to perceive others as enemies, when they fail to enable our addiction. Excessive self-will allows us to over-ride our intuition and others' advice, in order to satisfy cravings.

If we desire a more productive life, we must sharpen our skills of conscious observation and examination. Paying attention to our reactions, questioning our motivation, identifying and exploring the feelings and thoughts underlying the issue at hand, are important techniques. Is our goal to understand or control? Do we have an open or a closed mind? Are we evaluating or judging, giving or manipulating? Do our efforts support past negative habits or positive personal growth? Is our goal more in service of strengthening our ego or our spirituality?

Positive visualization is another valuable skill. Athletes imagine themselves winning competitions, and cancer patients envision healthy cells overtaking sick cells. The ability to see a healthy change we wish to effect, increases the likelihood of its accomplishment. The greater the clarity, focus and details, as well as the frequency of our visualization, the more it seems familiar and real. If for instance, our goal is healthy eating, we might see ourselves in our ideal weight, fit, strong, and with all of the characteristics and benefits of perfect health. We might also envision the healthy contents of our kitchen and see how confidently and happily we maintain our commitment to health, wherever we are.

When we cannot successfully hold the vision of a goal with positive energy, we can modify or change the objective. We visualize small steps leading toward the goal, and begin with the step that appears most realistic to us. If negative scenes occur, we question if our goal contains aspects or long range consequences, that are unhealthy. If so, we change the goal. If, on the other hand, the negative scenes arise from unhealthy aspects of us attempting to discourage improvement, we can imagine them transformed by positive forces.

Visual transformation is also a helpful method for processing painful feelings. We allow the difficult emotion to assume a shape, size and color and observe it. Or we can view ourselves expressing the feeling. Then we imagine the shape, size and color of a positive force. This can be a symbol of our Higher Power, an angel, streams of healing energy, a warm, loving golden light, an affectionate and reassuring pet, etc. Then we watch the positive force transforming the negative, until the negative changes into a form that looks neutral or healthy. This kind of visual exercise can be effective for trauma healing when it is repeated over a long period of time. Trauma, and especially childhood trauma, generally requires time for trust to develop, then openness to healing energy and finally the release of multiple layers of pain.

Our vision that increasingly enlarges to encompass all of life, is initially formed from childhood experiences. We do well to remember that we are all flawed human beings, here for the purpose of spiritual growth. Since all creations naturally evolve, regression or lack of development indicates that something within us is actively sabotaging our growth. Identifying and surrendering the interference, allows maturation to continue.

Our task is to heal and transform the actions, feelings and thoughts from our inevitable wounds and their consequences, into actions, feelings and thoughts that promote a fuller and higher expression and demonstration of love, generosity and harmony, for ourselves and others. Impulses to either dominate or enslave ourselves to people, places and things, including traumatic memories, conflict with the idea that we were all divinely created whole in spirit, and given free will. When we see that both our problems in life and our solutions for them, lie within us, not outside us, life can become as fascinating and fulfilling as it is meant to be.

WWW.MARYCOOKMA.COM Mary Cook is an addiction counselor in private practice, with 39 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 Amazon.com, etc.





Welcome to the Westox difference.

A toxicology laboratory where our primary focus is to offer clients superior drug testing and first class service.

- Now testing for Flakka (designer stimulant α -PVP)
- Affordable definitive testing with results in 24 hours
- Post treatment monitoring options with collection sites nationally

westoxlabs.com | 949-253-4031



SPIRITUAL LANGUAGE

When we talk about a spiritual person in recovery we often seek to make a distinction between religious ideas and those that are spiritual in nature. This must involve language.

Probably the one exception is the word God. And it is undeniably true that this word God has been a stumbling block to many people. As a friend of mine said to me recently, "Leo, once they used the word God in AA literature, it became religious."

Well, I do understand that many recovering alcoholics have a problem with the concept of God but it is also clear from Step 2, that the term Power or Higher Power is also acceptable. It has been my experience that AA has been remarkably flexible when it comes to talking about God; certainly it has wanted to separate itself from any denomination or religion.

Religious language usually involves such words as tabernacle, grace, crucifix, bible, saint, Heaven or Hell and although we may come across such words in AA literature that are usually referenced as examples of a person's story or an opinion that is open to interpretation. Words are important and it would be wrong to imply that AA recovery is Christian (or any other religion); indeed The Twelve Traditions emphasize this separation:

"6. The AA group ought never endorse, finance or lend the AA name to any other related facility or outside enterprise, lest problems of money, property or prestige divide us from our primary purpose."

"10. Alcoholics Anonymous has no opinion or outside issues; hence the AA name ought never be drawn into public controversy."

I've noticed, over the years, that recovering groups are more comfortable with inclusive words like surrender, honesty, change, letting-go, acceptance and humility. The religious person is able to identify with these words and incorporate them into their living faith but it is also true that the non-religious person can embrace these same words and not feel compromised.

This has been my message for many years and I'm still comfortable with it. Words not only sustain and challenge but they can also hurt, creating their own shame. When I was drinking I often used cuss words and blasphemy (even though I was an Episcopal Priest) and thought it was cute and funny. But in my recovery I was confronted by a sponsor who strongly suggested that such language was hardly spiritual.

"Leo, recovery is about changing our attitudes and behaviors. It is about moving from the life of a drunk to a person celebrating a spiritual awakening." And this must involve the words we use. We all need to clean up our language. It is not okay to use racist, sexist and homophobic language. It is not okay to shame or embarrass another or ourselves. Some words belong in the gutter. Let them remain there. In recovery we use the words of Respect.

I believe this is the message concerning Spiritual Language. If we truly seek to manifest recovery in every aspect of our life, it is not acceptable to be using the language of the drunk: In conversation or from the podium.

Recently I heard a speaker share his strength, hope and recovery; unfortunately his language was anything but spiritual. I counted the "F" word twenty six times before I gave up counting. Many people were offended. Some discretely left. And, of course, there were some that found it funny.

Am I right to suggest that a person in recovery should take responsibility for their language? I think so. Let's face it, most of us have discovered that our recovery style is opposite to how we lived as alcoholics.

I never made my bed as a drunk. Today I clean up my bedroom before I go to work.
My car was a mess. Today I accept the discipline of cleaning my car each week.
Rarely did I shave when I was drinking. Today I shave and trim my beard each morning.
I was always late for a meeting. Everything was last minute. Today I take pride in my punctuality.
My teeth were a mess when I got sober. Today I go to the dentist; I clean my teeth three times a day; oh yes, and I floss!

What language did we use when we drank? What language should I use today? Surely the opposite. It's a variation on the idea, "I once was lost but now I'm found"; the recovery person says "I once cussed, but now I affirm."

Many people get sober but don't clean up their act. They don't always look sober and often don't sound it. Often times they pay for it dearly.

Maybe this is a message for all of us who still use sexist, racist and homophobic language; recovery is as deep as can be and even the simplest of things are in need of change. Let's clean up our side of the street!

Leo Booth, a former Episcopal priest is today a Unity minister. He is also a recovering alcoholic. Spiritual advisor for New Found Life – in Long Beach, California For more information about Leo Booth and his speaking engagements visit www.fatherleo.com or email him at fatherleo@fatherleo.com. You can also connect with him on facebook: Reverend Leo Booth. Read more from Leo Booth www.Amazon.com



imr
iMedRecovery.com
We bring recovery home



- IOP & PHP recovery program where YOU are: Home, School or Work. This guarantees you privacy, flexibility and convenience.
- A clinically effective recovery & mental wellness program for adults and adolescents that is delivered via live **Video Conferencing** for group and individual therapy.
- All our programs are brought to you entirely through HIPAA compliant secure **Video Conferencing** with caring, experienced and licensed therapists.

Let Us Help! Talk to a counselor toll free.
888-496-2029 • iMedRecovery.com

THE SPERLING LAW FIRM

A full service law firm, since 1980

DIVORCE CASES AND RELATED MATTERS:

- Custody & Visitation Issues
- Child-Support, Spousal Support & Property Division

ALL CRIMINAL MATTERS:

- Felonies & Misdemeanors
- Drunk Driving
- Narcotic & Related Offenses

BANKRUPTCY:

- Chapter 7 & Chapter 13

AUTO ACCIDENTS, SLIP & FALL & PERSONAL INJURY

To serve you:

Mitchell Sperling, Esq. • Aree Diarian, Esq.
Lauren McAllister, Esq.
Steven Shore, Esq. Certified Family Law Specialist

CALL FOR A FREE CONSULTATION
(818) 205-9090

Low Fees & Reasonable Payments
12 Step Friendly

www.SperlingLawFirm.com

**THE VILLA
TREATMENT CENTER**
Start your new life today!
Treatment in a Warm & Healing Environment



Located in Woodland Hills, California The Villa is a luxurious detoxification, residential, & extended care program servicing men and women who suffer from alcoholism, drug addiction, and co-occurring disorders.



The Villa Treatment Center is now offering IOP services in Sherman Oaks



855-591-6116

www.TheVillaTreatmentCenter.com



**ANGEL VILLA
SOBER LIVING**

Providing Quality Sober Living Homes
Since 1997

**Structured Sober Living
Executive Guest House
Luxury Accommodations with
all the amenities
12 Step Support Groups
Alumni Program
Family Counseling & Therapy
Sober Coaching / Companion
Yoga • Pilates • Martial Arts**

Private & Semi-Private Rooms



Pet Friendly

**Discreet addiction treatment
and aftercare services. Direct
connection to local treatment
& recovery experts**

24 Hour On Site Staff



Gym Access

**Transportation Coordination
Minutes from the heart of
Encino Commons**

Call Now 818-571-8946

www.AngelVillaSoberLiving.com

Ask Dr. Nita



THE DOCTOR
IS IN

by: Nita Vallens

Dr. Nita,

I recently went to my family reunion and got so angry I could barely enjoy myself because my cousin who I no longer speak to was there. And to add insult to injury when I complained to my brother he laughed and said it's dumb for me to hold a grudge for the past 8 years and that I ought to forgive and forget. The reason I no longer talk to my cousin doesn't really matter to me as much as the question I want to ask you. I'm wondering if I'm missing something or is there a benefit to forgiving him, or anyone else for that matter? I would be remiss if I didn't confess that since childhood when I get mad at someone I hold a grudge for a long time. I'm stuck about this forgiveness stuff. Can you give me some insight this is driving me nuts.

Joe

Dear Joe,

I appreciate your dilemma and feel that it's a common one. Forgiveness is good for the soul but at first glance it may not appear to be. In 12 step programs, it is highly recommended to put the past behind you. Delegating the past to take a back seat allows you to live in the present moment. I do realize that not everyone has the same interpretation of what forgiveness means. Let's take a look at how the word is defined and explore the meaning and ramifications of forgiving.

Random House dictionary:

- to grant pardon to (a person).
- to cease to feel resentment against: to forgive one's enemies.
- to pardon an offense or an offender.

You'll notice "to cease to feel resentment" is part of the definition. It does not say let someone off the hook for what they did. It puts the ball back in your court. I'd like for you to have peace of mind and to consider looking at this from a different angle. Try to see forgiveness as a gift to yourself and not a reprieve for your cousin. Letting go of resentment and creating peace and tranquility within YOU is the goal that I'd like to see you work toward and reach for several reasons including the health benefits. Did you know that forgiveness helps lower blood pressure and heart rate, it can lessen depression, and help you have a stronger immune system? This alone makes it worth it to learn to forgive others.

I'm wondering if you have ever felt like you want to punish your cousin or get revenge? Or, make him suffer and keep the resentment going? You don't state why you no longer speak to your cousin; but you do mention staying mad at people is something that you've been doing for many years. When you're hurt or betrayed by someone, it can be hard to trust again.

Not forgiving a person is a lot of work and essentially a complete waste of time. To keep the anger and resentment going it takes so much time and if you think about it that energy could be used on something far more productive. An old quote says it all, "resentment is like you take poison and wait for them to die." (Malachy McCourt, NY Times, 1998). Not only are you holding onto feelings that drag you down, you're judging your cousin, and losing even more energy with each thought.

In your forgiveness process, you need not forget the deed that caused you the pain, you simply substitute your resentment and negative thoughts with positive energy and compassion. You let go of your need for revenge or punishment of them. There is research from the last decade that indicates it is NOT a safe or healthy idea to forgive in certain circumstances, particularly for sexual abuse survivors. I would add that if you determine that a betrayal or clash of values has occurred that it's appropriate not to have the person in your life anymore. In this sort of situation I would suggest forgiving yourself so that you can begin to move on. Feel free to send me your comments. Do your due diligence and listen to your inner guidance or your gut to determine what is right for you. There's an acronym for gut that I like, God's Undeniable Truth.

Blessings, Dr. Nita

Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypno-therapist in Sherman Oaks for more info visit DrNitaVallens.com or for consultation and appointments call 818.783.6258. Her radio show, Inner Vision, is on Tuesdays @ 1:00 PT on KPFK Los Angeles, 90.7 FM or live stream at www.KPFK.org (FREE podcasts on the Audio Archive Link).



TOGETHER AGAIN - RELAPSE IN ED RECOVERY

How many times do we get back together with an ex just to give the relationship one more try? Why do we do it? Because our ex promises that things are going to be different the next time around. Things are going to change for the better. Just wait and see. So we wait. And we usually see that nothing has changed. We find ourselves in the same old destructive relationship looking for a way to get out all over again. This is how it was with Ed and me.

Unlike ex-boyfriends in the past who had been detrimental to my emotional health, each time I took Ed back, he was seriously putting my physical health at risk as well. At some points, my very life was even in danger. You see, Ed wasn't my high school sweetheart or some guy I met in college. And I did not meet Ed in the fresh fruit department of the local grocery store (although he does hang out a lot in places where food is around). Ed's name is actually an acronym for eating disorder. Ed is my eating disorder.

In therapy, I learned to think of my eating disorder as a relationship rather than a condition or illness. I learned that having an eating disorder is very similar to being in an abusive relationship where one partner tries to control and manipulate the other. Ed definitely tried his best to run my life according to his rules, and above all, he wanted me to stay with him always and forever. In order to accomplish that goal, Ed would go to any lengths, including lying, cheating, and stealing. He would do anything to keep me by his side.

When I finally made the decision to leave Ed, he fought harder than ever to stay with me. If I slammed the door in his face, he would serenade me at my window with a song and flowers. If I had my phone number changed to avoid his calls, he would send me love letters via email. He was quite persistent and convincing, so inevitably, I would end up taking him back time and time again.

So our relationship cycled back and forth for many years. I would break up with him and vow never to binge, purge, or starve again. I would do well for a period of time. Then I might confront a problem in my life, and Ed would inch his way back into my world. He would say, "Jenni, we've conquered this problem before. Remember? I think it was with a large pizza and some ice cream. We can do it again. Just this once. Only one time. I promise. I'll leave you alone after just this one binge." Ed always lied. With Ed, it was never "only one time." If I went back to just one of his suggested behaviors, I always went back to them all.

Ed was a package deal. It was always all or nothing when it came to Ed and me. So there I would find myself right back in the same cycle of eating disordered behaviors with Ed singing sweet nothings in my ear. Sure he might reel me in with just one binge, but the next day he would convince me to starve. Then, the next day he might want me to binge and purge and then starve again. It was so exhausting. I would think to myself, "How did I let this happen again?"

In my recovery from my eating disorder, I went back to Ed time and time again. But I made it a point to learn something from each and every setback. And I grew stronger each time I picked myself off of the ground and pulled away from him again. Ed still made the same empty promises— always saying things would be different. But I knew the truth. I had learned that nothing changes if nothing changes. With Ed, nothing ever really changed. Sure, he would make up new stories, but it was always the same lie. After years of struggling, I finally gained the strength to ignore Ed's empty promises.

I eventually gathered enough information in recovery to know that I can never get back together again with Ed. He could no longer be an option for how I dealt with life. Gratefully, I never went back. Life with an eating disorder is not really living. I had decided that I wanted to live.

In 2016, let's ring in the new you! Through the #DefiningME™ initiative at Eating Disorder Center of Denver, you can find your true passions, become your authentic self, and push your eating disorder out the door. As an active way to start your journey, download the free Challenge Calendar at www.definingme.com.

Jenni Schaefer is a singer/songwriter, speaker, and author of *Goodbye Ed, Hello Me, and Life Without Ed*, which has recently been released in audio as well as a tenth anniversary edition. She is the co-author of *Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem?* For more information about Jenni's work, visit JenniSchaefer.com. Connect with her at [Facebook.com/LifeWithoutEd](https://www.facebook.com/LifeWithoutEd) and [Twitter.com/JenniSchaefer](https://twitter.com/JenniSchaefer).



NOW OPEN!

Resolve
RECOVERY
Growth, health and independence for women



Your addiction has cost you everything.
Your treatment shouldn't have to.
We're here for you every step of the way.

Call Now 888.705.9930

- Affordable, high quality and accredited program
- Services specially designed for women
- Detoxification and residential treatment
- Centrally located in the heart of Hollywood
- Most HMO and PPO insurance accepted. Payment options available.



resolverecrecovery.org

Eating Disorder Center
of Denver

Your Life Worth Healing

1.866.771.0861

You Are Not Alone

Asking for help can be scary. All you have to do is reach out.

WE TREAT: Anorexia Nervosa • Bulimia Nervosa • Binge Eating
• Diabulimia • Orthorexia • Other Specified Feeding or Eating Disorder

Defining **ME**
www.edcDenver.com

#Defining ME™ Download the Challenge Calendar to go on a judgment-free journey to define who you are away from the eating disorder, and inspire others.

Eating Disorder Center
of Colorado Springs

Eating Disorder Center
of Kansas City



Kool Living
RECOVERY CENTER
866-921-8893

Your Needs Come First
Kool Living Recovery Center is a fully
Licensed Detox and Residential Treatment
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

***NOW OPEN - Kool Recovery Intensive Out Patient Center
serving the Mission Viejo community,
26421 Crown Valley Parkway, Suite 200, Mission Viejo, California***



We are proud to announce
In recognition of our
commitment to quality
treatment and client care,
Kool Recovery, has earned
accreditation from JCAHO
(The Joint Commission on
Accreditation of Healthcare
Organizations).

www.KoolRecovery.com

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



by: Mara

VIRTUES - THE GOLDEN BUDDHA WITHIN US ALL

I went to meditation services this past Sunday at the Self Realization Fellowship in Pacific Palisades, California. During the lecture, the monk talked about virtues. He told us a story of a clay, 11 foot Buddha statue in Thailand that belonged to a poor ashram. The poor ashram had to move the statue because it couldn't afford its current location.

When the monks lifted up the statue to move it, it fell and a huge crack in the clay appeared. In the crack you could see gold shining through. The statue was in fact covered in clay and underneath was a pure gold Buddha statue. The statue is now in a museum and is worth a hell of a lot of money!

The monks point in telling this story is to say that we all have gold underneath our clay exterior and the gold within us is our virtues. A virtue is a spiritual behavior showing high moral standards. We've all got at least one virtue. See the list below to see which virtues resonates most with you.

For me, I've got love, mindfulness and humor in spades. I've got many others to lesser degrees. The monk encouraged us to pick a virtue, practice it and cultivate it. I've got a few that I'd like to cultivate so I will work on those.

What struck me most during the monk's talk was that he explained that your soul is immortal and eternal. I have to remember that when I'm stressing about my external and temporary existence like my age or weight. If we turn our focus inward towards our eternal souls and to the golden light within then we will have self worth and be much happier people.

Here is a list of some of the greatest virtues:

Acceptance: Embracing life on its own terms. Acceptance allows us to bend without breaking in the face of tests. To consider circumstances, especially those that can not be changed, as satisfactory.

Appreciation: Seeing the good in life. Freely expressing gratitude.

Assertiveness: Telling the truth about what is just, setting clear boundaries.

Charity: A giving heart, a generous way of viewing others and caring for their needs.

Compassion: Deep empathy for the suffering of others. Compassion flows freely from the heart when we let go of judgments and seek to understand.

Contentment: The awareness of sufficiency, a sense that we have enough and we are enough. Appreciating the simple gifts of life.

Detachment: Experiencing our feelings without allowing them to control us. Stepping back and thoughtfully choosing how we will act rather than just reacting.

Faith: A relationship of trust. Belief in the reality of Grace.

Forgiveness: Overlooking mistakes, and being willing to move forward with a clean slate. Forgiving others frees us from resentment. Forgiving ourselves is part of positive change. To cease to feel angry or bitter towards a person or about an offence.

Grace: Openness to the bounties of life, trusting that we are held in God's love through all circumstances. Reflecting gentleness and beauty in the way we act, speak and move.

Gratitude: Freely expressing thankfulness and appreciation to others and for the gifts of life.

Honesty: Being truthful, sincere, open, and genuine. The confidence to be ourselves, sincere; not lying or cheating.

Hope: Looking to the future with trust and faith. Optimism in the face of adversity.

Humility: Being open to every lesson life brings, trusting that our mistakes are often our best teachers. Being thankful for our gifts instead of boastful.

Humor: The ability to perceive, enjoy, or express what is amusing, comical, incongruous, or absurd.

Integrity: Standing on moral high ground. Keeping faith with our ideals and our agreements.

Love: The connection between one heart and another. Attraction, affection and caring for a person, a place, an idea, and for life itself. A deep, tender, ineffable feeling of affection and solicitude toward a person, such as that arising from kinship, recognition of attractive qualities, or a sense of underlying oneness.

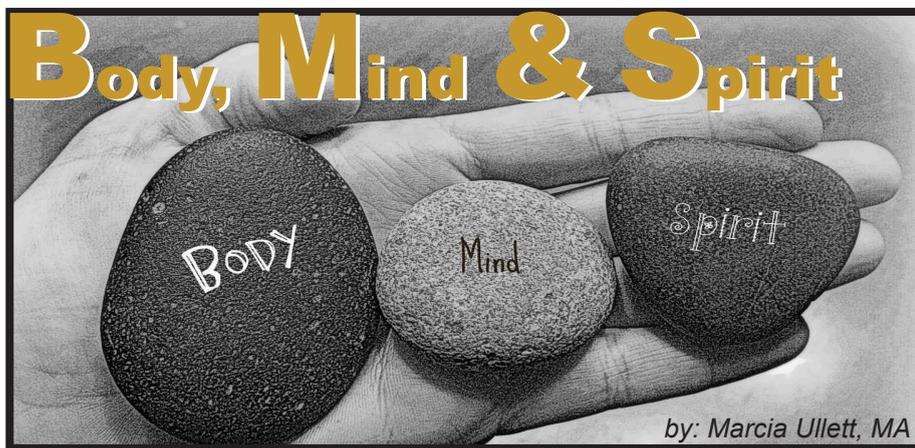
Mindfulness: Living reflectively and meaningfully, with conscious awareness of our actions, our words and our thoughts.

Openness: Willingness to consider new ideas. Listening to others with humility and sincerity. Being receptive to the blessings and surprises of life. Openness: Ready and willing to talk candidly.

Patience: Waiting peacefully. Quiet hope and faith that things will turn out right. The ability to endure delay, trouble, pain or hardship.

Peacefulness: Inner calm and tranquility. Giving up the love of power for the power of love. Resolving conflict in a just and gentle way. Freedom from mental agitation; serenity.

Con't Page 18



by: Marcia Ullett, MA

THE SUCCESS BEHIND FAILURE

Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those poor spirits who neither enjoy nor suffer much because they live in the gray twilight that knows neither victory nor defeat. —Theodore Roosevelt

Why is it that we have such huge fears lurking behind the very thought of failing at anything: school, career, marriage and other relationships? I certainly know the feelings behind failing. For years I ran terrified from those feelings. The result was that I never had many failures, but I never really succeeded either. Instead I was able to hover between the two. The trouble is that I felt like a failure because I let my fear rule me, and I didn't let myself take risks.

Had it not been for failure, humankind may never have known the magnificent Audubon bird paintings that gave rise to the Audubon Society or the inspiring music of Handel's Messiah, sung every year at Christmas time around the world.

It was only after John James Audubon's business failed in 1819 that he began traveling and painting birds. George Frederick Handel unleashed his creative genius after a night of deep despair over his failure as a musician (he had lived in poverty and had suffered a stroke).

The world landscape is strewn with such stories of success rising from the ashes of failure. Yet failure tends to strike fear in our hearts like nothing else. There is so little tolerance for it in our culture and tremendous pressure to get it right every time, to be in control, to succeed and win.

But because we are human, we can't help but fail. We suffer from failed relationships, failed marriages, failed parenting, failure at work, failure in health. And when we do fail, the wounds may penetrate so deeply into our psyche that we might begin to think, "I am a failure," rather than "I failed." We then might begin to make safe choices, to settle for less than we really want, out of fear of failure. We may be too afraid to take risks. And without a certain amount of risk, there is no success.

What would it be like to cast failure in a different light, to take it out of the darkness of guilt and shame, to remove the sense of disaster associated with failure, to look for what it tells us about our well-being and our conduct in life? What enormous good energy would be freed up? And what might be the outcome of that amazing new energy?

"You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down," said silent-film actress Mary Pickford.

Open a Door to New Success: As was the case with Audubon, a failure can be a lever to open the door to a richer, more authentic life. Many a radical transformation has had failure at its root. Author Suzanne Falter-Barns says, "There really is no such thing as failure. There is only the rearrangement of plans and the surrender of ego. There is only the twist in the road we never expect."

Failure As Opportunity: What we call failure can be seen as the door to profound lessons on our journey. So failure really is a learning experience or an opportunity if we choose to see it that way. It's not the end, but the beginning of a whole new chapter in our lives, a chance to do it differently, to tap into our own creativity. And creativity is inspirational and passionate. Only after his darkest hour was Handel able to be his most creative.

Promote Risk-Taking and Change: Failure is a natural offshoot of adventure and risk-taking, and growth is a natural offshoot of failure. It takes great courage to face real change. A great failure can be the influence that enables us to risk and change.

Getting Through It: In his book *Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life*, Thomas Moore writes: "If we could understand the feelings of inferiority and humbling occasioned by failure as meaningful in their own right, then we might incorporate failure into our work so that it doesn't literally devastate us."

Here are a few suggestions for succeeding with failure.

Acknowledge your feelings of pain, humiliation and/or inadequacy. Laugh, if you can. A little bit of humor goes a long way in learning to accept failure and move on.

Acknowledge your responsibility. Don't deny the importance of the failure, but neither let it overwhelm you with guilt. Guilt isn't helpful; taking responsibility is. Forgive yourself. Forgiveness doesn't take away the consequences or the memory of the failure, but it does soften the fall and clear a path for the next step.

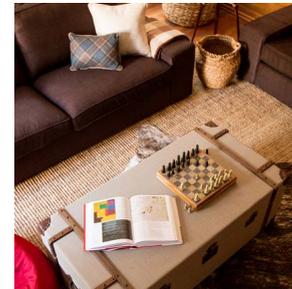
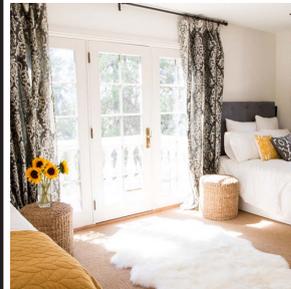
Build a base of supportive people. Share the reality of your life. When you stop hiding shame and denying negative feelings, issues can become accessible to be resolved.

Con't Page 18

POLARIS

TEEN CENTER

COMPREHENSIVE ADOLESCENT RESIDENTIAL TREATMENT CENTER



- Insurance accepted
- Primary Mental Health
- Customized Treatment Planning
- Integrated Family Programming
- Innovative Therapeutic Strategies
- Located in Encino, Los Angeles

www.polaristeen.com (818) 616-8650



ALCHEMY SOBER LIVING
SOLID 12 STEP RECOVERY
MEN'S SOBER LIVING
 IN THE HOLLYWOOD HILLS OF CALIFORNIA

• Program built around Stepwork



- Full Time Staff with Clinical Experience
- Daily 12 Step Study
- Drug Testing w/No Insurance Billing
- Daily Guided Morning Meditation
- Gym Membership to LA Fitness
- Attendance at Daily 12 Step Meetings
- Transportation to Recovery Activities
- Nutritionally Balanced Meals Provided
- Weekly Surf Meditation Instruction
- Full Size Organic Memory Foam Beds
- Linens & Towels Provided
- Weekly Breath Work Meditation Sessions
- Weekly Community Building Activities

Call Today **310.283.0876**

www.AlchemyHouseSoberLiving.com

A Better Way to a
Better Life

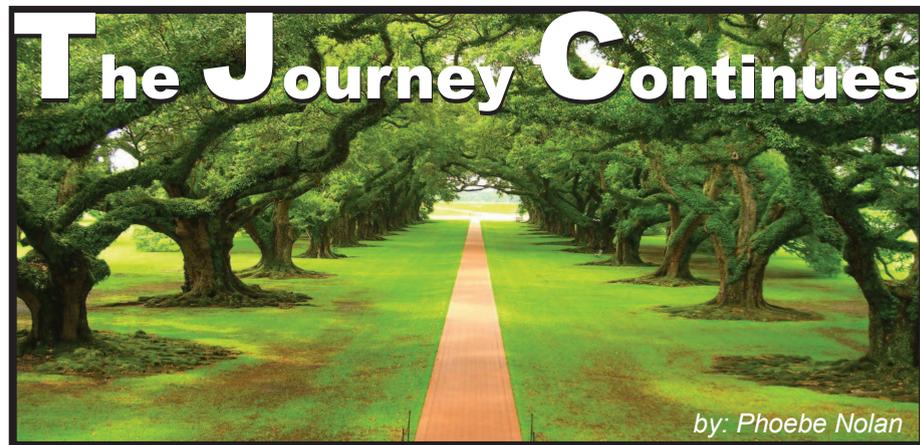
Sovereign Health Group provides innovative behavioral health treatment for patients and their families dealing with: mental health, addiction/ dual diagnosis and eating disorders. Our individualized care includes cognitive remediation and gender-specific treatment for adolescents and adults, as well as a recovery management program following discharge.

TREATMENT SERVICES

- Mental Health
- Substance Abuse
- Dual Diagnosis
- Eating Disorders
- Cognitive Remediation



National Treatment Locations • 24/7 Helpline
866-211-4621 • www.sovhealth.com



by: Phoebe Nolan

DEAL NOW, OR PAY LATER...WITH INTEREST

I like to think of my emotional bank and my credit card similarly; if I don't pay off my credit card when I make a purchase, I end up paying interest on my purchases. I will admit, I have a fear that my credit card will get to a balance that I can't pay off. It isn't a mortgage which is (hopefully) an investment, and there is no equity. It is simply a symbol of money I spent, usually on things I could go without. It isn't that I judge my spending on my credit card, I don't. There are many benefits to having a credit card. But by paying it off regularly, I know I am always in control.

When talking recently, to a friend about debt, he was shocked when I told him that I pay my credit card off within days of using it. My friend explained the financial benefits of keeping my money in an interest bearing account until my credit card bill was actually due as really, all that happens is the bank earns interest on my money instead of me. While I know he is 100% right, my fear of letting my credit card debt accumulate has not yet swayed me from my little practice.

This fear didn't come from nowhere. When I was 18 I was pre-approved for a credit card without ever having applied for one. When the offer came in the mail, I thought it would be fun and exciting and I really liked the idea of having another card in my wallet and of accumulating frequent flyer miles. I looked at how much credit I had available and it was a lot of money.

About 2 months after I first got my card, I got my first credit card statement. I was absolutely not living within my college-student-babysitting-once-a-week means! I paid a bit off but I didn't fully understand the impact yet. I continued to focus on how much money I had available to spend, not on how much money I had actually spent.

18 months later my card was maxed out and, every month, I was paying off interest which was about 50% of my still, college-student-babysit-once-a-week salary. I sat down and realized that at the rate I was going, it would take me 25 years to pay it off.

Now, looking back it was not a huge amount of money. It was a lot for a university student but I would have been able to clear it when I got my first job out of college with my first paycheck. But by that time, the interest I would have paid on it would have stopped me from doing a lot of other things.

I realized I was not in control of my finances and I panicked. When I finally went to my mum and told her of my predicament, she sat down with me and we had a long chat about spending. She took my statement, we went to the bank together and she paid it off before I permanently closed my credit card account. We then agreed that I would pay her back over a year until I had repaid her. If you know my Mum, you know what a generous and kind woman she is. It would have been very easy for her to just pay it off and I am sure on some level that was probably what she wanted to do. Luckily for me, my Mum is also very wise and responsible and I don't believe I would have the approach to credit cards that I have now if she had simply paid it off and let me continue on my merry, spending-outside-my-means way!

If only our emotional debt could be wiped away as easily as my financial debt was.

I was talking to some clients recently about an adage a mentor of mine said to me one day: 'Deal now or pay later.' I repeated this saying to my clients and we began talking about why we need to address our emotions and feelings when they arise. The feelings don't go away when we don't address them; in fact they just fester and then come back late. With interest! And the longer you leave them, the longer it takes you to pay off the interest, all without touching the principal amount!

We all have scars. Every single one of us has been hurt in some way. The scars can come from family, teachers, friends, work colleagues, romantic relationships and so on. Not one of us goes through life unscathed. But the longer those wounds sit there without being addressed, the more we cover them up and the longer we stay 'in debt'.

I like to look at my trusted confidants as part of my emotional income. They help me pay off my emotional debts on a regular basis so that I can avoid paying interest. They do this by listening to me and allowing me space to talk about what is causing me pain, or costing me more than it should. I know from experience that if something hurtful arises and I don't talk to someone about how I feel, regardless of how vulnerable it makes me, or how silly I think the problem is, the problem will become a lot bigger than it ever was. Other problems will then pile on top of the principal problem and not only will I have to sift through the layers of new problems, I will still have to get back down to the underlying concern. Trust me when I tell you that this takes a lot longer than dealing with it in the first place! Next time something arises that makes you feel sad or uncomfortable or off kilter, don't bury it. Find your boyfriend, your wife, your friend, your parent, your therapist, whoever, just someone you trust. Tell that person and allow the principal problem to be paid down by their compassion, love, understanding and companionship. Yes, vulnerability is scary and the worse we think the problem is the more inclined we are to bury it; but the people who care about us want our emotional banks to be healthy and the more you reach out, the more you will find that not only will you avoid paying interest, you'll actually start saving!

Phoebe Nolan, is the founder of Soulswells, a stand-up-paddleboard business that focuses on helping clients develop and explore their spirituality, out on the water. Phoebe works with clients who are struggling with eating disorders and addictions. Prior to starting Soulswells, Phoebe worked as an attorney in the mental health field, helping clients get access to treatment they needed. www.soulswells.com or email: phoebe@soulswells.com, phone: (917) 226-5913

Change
your life today
to have a future
tomorrow.
CALL NOW! 877-937-9706

MOST INSURANCE PLANS ACCEPTED



Services offered
• Residential Sub-Acute Detox
• Residential Inpatient Program
• Day Treatment Program
• Outpatient Program
• Long-Term Program
Private & Semi-Private Rooms



High Quality Rehab Program
• Family Care Consolation
• Cognitive Behavioral Therapy
• Psychodrama Therapy
• 12-Step Facilitation Therapy
• Family & Couples Counseling
• Individual Counseling



Holistic Approaches
• Music Therapy
• Art Therapy
• Nutritional Education
• Personal Fitness Training
Male and Female Gender Specific Facility

Call for a FREE Consultation **877-937-9706**

www.cyclesofchangerecovery.com



WHY CAN'T YOU GET BETTER YESTERDAY?

"You need to make amends to me now!"
 "But I just went to my first meeting!"

Time is not always on our side in recovering relationships. The emotional pain is intense. Because of the history of betrayals, infidelities (sexual and financial) and broken promises, couples want their partners to soothe those wounds "yesterday."

In "Recoverships," partners can differ in their perceptions of time. The Addict is told to take their recovery slowly, one day at a time. But they want their partner, or Co-Addict (who may or may not be in recovery or Al-Anon), to immediately stop bringing up the negative past. The Co-Addict lives with past hurts in present time, expecting their hurts to go away once the using stops. However, they want the Addict to give them time to be able to forgive and trust again. When these timelines are mismatched, resentments surface causing fractures in the couple structure. Partners begin to withdraw from the other and the bonds that may have once existed begin to crumble. However, when both partners are able to talk about the wounds that were caused by The Addiction and the other listens, the couple fracture, like a bone, is healed and stronger than it was before.

I developed a 12-Step "Listening Ceremony,"** to help couples create an atmosphere of tolerance, kindness, compassion and empathy during the telling and witnessing. These spiritual qualities are the balm that heals all injured relationships.

A. PREPARATION: 1. Do NOT begin the ACTION PLAN without first completing the following steps in the exact order below.

2. NEVER begin The Listening Ceremony if either partner is Hungry, Angry, Lonely or Tired (HALT). Table the conversation until those conditions are resolved.

3. Do NOT start The Listening Ceremony alone! Find an umpire. Use the unbiased eyes of a certified couple therapist, spiritual counselor and/or RCA sponsor to help you negotiate through this ambitious adventure.

4. Both partners must honor the 12th Tradition of placing "The Couple Health before their Personalities." If partners are not on the same page with this, STOP! Couples can find help with 12-Step support, therapy, and/or spiritual tools to bring them into agreement this Tradition.

5. Each partner, using their Higher Power's (HP) guidance, separately writes on one page only about how The Addiction (not the partner) hurt them, crushed their self-esteem, destroyed their dreams and diminished their self-care.

6. Develop an After Plan for each partner following The Ceremony. This may include a specific touch, speaking with one's sponsor, therapist, or spiritual counselor, writing, or going to a meeting. This avoids that awkward, "What now?" feeling at the conclusion of this process.

7. Use a timer. At first, set it for 3 minutes. Once the couple is comfortable with the Ceremony, then set the timer to 5 minutes, but never more than 10.

8. Before sharing, couples say a prayer for the other and ask that their words unify, not divide the couple.

B. ACTION PLAN: 9. The Co-Addict goes first and shares their Step 6, ending when the timer rings. There is no, "But I also wanted to say..."!

10. The Addict does nothing but listen during the telling. There are no comments, comparing of stories, advice giving, defensiveness, note taking, eye rolling, grunts or criticism from the Addict during the telling. After the timer rings, the Addict concludes this cycle with, "Thank you for letting me hear your story. I am sorry my Addiction caused you so much pain."

11. The Addict then begins their cycle of 6th Step storytelling. The Co-Addict also just listens. When timer rings, the Co-Addict tells their partner, "Thank you for letting me hear your story and I am sorry The Addiction caused both of us so much pain."

12. Finally, partners describe 2 behavioral changes they will make within the next 24 hours to help ease the other's distress. The couple then thanks their HP and asks that their partner be surrounded by peace and safety. Couples immediately follow up with their Step 5 After Plan actions.

Geez, what could possibly go wrong?! Absolutely everything! This is treacherous work. To have any chance of success, these steps must be taken in order and fully before moving to the next step.

Partners believe that if the other really loved them, they would change their negative behaviors into positive ones. But that is like trying to turn around an oil tanker in the middle of the ocean! It takes a long time. Carving and making permanent new pathways in the brain also takes time. Aristotle said, "We are what we repeatedly do. Excellence then, is not an act, but a habit."

I also recommend that the Co-Addict attend at least 5 Al-Anon meetings, while the Addict goes for their 90 meetings in 90 days, or 5 meetings/week. Couples can also find relief by attending their partners open 12-Step meetings and the Recovering Couples Anonymous (RCA) groups.

Couples must develop realistic expectations for the length of time it will take to create change and heal. Healing does occur with The Listening Ceremony, but only when partners follow the protocol. Recoverships will then be able to develop a new language of hope, connection and intimacy.

Melody J. Anderson, LCSW in New York & California. She has a private practice in Westwood & Manhattan. She graduated from The Ackerman Family Institute in Manhattan and specializes in treating couples. As a licensed Reverend in California, Ms. Anderson presides over wedding ceremonies and provides pre-marital counseling to recovering couples. www.counselingbymelody.com (310) 285-9410.

PURE RECOVERY CALIFORNIA
www.PureRecoveryCA.com

SPECIALIZING IN PURE HOLISTIC,
 ORGANIC & PERSONALIZED TREATMENT

Get Help Now
 Recovery is just a phone call away
800.714.0340

We accept most PPO insurance plans and Out of State PPO Plans



Miracles in Action Intensive Outpatient Treatment Center

We understand that you may need a support system.



We Accept Most Insurances

Our Doctors, Psychiatrists, Therapist and Counselors are trained to specialize in:

- Substance Abuse
- Anxiety Disorders
- Co-Dependency
- Eating Disorders
- Dual-Diagnosis
- PTSD and Trauma
- Bi-Polar

290 East Verdugo Ave. #105, Burbank, CA 91502

CALL TODAY for a Consultation 818-429-9103

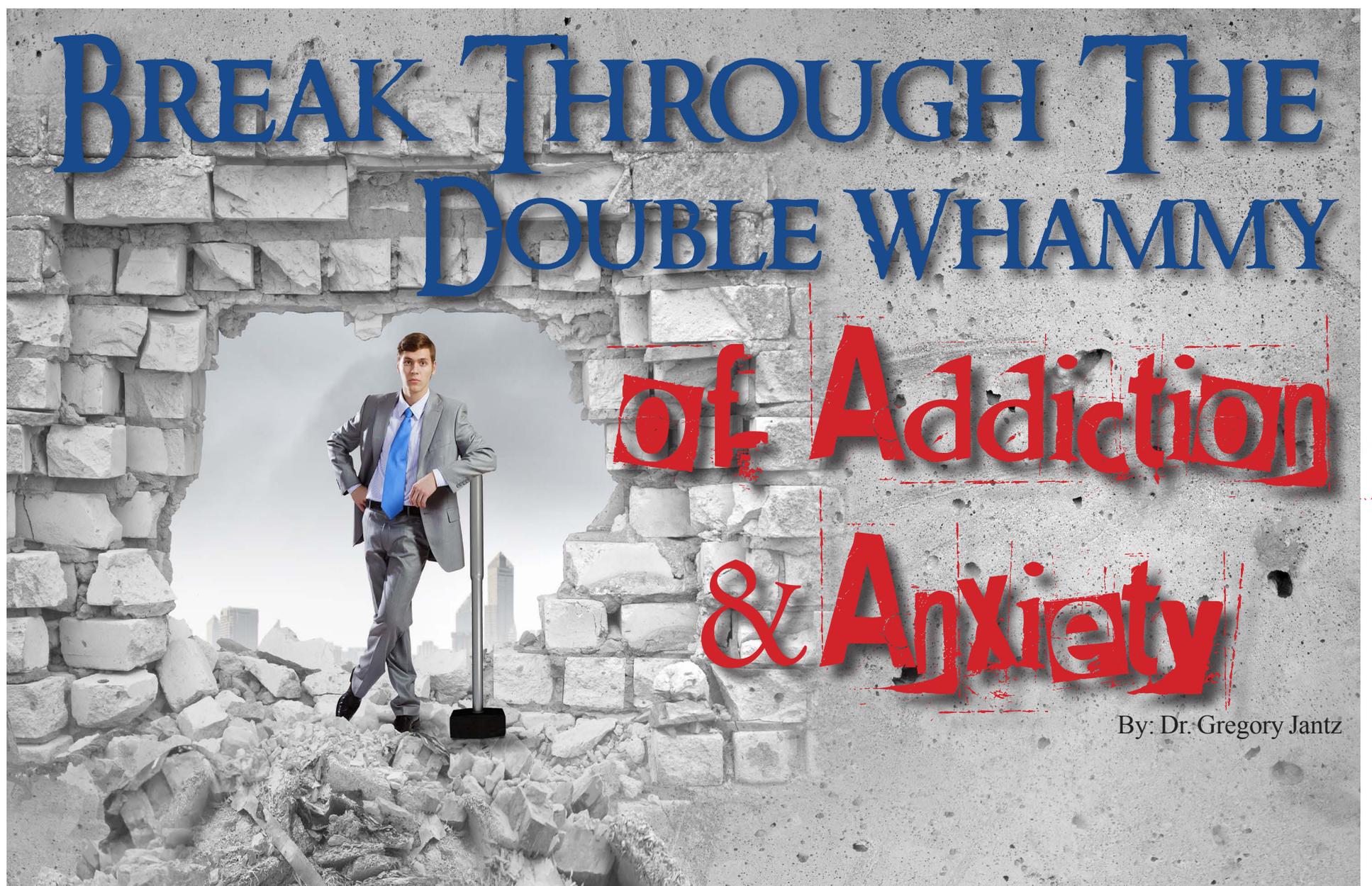
Miracles in Action Sober Living At it's Finest

We provide a smooth integration into a twelve step lifestyle. Miracles in Action is dedicated to helping you maintain your sobriety in a safe, comfortable and drug/alcohol free environment in beautiful Glendale, California. We provide food, transportation to 12 step meeting as well as many other sober events!



Members of the Los Angeles County Sober Living Coalition

www.MiraclesinAction.info



When we think of serious mental health issues, we often think of depression and eating disorders. While depression remains the number one mental health disorder, the number two disorder, right behind depression, is anxiety. Anxiety is an often-present cousin of depression and, left untreated, can have serious negative long-term effects on one's social, physical and mental health.

Understanding the causes of anxiety is critical to our ability to successfully treat the disorder. But for one suffering from anxiety, and who also is a drug or alcohol addict, understanding the causes of anxiety alone may not be enough to successfully treat the disorder. We have to understand the physical and psychological implications of addiction-fueled anxiety if we hope to successfully treat both issues.

The physical manifestation of anxiety can be constant worry, OCD, PTSD, fear/phobias, and, in severe cases, debilitating panic attacks. To the person struggling with anxiety, these by-products of anxiety can rob them of their confidence, their happiness (leading to depression), and self-esteem issues among others.

But how are anxiety and a drug addiction related? One characteristic of individuals with an addiction is a notably higher propensity of anxiety than the non-addict. Anxiety is often treated by self-medication. The cruel irony for the addict with anxiety is that the addict is more prone to self-med-

icate with drugs or alcohol to provide temporary relief. Their "barrier" to taking drugs to fix problems has already been broken, and they have a pattern of dealing with their issues with drugs and alcohol. Because the addict is so accustomed to taking drugs to alleviate their pain, they find it easy to continue taking drugs or alcohol to also help with their anxiety. And therein lies the rub.

In the short-term, the drugs and alcohol may very well calm the person, providing real or perceived relief from the fears of anxiety symptoms. But in the long run, this behavior can actually numb and damage the body's internal ability to cope with anxiety. This constant pattern of self-medication pushes the addict farther and farther away from their true healthy being, making it more and more difficult to successfully treat them for both their addiction and their anxiety over time.

The reason for this phenomenon is that, as an addict takes medications or alcohol to mask their pain, they soon build up a tolerance. The limbic center of the brain, the area responsible for mood, anger, arousal, feelings of joy, reacts to the stimulation of drugs and alcohol. Over time, the limbic region begins to develop receptors that require more and more drugs or alcohol to provide the same feeling of relief.

As time goes on, those receptors become increasingly powerful because they are completely bought into their "new norm". For the drug addict

who may have waited years to begin treatment, withdrawal symptoms can become significantly more pronounced than if they had come in after being addicted for a shorter period of time. Their limbic center would have had less time to re-program itself, and less time to become more deeply convinced of its new norm. This tempts the long-term addict to go to the one thing he or she believes provides relief – drugs or alcohol.

To successfully treat the addict with anxiety, it is important to understand how long they have been self-medicating their pain, to what extent, and how long and to what extent they have been abusing other drugs. This will give a good indication of the potential for a protracted and extra-painful withdrawal period. (As a side note, even if an individual with anxiety is not otherwise addicted to drugs, their long-term self-medication, which they may debate is a drug addiction, can produce a similarly protracted detox and treatment).

It is important to give time for the receptors to re-program themselves – reducing and, ideally, eliminating their reliance on medication – at a rate that does not induce anxiety and panic. For example, if an addict with anxiety stops their drug use cold turkey, the shock to their system may not only induce severe anxiety and panic, it could lead to a seizure or system shutdown as the brain's receptors strain for relief.

For the long-term drug user, this weaning down on their self-medication or alcohol use can take months. During that time, a structured, monitored program is necessary to ensure treatment success. Not only is it important to treat the physical reactions to withdrawal, but also the psychological and emotional contributors as well.

Often, anxiety, worry and fear result from traumatic events in life. Those events may have occurred in childhood or years ago, or they may be ever present. In 30 years of treating anxiety and co-occurring issues like depression or drug addiction, I have never seen where dealing with the symptoms of an issues ameliorates the causal factors.

Hence, just dealing with the body's chemical reaction to taking drugs, or weaning itself off drugs, will not be the entire solution to helping them fully heal in the long-term. Working simultaneously at the root causes of their addiction and anxiety will provide the whole-person solution to their issues. And in doing so, their whole person – their mind, body and spirit – become truly healed, enabling a lifetime of balance, happiness and meaningfulness.

While the individual is in treatment for their addiction, and understanding the double whammy they have imposed upon themselves by self-medicating their anxiety, take advantage of the structured therapy environment to provide professional counseling. Treatment for their mental health may very well be the key to helping them overcome their drug addiction as well.



Dr. Gregory Jantz is a Mental Health Expert and pioneer of whole-personcare. He is the founder of The Center • A Place of HOPE in Seattle, WA. Dr. Jantz is a best-selling author of 30 books and is a regular mediasource expert for a range of behavioral-based afflictions and addictions.

SOME TIPS FOR DEALING WITH ANXIETY

A few times every day, recognize that at this very moment you're doing OK.

Accept the inevitability of negative thoughts - don't try to repress or control them.

Re-evaluate the actual probability that something bad will happen so that you aren't constantly over-anxious.

Realize that not everything is the end of the world - one way to do this is by consciously trivializing tasks.

Exercise to protect yourself against the effects of stress, which include anxiety and fear.

Use the emotional connection between you and your friends to reduce the sensation of fear.

After a bad event happens, engage your parasympathetic nervous system by breathing deeply and relaxing your muscles.

Actively decide to be courageous, because nothing can be done without making that choice.

Prevent yourself from always focusing on the negatives by balancing the picture.

Prayer and Meditation are great tools for lessening anxiety.

KEN SEELEY

Secret to long term recovery,
find the key to **SUCCESS!**

5 Years Sober

80% success rate with family support

Unlock the Secret. CALL NOW!

(866) 888-4911

KSC
Ken Seeley
Communities

i911

Visit us at KenSeeley.com

*We accept most insurance for treatment.

We Accept Most PPO Insurances

Sanctuary Treatment Center

Exclusively For Women

818-646-3280

WHAT WE TREAT:
Chemical Dependency
Addiction
Depression
Anxiety



*A gentle and informative group setting
in an excellent environment
where women
feel safe, and comfortable*



Southern California's Premiere All Women's
Dual Diagnosis Treatment Facility

www.SanctuaryTreatmentCenter.com

ENCINO, CA



EARN CE CREDITS,
NETWORK AND
ENJOY THE VIEW.

.....
INNOVATIONS IN RECOVERY
2016

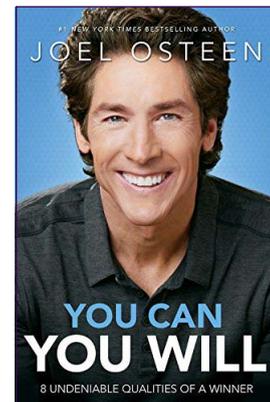
Featured Speaker:
Peter A. Levine, PhD



Hotel del Coronado
April 4-7 · San Diego, CA
FoundationsEvents.com

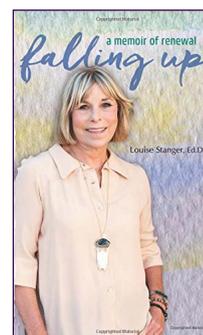
Book Reviews

***You Can, You Will: 8 Undeniable Qualities of a Winner.* Written by Joel Olsteen, Senior Pastor of Lakewood Church. Distributed by Faith Words, Hachette Book Group.** Joel Olsteen, is the senior Pastor of America's Largest Church-Lakewood Church in Houston, Texas. Joel's spiritual outlook that is shared throughout the book, is of God's unconditional love that He has for each and every one of us, His most prized creation empowered with His attributes. God made an incredible provision for us - through His Son's tremendous sacrifice and suffering - to give us all, an opportunity to be able to get back into His good graces and receive salvation. This #1 New York Times Best seller, is a reminder to view our lives as a precious gift that should be embraced daily, knowing that we are all unique and so treasured in God's eyes. Joel explains how important it is to focus on the positives and not the negatives, for what you focus on can manifest into reality. Joel Olsteen has a remarkable gift from God, on how to convey to ALL, the true privilege that we have being made in God's image, and Joel explains in detail about the 8 undeniable qualities of a winner, which we all have the potential to become. To keep your vision in front of you, run your race, expect good things, have a positive mind-set, commit to excellence, keep growing, serve others and stay passionate, helps to guide your steps to become the winner that you were created to be. Available at Amazon.com



***Falling Up: A Memoir of Renewal.* Written by Louise Stanger. Published by WZY Press.**

What a beautiful, raw, and compelling memoir. Louise Stanger had me at the first chapter. Her families personal struggle with addiction and mental illness was all too familiar to me. Louise gives a very accurate description of the feelings and characteristic of one living in that environment. I completely identified. Being born into the world of trauma and chaos Louise Stanger still perseveres and takes her pain and struggle to help others in crisis. She has performed hundreds of family interventions throughout the United States. This book is about hope and courage. We do recover. I can't praise this book enough. Available at Amazon.com

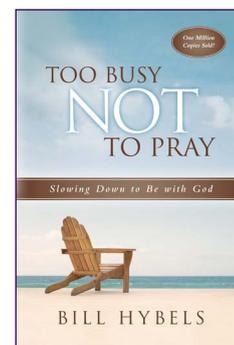


***Too Busy Not to Pray.* Written by Bill Hybels. Published by InterVarsity Press.**

This book is exactly what you think it is. Bill Hybels tells how he was too busy to pray, and how he adjusted his life to center around prayer not the other way around. This book explains in detail, a few different ways that you can make prayer fit into your busy schedule, and why it is so important to make that time.

I have found out, the busier I am the MORE I need prayer. The more I depend on God, the easier my busy days are. Bill Hybels goes into detail about making prayer more effective, sharing techniques and methods that create "a pattern for prayer".

I found the part "God Speaks To Our Hearts", so helpful in learning to "listen" and the importance of "Living in God's Presence" through constant prayer all day long. My prayer life changed profoundly after reading this book. A must read for anyone wanting to improve their prayer life or anyone with questions about how prayer works. Available at Amazon.com



~~~~~  
Do you have a book you want us to review? Send us a copy to at: 6930 De Celis Pl. #35, Lake Balboa, CA 91406.  
~~~~~



DON'T TELL ANYONE

I was the one whispering these words to myself deep within my mind's vault, which caused me to live in a world of complete isolation. Fear and anxiety were the tenants in my head where hope and faith should have been living instead. It wasn't until I started talking about it that I received the support and help I needed. The biggest hurdle I had to jump, was to understand that no one is alone in this fight. Not even me. I needed to realize that there is no shame attached to the illness of addiction, except the shame I had for myself for waiting so long to ask for help with my son's addiction. What kind of mother was I?

I was that mother.

I realize now that I was as sick as my addicted son.

I blamed everyone else for his addiction and worried about what people thought of my family. I was dressed up in my fabulous clothes, driving my expensive car, making believe that my family was perfect because I was so petrified of being judged. Looking back now, I thought this made me an enabler and recently apologized to my son Mike for that. Five years sober, he said, "Mom, you weren't an enabler. I was going to get high with or without your help. You were more of a disabler in the beginning. Not reaching out for help can disable someone from getting the help they need. I understand that as a mother you thought you could fix it."

He is correct. I always thought that I had a Masters degree in "fixing" everything, which made for a very dangerous form of mothering. If I had kept the secret and never reached out for help, I could have and probably would have lost my son.

I needed to learn to love my child to life, and not love him to death.

We are helping each other recover with the understanding that his recovery is not my recovery. My recovery is my own.

I knew I hadn't caused the addiction to happen and I knew I couldn't control it. I do admit that I believed I could cure it. I know how I contributed to it by listening to those 3 little words banging around in my head.

"Don't tell anyone."

I had a choice. My son didn't. I chose to be that person. He didn't choose to be an addict. I chose to worry about people that in the end meant nothing to me. It was all about keeping up appearances and trying to keep a secret, and that was exhausting.

I took a good long look at myself, and realized that nothing would change if nothing changed. The only thing I could change was myself.

This was the one thing I did have control over. On the non stop flight through Mike's addiction, I had to have the oxygen mask on first, to be there for him as he was gasping for air. I had to understand that I couldn't save my son. I could only be there for him as he saved himself. I needed to be healthy enough to be there for him.

My son Mike and I recently published our book which we wrote side by side called S.O.B.E.R.* which is an acronym for Son Of a Bitch Everything's Real. It is our family's personal story of facing reality the moment we both stopped denying his addiction.

Today, I don't live my life the way my parents did by telling my kids, "Do as I say, not as I do." I want them to do as I do, and set an example for them every day moving forward. I want them to never judge and to never be afraid of asking for help.

I hope people will take a moment out of their busy lives to reach out to that friend or family member who is fighting for their child's life, even if it makes them uncomfortable. It takes more courage to be uncomfortable than to judge and alienate. Find the strength, and call that person. Pray for them and most importantly give them words of hope. It's important to do because the person needing the hug or the prayers or the hope, could end up being you one day. You may claim to be unaware of the addiction crisis or you may be foolish enough to think it is a choice but the truth is that:

No one is immune.

Not even you Mr. Judgment and Ms. Unaware.

You can continue to be that person or you can make a change.

Be who you want your children to grow up to be.

They are watching you.

Anita Devlin is the co-author of a compelling new memoir entitled S.O.B.E.R., an acronym for Son Of a Bitch Everything's Real. In a phrase, that's how Anita felt during the harrowing experience of helping her son navigate his addiction, which eventually led to his recovery. Her son & co-author, Michael Devlin Jr., has been sober for nearly five years. Their's is a story of struggle, hope and faith that has been called by many "a family love story." Anita lives in New York City with her husband, Michael. Please visit Anita's website, www.anitadevlin.com*



kickaddiction.com



Your life. Your recovery.
We will help you get there.

We personally know the pain and life-wrenching consequences of addictive behavior, which is why we are here to remove obstacles and help find the best treatment for you as you pursue your journey to recovery.

Begin Today Call **(844)-344-kick**



SPRUCE HOUSE

www.SpruceHousePasadena.com

Pasadena
RECOVERY CENTER
Affiliated Sober Living for Men

LIVE LIFE ON PURPOSE!

Spruce House is committed to providing an Affordable, Home-like Environment,

filled with HOPE & Purpose for Men in Early Recovery

Affordable Recovery Begins Here:

866-663-3030

- Safe and Sober Environment
- Live in manager
- 5 Bedrooms - 3 bathrooms
- Private rooms available
- Free Wi-Fi • Gourmet Kitchen
- Across the Street from Park
- Walking distance Pasadena Recovery Center



www.SpruceHousePasadena.com

That Piano Lady Music Studio

- Private Lessons • Salon Performances
- Parties • Corporate Events
- Fund Raisers
- Weddings • Receptions & more...

www.thatpianolady.com



CHANDLER LODGE
-FOUNDATION-
Founded 1960

CHANDLER LODGE
FOUNDED 1960

**FOR OVER 55 YEARS WE HAVE BEEN PROVIDING
SAFE 12-STEP BASED SOBER LIVING FOR MEN**

Chandler Lodge is a non-profit, foundation established in 1960 by sober men in the program of Alcoholics Anonymous, we are committed to providing services through the 12 step program that has been successful for many years.

Chandler has proven to be one of the most effective Sober Livings available, literally thousands have benefited from our inhouse and outreach programs. We are not a lock down facility; we function as a recovery program of attraction.

Call us today! **818-766-4534**
Sober Living for Men

- 28 on-site AA Meetings weekly
- 12-Step Program Guidance
- Relapse Prevention with peer support
- Sobriety Monitoring & U.A. Testing
- Close to Buses • Gym • Cable TV • Food • Internet • Laundry

www.ChandlerLodge.org • 818-766-4534

I Offer You Support & Solutions



Specializing In:
Trauma; Families & Addiction; Anxiety & Impulse Control Disorders; Couple, Pre-Marital & Marital Counseling; Couples In Recovery; Weddings; Life Transitions/ Grief; Spiritual Growth.



Melody J. Anderson - LCSW (CA & NY)
310.285.9410
www.CounselingByMelody.com



A formal statement testifying to someone's character and qualifications.
Synonyms: recommendation, character reference, commendation, endorsement.

“I continue to get calls from the ad I placed in Keys to Recovery Newspaper. My last client told me they found the ad for our facility in your newspaper.”
- Dave Miller Owner of Atlas House
310-719-5610 • www.Atlas-Recovery.org

Thank you Dave, for letting us know advertising in Keys to Recovery newspaper is working for you. We have worked hard to get our readership up to over **90,000 per month.** www.KeysToRecoveryNewspaper.com

Our primary purpose is to spread the message of HOPE & RECOVERY for FREE, we are able to do this through our advertisers.

Let our advertisers know you saw their ad in KEYS to Recovery Newspaper.

MARCH

Events

SATURDAY, MARCH 5, 2016: Spaghetti Dinner and Speaker Meeting. Meeting starts at 7 pm. Dinner 8pm and Open Mic 9. FCYPAA Fresno ALano Club. 1350 N. 11th st. Fresno California. (559) 264-2730 email fcypaa@googlegroups.com

SATURDAY, MARCH 12, 2016: 4th Step Workshop. Speaker starts at 9:00am. Instructions from 9:30am -10:00am. All Materials supplied free!! Spirit of Studio 12 S.O.S. 6006 Laurel Canyon Blvd., North Hollywood. California. For more info call Lee R. (818) 203-3353.

SATURDAY, MARCH 26, 2016: AVYPAA Presents Kicking In The Desert. Meeting at 8 pm Dance to follow. DJ Rage Squad \$10 Suggested Donation. 509 West Ave HB/Sierra Hwy, Lancaster, California, More information call Kevin H (661) 576-6975 or Robert R. (818) 472-8639

FRIDAY MARCH 18TH TO SUNDAY MARCH 20, 2016: "Keep Coming Back" Radford Hall Mini Conference; Meetings, dances, panels, bake sale... food fun and fellowship. RADFORD HALL 13627 1/2 Victory Blvd., Van Nuys California. **INCLUDED IN THE MINI-COFERENCE - FRIDAY, MARCH 18, 2016:** SFVPAA Hallowmeme in March. Come dressed as your favorite Meme. \$11 suggested donations. Meeting starts at 8pm dance to follow with DJ K Love. RADFORD HALL 13627 1/2 Victory Blvd. Van Nuys, California 914012

SATURDAY, MARCH 19TH, 2016 @ Windsor Club Clean & Sober DANCE Party: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 SUGGESTED DONATION. 123 West Windsor Rd, Glendale California 91204. (818) 242-1350.

SATURDAY, MARCH 19, 2016: SOCYPAA Presents Let's Taco and About Traditions. 3pm-12am. Traditions Workshop & Dance with Speaker Panel. \$10 Suggested donation. Phoenix Theater 201 Washington St. Petaluma, CA. (707) 762-3565

THURSDAY-SUNDAY, MARCH 24-27, 2016: San Diego Spring Round Up. Living Serene 2016. 500 Hotel Circle North, San Diego, CA. 92108 (800) 772-8527

FRIDAY- SUNDAY, MARCH 25-27, 2016: 31st OCAA Convention. Doubletree Hotel Anaheim, 100 The City Dr. South Orange, CA. 92868 (714) 634-4500

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

THE NORTH HOLLYWOOD GROUP

You are invited to
RADFORD HALL MINI CONFERENCE
"KEEP COMING BACK"
MARCH 18, 2016 TO MARCH 20, 2016
13627-1/2 Victory Blvd, Van Nuys, California 91401

Celebrate your recovery by joining us at Radford Hall for a fun filled weekend.

There will be a Friday night Italian Dinner and dance. Saturday a comedy show and ice cream social, a Sunday Potluck, as well as Panels, meetings and so much more. Food, Fun and Fellowship!

A Silent Auction - with wonderful items - will be held during the Mini Conference to make donations
contact Micheal E. 747-254-8194



STOP THE PAIN

While there are many triggers that push the addict to relapse, such as relationships and stress for example, pain, physical and / or emotional, is certainly not to be underestimated. So, is there hope for a pain free life? To answer this question, lets first explore what pain is.

There are several categories of pain including but not limited to:

• **Physical** • **Emotional** • **Contrived**

Pain could be described as an unpleasant sensory and emotional experience that cannot be accurately measured, as it is a multidimensional experience with objective and subjective aspects. Beliefs and expectations, health conditions, gender, age, culture and other psychosocial factors influence both pain and response to pain. We are emotional human beings: Self-awareness is developed by our emotions. All movement in the body is caused by our feelings, which are controlled by our nervous system.

For example, physical pain that we perceive when we have an injury or infection alerts us to the potential tissue damage, by sending pain signals via the spinal column to the brain. Sometimes pain persists after the injury has healed or may even appear when there was no apparent cause. (Contrived) The persistent pain is linked to changes in our nervous system, which responds to internal and external change. Interestingly enough, whether pain is contrived, physical and/or emotional, studies show that the brain perceives all pain in the same way. The process by which we perceive pain is complicated and involves intricate connections among complex regions of the brain. The nervous system uses a set of chemicals called neurotransmitters, to communicate between neurons within and across these stations in the pain pathways.

Some of the conventional ways to handle pain is by administering narcotics, drugs or surgical techniques to interrupt the relay of these pain messages. The problem with taking narcotics to alleviate pain is the body develops an addictive dependency to it; you will need to increase the dose to lessen the pain. As time goes on the drug may become ineffective in doing its intended job. Side effects when taking any particular drug or drugs combined can be worse than the original condition. It also further weakens the nervous system, which is responsible for the healing process of the body.

When the body is too weak, through drug or alcohol abuse, illness or lifestyle for example, the nervous system becomes frazzled and is unable to fulfill its role efficiently. The person involved exasperates the condition by overreacting to situations, without thinking first about the consequences, usually resulting in imaginary stress or pain, which can become exaggerated, and or even become a chronic condition.

Key aspects of behavioral health is for the self development of one's own responsibility; You have to be responsible for your own health before you can be responsible for others, such as your family, parents, children, associates, students, or people under your guidance and or care. There's a whole realm of responsibility, but if you can't take responsibility for your own health then how can you take responsibility for others?

Understanding the connection between the nervous system and pain management sheds some light on the subject and suggests an unconventional solution. So the question is: "What safe and revolutionary tool can I use in my recovery process, to heal emotional and physical pain and go beyond conventional therapy?"

Specific strength training tool that produces a 20% to 50% strength increase, grounds the body and strengthen the nervous system physically, sending healing messages to the brain. It facilitates healing of the body and the mind and assists in overcoming injuries more rapidly while handling emotions that seem to come up out of nowhere. It produces the release of positive and natural chemicals to the brain, in time allowing you to replace old behavior patterns with new life changing positive habits.

With the practice of an intelligent strength training system, the individual can become stronger physically, more grounded emotionally, and able to evaluate situations before making any decisions that could be harmful to one's self. To achieve more positive outcomes, and reduce pain, positive actions might be taken such as for example, adding natural supplements with anti-inflammatory properties to one's diet; this could lessen the urge to drink and the need for prescription medication. Seeking the help of an alternative health care practitioner that wins over your trust without passing judgment on you could also offer great benefits.

When the person is being heard he/she will inevitably feel more important by not being swayed by other people's negativity that might cause more pain, while remaining firmly grounded in the body to take positive action.

While the individual enjoys the quietness of the mind with this revolutionary tool for stress management reduction, strength training can also be very efficient in restoring the body's natural balance back to health by promoting a healthy musculature and proper postural alignment, which are the cause of the most commonly experienced conditions such as back pain, sciatica, neck pain and other issues associated with overuse injuries.

Some of the added benefits include, feeling happier, saving time by being more productive, enjoying improved cognitive functions and brain capacity such as memory, enhancing communication skills in relationships. In fact, research now finds strength training to be the number one anti-aging physical activity to handle depression, beyond yoga, Pilates and aerobics activities.

Strength Training can unlock the mysteries of how you can achieve the next level of greatness in your life, giving you new hope for a pain free life, the self confidence and poise to exercise freedom of choice, and be all your can be from the inside out, finding self-acceptance, being loved for whom you truly are and so righteously deserve.

Written by Batista Gremaud Author of "How to lose weight and look good with strength training" Coming to a book store near you "Stronger than Medicine"
Contact info: www.DrFitnessUSA.com, 424.245.6560, doc@DrFitnessUSA.com

At the end of every seven years you must
cancel debts
Deut. 15:1
A year of release...

Freedom

7th Annual
Believers in Recovery Annual Retreat
APRIL 15-17, 2016
At The Oaks Camp & Conference Center, Lake Hughes, CA
(Just above Castaic Lake)

Spiritual Disciplines help to deepen relationship with God. Come away and join us for a life changing experience with other recovering people who are celebrating life! There are teachings, hiking trails, games, zipline, and other activities including a sunrise hike with devotions.

"To hear the voice of God, you must turn down the world" ~ Dallas Willard

For Registration and Information
www.believersinrecovery.org

Jasmine Skin Care
Put Your Best Face Forward + Lash Studio

Dedicated to helping you erase the wreckage of your past.

inside **Stiletto** 13235 Ventura Blvd.,
NAIL BAR Studio City, CA 91604

818.669.0333 • www.JazSkin.com
Email: sayhitojasmine@gmail.com

Classified Ads

COUNSELING

MELODY J. ANDERSON: LCSW (CA & NY) Support & Solutions. Specializing In: Trauma; Families & Addiction; Anxiety & Impulse Control Disorders; Couple, Pre-Marital & Marital Counseling; Couples In Recovery; Weddings; Life Transitions/Grief; Spiritual Growth. (310) 285-9410 www.CounselingByMelody.com.

HELP WANTED

ATLAS HOUSE SOBER LIVING is expanding to a large coed facility in Brentwood as of February 2016. We are now reviewing resumes for support staff. Technician duties include transporting clients to IOP (using our vehicle), observing UA's, ensuring that clients are staying within parameters of the program etc. Must have minimum 1 year sober with good boundaries. Accepting both female and male applicants. www.atlas-recovery.org - Please email resumes & cover letter to Dave@Atlas-Recovery.org.

SANCTUARY TREATMENT CENTER IS NOW HIRING FOR THE FOLLOWING POSITIONS: Overnight Resident Aide, RN, LVR (part-time & full time). Substance abuse counselor (part-time & full time). Please send resumes to email: Summer.martin27@yahoo.com. Or call (818) 646-3280.

LIVE-IN MANAGER POSITION FOR MEN'S SOBER LIVING AT AN EXCLUSIVE CHATSWORTH ESTATE: This is an Excellent Opportunity, if you are the Right Individual. Live-in Manager Requirements include: Experience in Management and Personal Recovery is a plus. Must be Reliable, Punctual, Detail Oriented, Highly Organized, and have Excellent Time-Management and communication skills. Must set the tone and attitude for recovery, maintain client Safety, Structure, and Support. Randomly Test Clients. Must have a valid CA driver's license and a clean DMV record. for more information call (855) 975-4357 or email: PremierLuxuryLivingSober@gmail.com

SOBER LIVINGS

THE SOBER LIVING NETWORK: Supporting, protecting and expanding quality recovery housing since 1995. The BEST sober living homes in Southern California are Network Certified. Find quality homes at www.soberhousing.net or call (800) 799-2084

12STEP SOBER LIVING.ORG: Sunland Area, men's, shared rooms, \$140 week / \$20 day. Phone, Cable, Internet, TV in every room and all the coffee you can drink! www.12stepsoberliving.org. Joel & Lisa Moss (818) 293-2222.

ALCHEMY SOBER LIVING: Solid 12 Step Men's Sober Living in the Hollywood Hills. Program is built around step work. Call (310) 283-0876 www.AlchemyHouseSoberLiving.com

ATLAS HOUSE MEN'S SOBER LIVING: Premier Sober Living In Santa Monica, CA. High-end Sober Living without the high-end price tag. For info call (310) 719-5610 or visit www.Atlas-Recovery.org.

HARVEST HOUSE: Elegant Sober Living for Women, in Encino. Daily 12 step meetings, step work and unity, the latest in treatment from medical providers, exercise, meditation, beautiful decor and gardens • "high-end" recovery experience with affordable pricing. (818) 305-1949. www.HarvestHouseLiving.com

HERBERT HOUSE RECOVERY SUPPORT HOUSING: Designed specifically for mature men, ages 25 & up. Affordable executive upscale sober living community in West L.A. Semi-structured environment with greater flexibility. Private and semi-private rooms. Established in 1996. Certified member of all national, state & local Sober Living networks. Call (310) 737-7566 or visit www.Herbert-House.com

PRIMARY PURPOSE SOBER LIVING HOMES IN THE SAN FERNANDO VALLEY: Are conveniently located. Our women's home (Valley Glen) is next to the Orange Line station and Valley College. Our men's home in No. Hollywood is near Cri-Help and the Van Nuys home is close to the Civic Center. Being an active participant in a 12-step program is required. We care about your Recovery! Call Marianne (818) 612-1439 or marianne@primaryp.com.

TRUE INTENTIONS Sober Home Located in Tarzana, California, provides a safe environment, free of alcohol & drugs. On site Manager, Heated Outdoor Pool, 12-Step Meetings, Work closely with IOP & Treatment Centers, Pet Friendly, Refuge Recovery Mediation Meetings, Gym Membership, Jacuzzis in some Suites, Private & Semi-Private Rooms. Sobriety is a gift that we wish all will experience. (818) 288-6075 www.TrueIntentionsSoberLiving.com

VICTORIA'S HOUSE: Established in 2005, has provided services, structure and support needed to help Women heal from addiction, while discovering the joys of recovery. A beautiful complex with 3 residences offering single & double occupancy rooms. Start Today Call (310) 581-5746. Email: info@Victorias-House.com, www.Victorias-House.com

You can email, or mail your classified ads to us. Please, no later than the 15th of the month prior to the month of publication. Call us to confirm receipt of your ad.

Con't from Page 8



by: Mara

Prayerfulness: A relationship of faith and gratitude with a power and presence greater than ourselves. A conversation with God.

Respect: An attitude of honoring oneself and others through our words and actions. Treating every person with dignity and courtesy.

Responsibility: The willingness to be accountable for our choices and also for our mistakes.

Serenity: Tranquility of spirit, with trust and faith that all will be well. Peacefulness in the midst of trials.

Service: Doing helpful things that make a difference to others. Investing excellence in everything we do. The contribution we make is the fruitage of our lives.

Sobriety: Serious, solemn and calm. Free from intoxication.

Tolerance: Being open to differences. Refraining from judgments. Patience and forgiveness with others and ourselves. Accepting things that we wish were different with humor and grace.

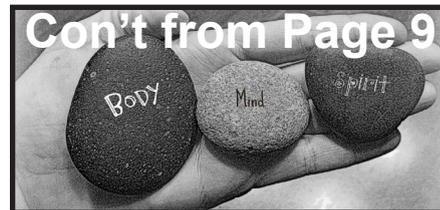
Tranquility: Serenely quite and peaceful; undisturbed.

Trust: Having faith. Positive expectation that all will be well. Having confidence that the right thing will come about without trying to control it or make it happen. Being sure, in the depths of our being, that there is some gift or learning in everything that happens. Having confidence in others; lacking suspicion.

Unity: Inclusiveness. Finding common ground in diversity. Seeking peace in all circumstances.

By Mara, Visit my blog: <http://selfworthdiet.com/>. Read *The Self Worth Diet - Featured Non-Fiction Book on Wattpad* <https://www.wattpad.com/myworks/57065207-the-self-worth-diet-recipes-memoir-self-help>.

Con't from Page 9



by: Marcia Ullett, MA

No self-recrimination. Replace If only... with Next time... to keep focused on the future.

Reflect. Seek not to blame but to search for the wisdom beneath the failure. With real curiosity, ask yourself these questions:

- How can this failure serve me?
- What does this setback mean?
- What have I learned from this experience?
- How can I use this failure?
- How can I see it in a different way?
- What is positive here?

Expect to make mistakes again. Some organizations are now building in this expectation and experiencing the enormous potential for innovation, teamwork and achievement that is unleashed when the fear of failure is removed. Individuals can experience the same potential.

Once the immediate feelings cease to be intense, failure is not about loss, deficiency and flaws. It's about learning lessons and courageously moving on. It's about retaining hope and the instinct for joy. The lessons of failure make us wiser, stronger and more prepared for the rest of our journey.

Author's content used under license, © 2008 Claire Communications

Marcia Ullett, MA is a Licensed Marriage & Family Therapist as well as a Certified Professional Coach. She is the author of *"Your Best Life Yet: A Journey of Purpose and Passion"*. She can be reached at (310) 600-5091 or via email: marciaullett@gmail.com www.marciaullett.com, www.yourbestlifeyetbook.com.

The Cost for classified ads is \$40 for 25 words or less, .50 for each additional word. You can email, mail or call your ad into us.

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400

Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406

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			
<u>Additional Charges for</u> 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

Materials & Deadlines

Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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 e-mail your information to: info@KeystoRecoveryNewspaper.com or call us at 818.386.8400.

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a 501(c)3 non-profit entity.

Our main objective is to carry the message of Hope and Recovery from all types of addictions and disorders to as many people as possible and to offer resources that may provide treatment and support. We do that by printing a traditional type newspaper as well as having an online presence. Our newspaper is filled with columns from today's top experts in the recovery field.

Keys to Recovery Newspaper, Inc. is educating our communities about alcoholism, drug addiction, eating disorders, sex addiction, gambling addiction, homelessness, domestic violence and so much more. We also print, at no charge, a resource guide listing free services and vital help offered within our community.

Keys to Recovery Newspaper, Inc. is making a strong effort to reach the many individuals currently in jails or other types of institutions and offer them information that will assist in their future recovery.

We are NOT affiliated with AA, NA, Al-Anon or any other 12-step program. We do, however, believe in the power of the 12-steps and the principles behind them. We strive to operate Keys to Recovery Newspaper, Inc. using these principles as a guideline - Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality and Service.

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 17 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 90,000 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 are distributing our recovery newspaper to:

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Churches
- Clinical Professionals
- Coffee Shops
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Veterans Hospitals
- Sober Livings
- Transitional Housing
- Therapist Office
- Related Conventions
- Recovery Industry Networking Events & many more locations each and every month.

From the most prestigious neighborhoods and facilities of all types to the impoverished streets of Skid Row, we carry the message of Hope & Recovery to everyone we can. Join us!

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

12 Step Recovery Info Line: Phone meeting info & recordings of recovery 951-262-3623, Lisa Moss 818-293-2222. 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 (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

Adult Children/Codependents 12 step & recovery based meetings, Every Thurs. & Sun. at 6pm 8742 Mulberry Dr, Sunland, CA. For info call Lisa Moss (818) 293-2222.

Addicts for Christ Los Angeles www.addictsforchrist.org (310) 452-4328.

Anaheim Alano 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

NEW: DefiningME™ free resources www.definingme.com

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

Laughing Yoga Recovery, for Stress reduction and wellness, breathe, love, laugh and be happy, (760) 832-9992.

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

TEEN LINE: 800-TLC-TEEN (in CA) (310) 855-HOPE, Teens helping teens. www.teenlineonline.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 (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

Hope of the Valley (Mission Hills) Recuperative Care Shelter (818) 392-0020.

National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free

National Runaway Switchboard (800) Runaway.

Meetings (818) 994-6747

San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

MEALS SERVED: Call the Homeless Shelters we have listed as most have food programs.

The Midnight Mission meals served 3 times a day (213) 624-9258.

Hope of The Valley (Van Nuys) - Victory Blvd. & Tyrone - Monday Thru Friday 12:15pm. call for more info (818) 392-0020.

San Fernando Valley Rescue Mission:call (818) 785-4476

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

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.

FOOD BANKS

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

HOUSING & HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living (310) 631-1600
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
Fervent Heart LLC (626) 319-7479
Family Promise of Santa Clarita Valley (661) 251-2867
Family Rescue Center (818) 884-7587
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 - (818) 392-0020 • www.hopeofthevalley.org December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776
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 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
Los Angeles Family Housing (818) 982-3895
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 (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
U.S. 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

Free Drug Testing Kit: www.Foundation2recovery.org,
Prevention, Education, Treatment (561) 981-6214
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 (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 National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)
REACH (risk reduction education and community health) FREE 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.
HEP C - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Dr. LA, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line
HepCHope: www.hepchope.com Hotline (844) 443-7246
On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

Keys to Recovery Newspaper, Inc. publishes "this 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, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



MARY COOK

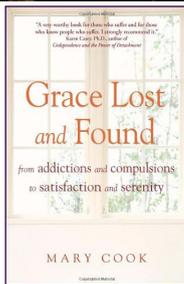
ADDICTION SPECIALIST COUNSELOR

M.A. Psychology, R.A.S.

40 Years of Experience

310-517-0825

Available for counseling in my office in San Pedro, California or by telephone.



AUTHOR OF: *Grace Lost & Found*
Available on Amazon.com

WWW.MARYCOOKMA.COM

email: MaryCookMA@att.net



The SoberScopes are for entertainment purposes only - Enjoy and remember RULE 62!

PISCES (Feb. 20-Mar. 20) Your ability to be practical in business will help. You may have to take a short trip to visit someone who hasn't been well. You will find that social activities will be enjoyable and will promote new connections. Opportunities for romance will develop through group endeavors; however, the association isn't likely to last if it's hastily done. Keep in mind that we are allowed to make some mistakes.

ARIES (Mar. 21- April 20) Use discretion, especially if involved with someone from work. Do not trust others with important information. Deception is probable if you don't use discrimination. Try to enlist the help of those you trust such as your Sponsor, in order to fulfill the demands being made of you. Meditate and pray for guidance from your higher power for the answers to be revealed to you.

TAURUS (Apr. 21- may 21) Entertainment should include your whole family. Don't vacillate about asking for assistance if you need it. Nagging has never been something that you could tolerate, and it's once again driving you into a lonely state of affairs. Direct your energy into Spiritual affirmation, apply the principals of the 12 steps in all of your daily affairs. Residential moves will be favorable.

GEMINI (May 22-June 21) Take matters in hand when it comes to dealing with clients or colleagues. You have a tendency to think that no one else will do things properly. Don't blow situations out of proportion, talk with your Sponsor about finding a solution that depends more on God and less of self. It's time you let your true feelings out. Become more involved in the 12 step meetings you attend, be of service on a daily basis to all that you can help.

CANCER (June 22-July 22) Travel could bring you the adventure and excitement you require. Time to deal with institutional environments, government agencies, and matters of a private nature this month. If you can put some work into home improvements, not just the physical improvements, but also the relational aspects of home. You should continually stride for spiritual growth. Avoid purchasing expensive items, lesser priced items can bring as much pleasure if they're received with true thanks and appreciation.

LEO (July 23-Aug 22) Your involvement in sports or entertainment will lead to new romances. You will gain valuable insight and knowledge through the experiences you have along the way. Be honest in your communication and don't lose your cool if someone backs you into a corner. Read the big book daily, meditate on applying its wisdom in your daily life. Dealing with in-laws or relatives will not be in your best interest, if you allow your emotions to rule your actions. Pray first, then take a look at how you should approach the situation.

VIRGO (Aug. 23 -Sept. 23) Be aware of any emotional deception. Do not sign legal contracts or documents this month, without praying first for the correct decision to make. This should help you to have a clearer mind-set before you sign on the dotted line. Use your God given creative talent in order to accomplish your goals. Social events will be most favorable for you when you meditate and pray for guidance on a daily basis. Always allow the 12 step principals to be your foundation whenever deciding the right choice to be made.

LIBRA (Sept. 24 -Oct. 23) Go over their important documents and take the time to suggest alternatives. False information is likely if you don't take to God through prayer and meditation, don't listen to idle chatter or gossip. Drastic financial losses may be likely if you lend money to those who don't have a solid 12 step program. You might get behind if you spend too much time debating senseless issues, so instead, focus on productive and meaningful issues.

SCORPIO (Oct. 24 - Nov. 22) You may not be happy if members of your family are not pulling their weight. This month could be hectic if you depend on your own devices, you should rather allow your Sponsor to help you find a medium. Sudden romantic infatuations could lead to a significant and prosperous connection. Someone you live with may feel totally neglected, take time out and give them your undivided attention. Always treasure your friends and loved ones, remember they're gifts from God.

SAGITTARIUS (Nov. 23 -Dec. 21) Some of the best opportunities will crop up if you keep an open mind, and allow your higher power's guidance through prayer and meditation. Try to visit friends or relatives you don't get to see often, remembering that our time should be spent with the one's we love. Travel will stimulate your need to experience exciting new things. Travel and entertaining conversation will be informative and uplifting, you will see the need to share more at your 12 step meetings.

CAPRICORN (Dec 22.- Jan. 20) You will easily blow situations out of proportion, if you rely solely on your own understanding. When we turn our will and lives to God, we can then receive recognition for the work you've done. Get busy doing all those things at home that you have been putting off for so long. Help elders with their concerns, and be of service in your meeting groups and community.

AQUARIUS (Jan. 21 -Feb. 19) You will have good ideas for home improvement projects. Focus on your own domestic problems, show your loved ones more attention. You will be in the mood for entertainment, take your loved one out for a good time. Don't forget to read the fine print, be more receptive to change. Look forward to studying the big book for answers, when needed ask your Sponsor for advice.

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



Psychotherapist & Hypnotherapist
Dr. Nita Vallens, Lic# MFC25909

818.783.6258

www.DrNitaVallens.com

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 818.783.6258

*Beyond Exceptional Treatment
This is our promise to you.*



Your Recovery Begins with...

HARMONY
— P L A C E —

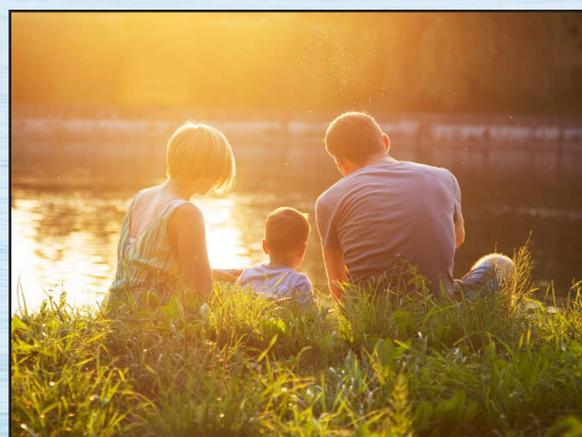
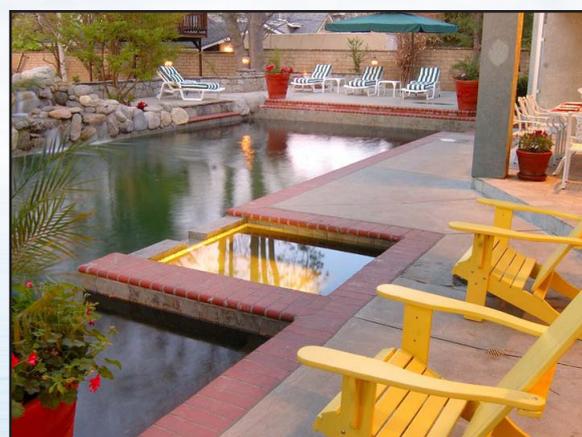
Call Now 855-995-0808

Recovery is just a phone call away

**Harmony Place Detox & Residential
Addiction Treatment of Southern California**

- One on One Therapy
- Family Therapy
- Neuroengineering
- Equine Therapy
- Cross Training
- Group Therapy
- Brain Recovery
- Gourmet Cuisine
- Yoga
- Massage

Located in Woodland Hills, California
A short distance from the ocean!



We accept most insurance
www.harmonyplace.com



HARMONY
— P L A C E —
855-995-0808

THE WOMEN'S SYMPOSIUM

ADVANCED TRAINING FOR ADDICTION AND MENTAL HEALTH PROFESSIONALS



Living Your Truth

University of California at Los Angeles

UCLA Carnesale Commons, Palisades Room
251 Charles E. Young Dr., West Los Angeles, CA 90095

Registration: **7:00 a.m.–8:00 a.m.**

Program: **8:00 a.m.–3:30 p.m.**

\$165/person
(includes lunch, parking,
and copies of books authored
by symposium presenters)

Register
today as space
is limited.
5 CEs

Advanced registration encouraged at
HazeldenBettyFord.org/Symposium.

For more information, contact
Robin Costello at **760-636-5985.**

Presentations



Resilience: Two Sisters and a Story of Mental Illness

Jessie Close, author, recovery advocate, and the younger sister of actress Glenn Close, suffered for decades from co-occurring bipolar disorder and addiction before seeking professional care and finding recovery at age 51. Through speaking engagements, recovery advocacy, and her recent memoir, *Resilience: Two Sisters and a Story of Mental Illness*, she inspires those still suffering to reach out for help.

Women's Issues in Chronic Pain and Addiction: Crossroads

Peter Przekop, DO, PhD, is director of the pain management program at the Betty Ford Center in Rancho Mirage, California. As a board-certified pain and addiction physician with a doctorate in neuroscience, Dr. Przekop specializes in helping individuals find freedom from both addiction and chronic pain. He also serves on the faculty at Loma Linda University School of Medicine, where he holds appointments in psychiatry, pediatrics, and neurology.

Transitioning from Clinical Management to Self-Management

Janelle Wesloh, MBA, LADC, is executive director of recovery management for the Hazelden Betty Ford Foundation. She worked for many years as an addiction counselor before leading the Foundation's recovery support initiatives, including an innovative phone- and web-based recovery coaching program, an intensive monitoring and accountability program for those in early recovery and their families, and a center offering Twelve Step-inspired recovery retreats.

Living within Your Body: Optimizing Health and Success

Matthew Polacheck, PsyD, MA, is the director of outpatient services at the Betty Ford Center in West Los Angeles, California. A nationally recognized expert on mental health and substance use disorders, Dr. Polacheck served most recently as the director of mental health at the Center for Discovery. Dr. Polacheck is also a certified trauma therapist and substance abuse counselor.

The Next Happy: Let Go of the Life You Planned and Find a New Way Forward

Tracey Cleantis, LMFT, is a psychotherapist in private practice and author of the best-selling book *The Next Happy*. She writes for *Psychology Today*, the *Huffington Post*, and on her own blog, using humor to make difficult topics easier to face. Using personal stories, clinical insight, and understandable action steps, Cleantis offers readers a practical road map through loss and grief of all kind—and a new path to happiness.

