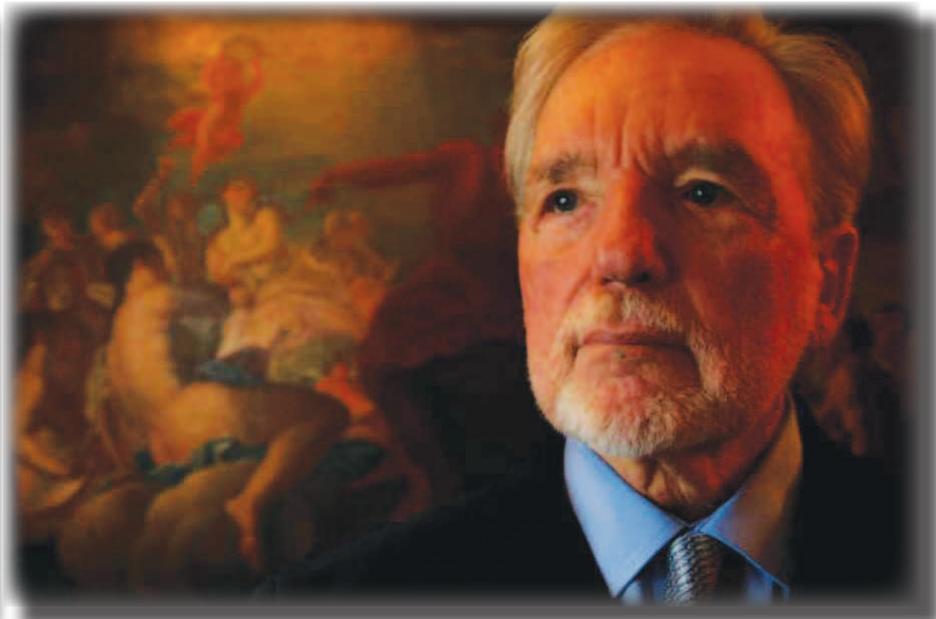
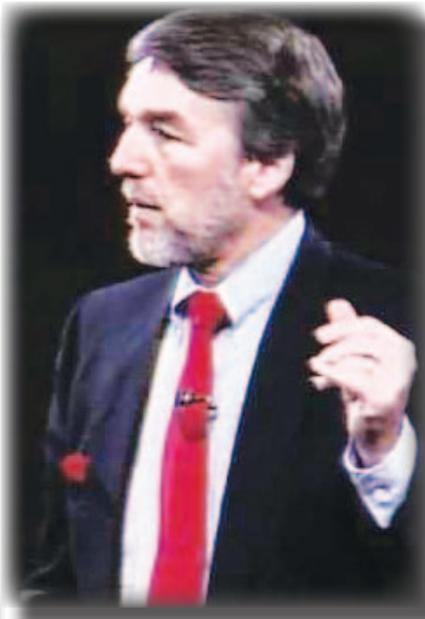
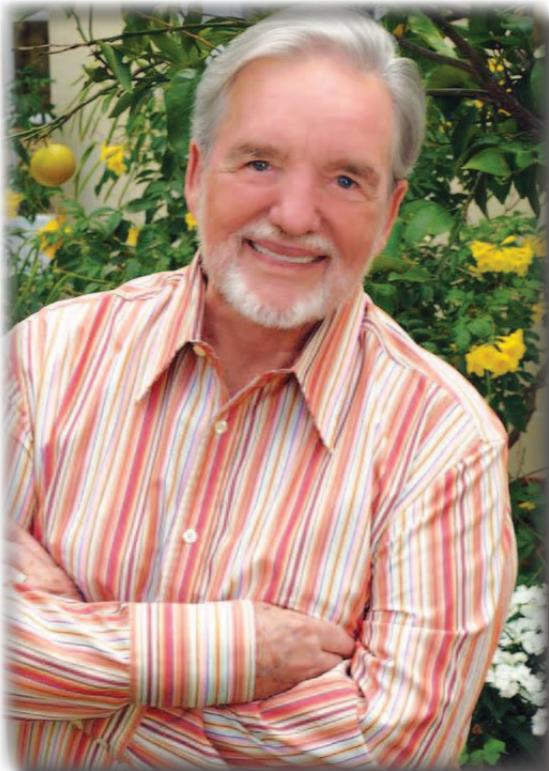


June 2016

# KEYS TO RECOVERY — NEWSPAPER, INC. —

## A Tribute to John Bradshaw

*Tribute:* an act, statement or gift that is intended to show gratitude, respect, or admiration.



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of Giving**  
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## 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: © Mike2focus | Dreamstime.com

**Editorial Contributors:** Jeannie Rabb-Marshall • Mary Cook, M.A., R.A.S. • Rev. Leo Booth • Nita Vallens • Jenni Schaefer • Mara • Randy Boyd • Rosemary O'Connor • Beth Stern • Batista Gremaud • Boris Schaak • Marcus Marshall

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by: Jeannie Marshall

Hello faithful readers;

I cannot believe it's June already. I guess the saying is true "time flies when you're having fun". I must be having the time of my life.

Over the last few months our nation has lost some very famous icons; Natalie Cole, David Bowie, Prince, Chyna, and Patty Duke just to name a few. But when I heard that John E. Bradshaw had died – I couldn't breathe for a moment - everything seemed darker.

The world has lost a true legend. Sometimes known as "America's leading personal growth expert", a guru of self-help, a mentor, a father, a husband, a friend – he was known by many different titles, and by many different people. To me, he was a teacher, and for a brief moment in time a friend. John's words changed my life.

I haven't seen John Bradshaw in over 30 years, and yet I can remember his laughter like it was yesterday. I still remember his hand gestures while speaking. I would see him on TV, and say very proudly, "I know him".

I was lucky enough, in the early 80's, to be enrolled in a drug counseling certification program through Palmer Drug Abuse Program in Dallas, Texas. John Bradshaw was one of the gifted teachers they had brought to educate us, about drug abuse and recovery.

Where I grew up we never talked about feelings, or processing those feelings. We never spoke about shame and guilt. We were so busy trying to survive, there just wasn't time to stop, and figure out what was going on around us, let alone inside us. So it was hard to get out of that cycle of addiction and bondage.

I was nineteen years old with just over a year of sobriety, the first time I met John Bradshaw. He was unlike anyone I had ever seen. When he spoke he would laugh at himself. He would share the most intimate situations he had overcome. I was mesmerized not just by the sharing of these things, but the complete lack of shame attached to his past. It was the beginning of a new way of life for me.

The most important thing I heard, was that I needed to do my own inside work, before trying to help anyone. I learned that if I didn't face my past, I might be forced to repeat it or worse yet, carry it forward to my children, my friends, my clients and my sponsee's. This single fact changed me, and the entire direction of my life.

Fast forward - after one relapse - I have 30 years of continuous sobriety. I am not ashamed or afraid of my past. I learned to laugh at myself and share from my heart. I love helping others, which is why we started Keys to Recovery Newspaper. I am so humbled by the fact that I am in the position to honor John Bradshaw, and try to pay tribute to this incredible man who changed millions of lives, and will continue to affect millions through his writing.

Although we were planning on publishing something from the family, time did not allow it. Perhaps when this tragedy is further behind us we will run something else. Our hearts go out to Karen Bradshaw (John's widow), and his children. We cannot even try to imagine their pain at losing John.

I want to thank everyone who submitted writings for this feature. There were so many wonderful quotes, I wish we had more room and more time to collect something from everyone who knew him.

If you didn't know John Bradshaw, read one of his books, and you will feel as if you have know him a lifetime.

Keys to Recovery Newspaper has grown so much, in the last two years. We want to thank you, for believing in us, for trusting us, and for helping us grow. This year alone, our newspaper will be at over 12 conferences throughout the U.S. We will be attending approximately 50, recovery related networking events, open houses, and parties, where we will be bringing our newspaper. Remember when you advertise with us, you go EVERYWHERE we go.

*Have a beautiful and blessed month.*

*Jeannie Marshall*



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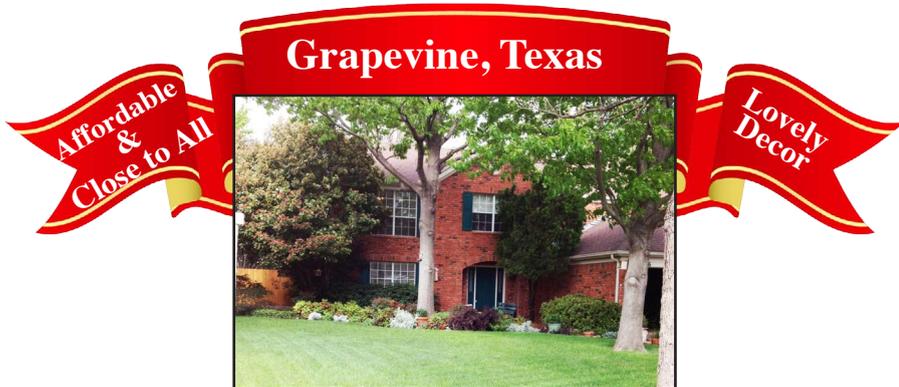
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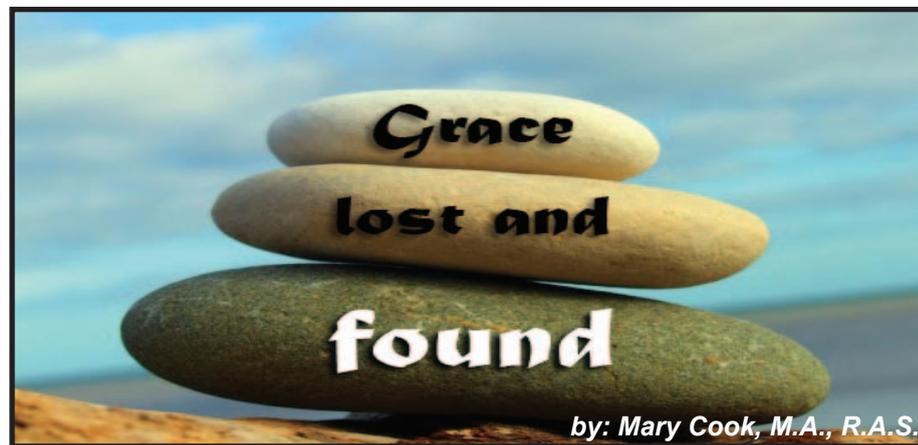
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by: Mary Cook, M.A., R.A.S.

## THE GOODNESS OF GIVING

We are the healthiest when we are in a continuous flow of giving and receiving. Unselfish giving is our true nature, and this consciously connects us with the divine, which is always giving. Acknowledging all of the goodness that we have inside of ourselves, and perceiving goodness in others, fosters feelings of fellowship and unity rather than adversity and separation. This deeper perception of life generates positive energy for all aspects of our journey, and reinforces feelings of fulfillment regardless of outward circumstances.

Abundant blessings and lessons visit us in daily life to tempt us toward growth and enlightenment. When we are relaxed and open, we are more likely to notice the messages of the present moment and meet them with fresh, creative energy. Inspiration is remembering the spirit within us and others. We are a creation, and we are meant to receive, create and give from the eternal source of love. Being open to life means that we have the faith to make positive use of all that life gives us.

Increasing our capacity to give is the most worthwhile practice in our personal development. The best gifts come from the pure and simple goodness of our heart. Whether loved ones or strangers, we can give compassion, kindness, sincerity and sensitivity. We can cultivate deeper value for all that is given to us, from our own body, mind and spirit, as well as from our environment and others on this earth. As we mature in our practice of giving, we develop greater discernment for the gifts that best match specific situations and people.

Sometimes the perfect gift is listening, and sometimes it is active assistance. We might give patience or encouragement, a playful or a peaceful response depending on circumstances. Some people need a prayer and others a warm embrace. We can give hope or humor, a tender touch or an open mind. We have gifts of clarity and curiosity, attention and appreciation to give. Giving joy, respect, smiles and love opens and enriches hearts. Acceptance, understanding and forgiveness are healing gifts for both the giver and receiver. We can add gifts from our creative and practical talents, or ideas that facilitate others' well being.

We also give to others through our example. Those who see us, interact with us, or know us, receive the energy of our thoughts and feelings, as well as outward behavior and communication. And where there is discrepancy, the inner energies dominate over the outer. Identifying, healing and transforming personal negative energy into healthy, positive energy, generates feelings of goodness, that automatically extend to others' hearts, minds and bodies.

We can develop regular practices of nurturing, valuing and protecting the earth and the plants and animals that live here. Cultivating a relationship of caring, considerate stewardship for our environment, promotes peace and goodwill, for a planet that gives so freely of its resources for our survival. The earth and all of its elements and inhabitants are interconnected into a huge web of life. Every aspect affects the whole. How we treat the vulnerable, damaged, disowned and impoverished beings and aspects of life, either strengthens or diminishes our personal and global goodness. Withholding what was created within us to give, produces tension and discord. Being gracious and generous in our offerings to life generates ease and harmony. There is no higher calling than to be of service.

Whatever we give, carries the energy of our motivation, and the level of our integrity and spiritual development. When we give solely from a sense of duty or obligation, or to feel superior, or control or receive something from others, we are offering our own defects of character rather than goodness. To illustrate this from a different metaphor, if we listen to a musician playing mechanically, or with feelings of arrogance, or focussed on winning a prize or controlling someone, we do not feel elevated listening to this gift of music. Alternatively, when we listen to a musician absorbed and uplifted by the passionate joy of each note of the melody, we accompany the player into this higher state of glory and goodness. We join together in true giving. We remain apart and empty when we are selfish. We are meant to play and share the music of life from our heart and soul. We are meant to remember and rekindle goodness and extend a sense of heartfelt hospitality to the earth and its inhabitants. This expresses the divinity within us, which is our true self.

[WWW.MARYCOOKMA.COM](http://WWW.MARYCOOKMA.COM) Mary Cook is an addiction counselor in private practice, with 40 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.



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## WE'VE COME A LONG WAY

It wasn't too long ago that alcoholics and drug-addicts were the 'lepers' of society. They lived in the shadows, often seen as irresponsible sinners by church people, depraved and debauched, unredeemable.

That's the way things were in the United States some fifty plus years ago. True, AA was beginning to impact society, groups were springing up in the main cities, especially on the east coast, but for most alcoholics little was available. Famous actors and politicians took refuge in Sanitariums and Health Homes, where the main emphasis was "drying" people out and providing a healthy diet. But treatment as we know it today...not really!

Today we know that alcoholics, if they chose, can embrace recovery, and they are embracing it by the thousands. What changed in the past fifty years? Well, the work of AA really began to pay off, and the "miracle" of one alcoholic talking to another alcoholic began to work, especially if one or both of them had some "time" in recovery. People were staying sober. Today, over two million alcoholics are staying sober in the ranks of AA.

During this time AA began to influence medical care; let's face it, many doctors and clergy were joining the ranks of AA, so were other health care professionals. The concept of "drying out" wasn't seen to be enough; a healthy diet wasn't enough, the alcoholic needed a "spiritual" program along with the above. Gentle encouragement replaced condemnation. The "lepers" were coming home.

Other things, besides AA, played a role. Therapy, alongside medication, was becoming popular. The area of "feelings" and "emotions" was being researched, talking about how we felt was seen as being important, the concept of group work became beneficial. The whole area of Mental Health in our society, and in the western world, was slowly being transformed, and this affected the work being done with alcoholics and drug addicts.

God, prayer and the church have always played a role in the treatment of a behavior that for years was seen as sinful, immoral, irresponsible and debauched. Many church goers, who saw the destructiveness and horror of alcoholism and drug-addiction, became abstinent, non-drinkers in the hope of setting an example. Let's not forget the enthusiasm for Prohibition before its obvious failure.

God, prayer and church still played a role in treating most alcoholics, but it was becoming more spiritual. Less religious. Less denominational. Less emphasis on conversion and more "making amends" for the pain caused by drinking and the drug use. Families became involved.

Indeed, many physicians began speaking about alcoholism as a "family disease", meaning not just that alcoholism seemed to be generational, but the alcoholic behavior directly affected the spouses and children within the family.

In the 1980's and early 90's there were exciting conferences all over the country addressing family issues, and what it meant to be "a child of an alcoholic". Words like Mascot, Hero, Victim and Lost-child became part of the "recovery story", affecting other areas of psychology and Mental Health.

And where are we today? Well, it is my belief that treatment has never been better than it is today, encouraging every walk of life! Certainly in the Los Angeles area AA and NA is comprehensive and thriving. For those able to go into treatment there are a variety of models: professional, adolescent, long-term and also gender based. Some are denominationally Christian, but most teach a spiritual foundation based around all religions and more.

The area of Prevention Programs are evident in many schools and colleges, where young people are educated on the symptoms of alcoholism and drug use before problems can arise, based on the powerful concept that knowledge is health!

In the last ten years we have seen the birth of powerful Relapse Programs that have given a person love, hope and support, moving away from the idea of judgment or condemnation. If AA is correct in describing the disease as "cunning, baffling and powerful", we also know it is patient; waiting in the wings for the unguarded relapse behavior!

And then there are the interventionist. We have always had interventionists, but in recent years the professionalism and structure of a healing intervention has been developed and fine-tuned, becoming even a popular television show!

So the story continues. For many years I've been saying "My name is Leo Booth, and I'm an alcoholic" without fear. Proud that I've been able to use and develop the treatment I received in order to help those who are still struggling. As Spiritual Director of many treatment centers in the country I experience the variety of therapeutic models with an emphasis upon individual and group care; always with a powerful spiritual foundation. And so the journey continues. Yes, we have come along way.

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](http://www.fatherleo.com) or email him at [fatherleo@fatherleo.com](mailto:fatherleo@fatherleo.com). You can also connect with him on facebook: Leo Booth. Read more from Leo Booth [www.amazon.com](http://www.amazon.com)



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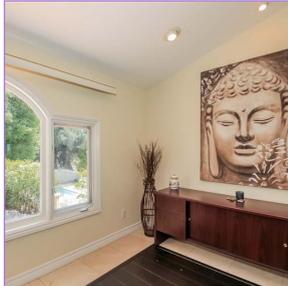
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**Ask Dr. Nita**



THE DOCTOR IS IN

by: Nita Vallens

Dear Dr. Nita,

I could say a thousand different things to explain my situation, but it breaks down to one thing and here it is. Over the past year I've developed a pattern of procrastinating, and it's undermining the plans I have to live a good life. The good news is that I'm staying clean and sober. But, what I don't want to do is to become a statistic, and to write this behavior off by saying "So what, everyone procrastinates." My goal is to do better and I hope you can provide some insight for me to begin digging myself out of this rut.  
Signed Jack

Dear Jack,

This is a great question, and a very common issue in and out of 12 step programs. Let me first say that self criticism on this issue is not helpful and can make you feel worse, so applaud yourself for staying clean and sober, and know that there is always a solution. Let's get started.

Some researchers say that one big reason that we procrastinate is because we don't feel like doing the thing that we know we want or ought to be doing. So, intellectually we know this, but our feelings get in the way.

Let's look further.

Other causes of procrastination include one or more of the following items:

1. We're easily distracted and we play "but first" - But first, I'll check my email, take out the trash, clean the sink, make a few calls, and so much more. But, then we are out of time.
2. We're tired, or out of energy.
3. We don't enjoy the task, so we are avoiding it.
4. Our intentions may be unclear - or to say it another way there's vagueness or confusion about our goals, so we do nothing because we don't know exactly where to start.
5. We make excuses - I'll feel more energized tomorrow. My thoughts will be clearer when I'm not tired. I have more important errands to do. If we are honest with ourselves, we recognize these excuses and make a decision to stop deluding ourselves. If you are stuck in your excuses, call your sponsor or a friend who will tell you the truth. Ask, "do I make excuses for things?"

Now that we know more about how the problem started, let's review some solutions. I suggest you begin with what resonates with you and your situation:

1. Start the activity anywhere - even if you are not clear or well organized about it. Please have low expectations - you'll feel better just to have begun the task - you made a little progress which is better than none at all.
2. Visualize yourself achieving your goal or completing the task.
3. Create a reward for yourself (Not food - that's another program)! For instance, a relaxation break, curling up with a book, or whatever coincides with your lifestyle and interests.
4. Make a plan. You wrote that your goal is "to do better" and that is a great start, but if we were talking, I'd want you to paint a picture of what better looks like. For example, I'll make the outline and write one chapter, or work on the table of contents. If your project is cleaning or de-cluttering, divide each room into sections or do one wall at a time.
5. Call someone close (friend sponsor, etc.) and "book end" the tasks with time limits. How this works is you call someone and create a commitment to start the task, and then check in at reasonable intervals - perhaps every two hours, and then check in at an appointed time.
6. Remove temptation - if there are too many distractions, go someplace to work, or if it's a home project, turn all media off, put the phones and computers in another room, and get started.

You can move forward with your goals to become the person you want to be. I know you can do this!

Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks for more info visit [DrNitaVallens.com](http://DrNitaVallens.com) or for consultation and appointments call 818.783.6258. Dr Nita is now providing two career assessments, the Strong Interest Inventory and the MBTI personality styles assessment. Call for information!

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](http://www.KPFK.org) (FREE podcasts on the Audio Archive Link)



**SHARE YOUR TRUTH - SHARE THE NINE TRUTHS  
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One thing is for sure: Ed (aka “eating disorder”) wants to silence you. He might say that your voice doesn’t matter, that you can’t possibly make a difference. But, no surprise here, he is lying—again. The truth is that we need your voice added to the eating disorders advocacy efforts throughout the globe.

My personal eating disorder recovery has taught me that my voice does, in fact, matter. That is how I found the determination to write and publish my first book, *Life Without Ed*. And that book required a lot of persistence. I received dozens of rejection letters from literary agents and publishers in New York City. I kept sending letters out about the book, because recovery taught me to, “Fall down seven times, stand up eight,” which is my favorite Japanese proverb.

Speaking of Japan, that same book that was rejected over and over again in the United States—has now been translated into Japanese. My publisher in Tokyo even thought those rejection letters might inspire people in recovery to never give up, so he included them on the front cover of the book. I guarantee you that Ed never planned for any of this to happen. He hates how recovery means transforming negative into positive. He despises spreading hope. (*Life Without Ed* is now available in China and Korea, too. Take that, Ed!)

We definitely need more hope around the globe. And that is why we need you to join our advocacy efforts. People who I meet at speaking engagements often tell me, “There are so many books out there about eating disorders. I don’t have anything new to say.” But that line of thinking is flawed. Your unique story has never been shared. And you don’t need to write a book if you don’t like writing. Even one short, inspiring Tweet can make a big difference in someone’s life. If you enjoy public speaking (yes, some people do!), reach out to a local school about talking with students. In whatever way works best for you, share your truth.

We also need your help in sharing the “Nine Truths about Eating Disorders.” (Visit [www.WorldEatingDisordersDay.org](http://www.WorldEatingDisordersDay.org).) Created by the Academy for Eating Disorders in collaboration with Dr. Cynthia Bulik and leading associations in the field, the “Nine Truths” is a powerful tool for increasing public awareness and understanding about eating disorders.

Among the nine truths includes the message that families can be important allies in treatment. If you are a loved one, we need you in the fight, too. Historically, moms have created powerful change in the world. Just think about the incredible efforts of Mothers Against Drunk Driving (MADD) in the United States. I recently joined Eating Recovery Center as a National Recovery Advocate of the Family Institute, because I am passionate about the power of families. We often hear about how eating disorders can tear families apart, but we don’t hear enough about how recovery can bring families together.

Out of all of the “Nine Truths,” I must say that the last one is my favorite: full recovery is possible. This is the critical message that formed the basis of my second book, *Goodbye Ed, Hello Me*. People frequently say, “Jenni, you are the only person I know who is recovered from an eating disorder.” But I am not the only one; I have met hundreds of recovered people. Those struggling need to hear from a diverse array of people who have made it to the other side. If you are recovered, let others know. You don’t have to share online or with a microphone. When ready, simply connect one-on-one with someone who is battling an eating disorder.

There are countless ways to create change. Consider your unique talents and passions. Are you an artist? Submit an entry to the International Association of Eating Disorders Professionals’ yearly “Imagine Me...Beyond What You See” art competition. Are you a skilled organizer? Start a National Eating Disorders Association Walk, or begin an Eating Disorders Anonymous meeting. What else can you do? Volunteer for an eating disorders research study. Work toward legislative change.

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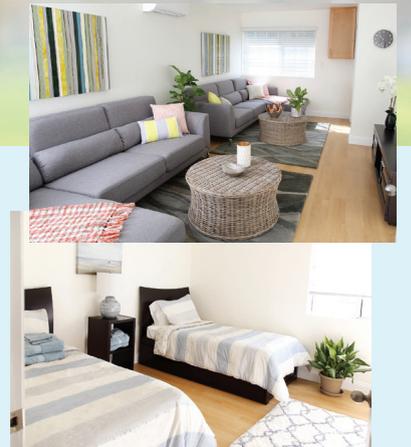
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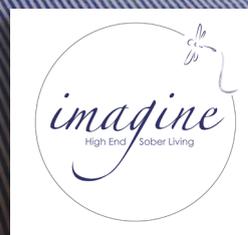
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by: Mara

### THE DIFFERENCE BETWEEN FAITH & TRUST

I want to preface this column by saying that I don't consider myself a religious person, but I definitely consider myself a spiritual being. I've been in recovery for close to 11 years now, and in recovery it is important to turn your will and life over to a power greater than yourself. We call that a "higher power."

Many of us come into recovery with biases about religion, I was no exception, but alcoholism scared me more than not believing in some sort of higher power, so, I fashioned a God of my understanding, as we are guided to do in AA.

My spiritual practice is a mixture of Orthodox Judaism, Buddhism and the teachings from The Self Realization fellowship. And for the past almost 11 years I've had all the faith in the world, but I didn't have trust. I didn't even know the difference until recently.

Faith is a noun. It is something we have. It's basically a strong belief in a higher power without proof or evidence. Faith says our higher power CAN.

Trust is a verb. It is something we DO. It is faith in action. Trust says our higher power IS. Trust is largely based on evidence that our higher power is real. I will use an example that I found on a Christian website and that I heard from Bob D., a great recovery speaker (I will paraphrase).

In the 1800's the famous Blondin performed death-defying tightrope acts, mostly over Niagara Falls. He would add an element of difficulty every time. One time he carried his manager on his back!

Blondin was great at wowing the crowds with suspense and thrills. In one show he asked the audience if they would be interested in seeing him push a wheel barrel over the tightrope. The audience screamed out, "YES."

You see the crowd had faith that he could push a wheel barrel across the tightrope, because they'd seen him do many stunts before. But when Blondin asked if anyone would be interested in getting in the wheel barrel, the response was a unanimous, "NO!"

This is a metaphor for your higher power. How many of us say we have faith? We have faith that Blondin will push that wheel barrel over the tightrope. We have faith there is a higher power out there. We believe in that power. But how many of us really trust that higher power enough to get into that wheel barrel?

Getting into the wheel barrel means LETTING GO COMPLETELY. That you have no doubt that your higher power has got you...That is trust.

I didn't come to this trust lesson easily. I've had some adversity for the past 3 years and I did everything that a human being could do, to try and control the situation, and I left my higher power out of it completely. I got this! Ensuing mental break downs, shame, anxiety, fear, you name it, it happened. I just couldn't take it anymore.

I got on my knees and prayed, "God, please show me what to do here, I'm so done trying to make this happen. I surrender." The very next day at a meeting my friend Bill, who is in recovery and who is also a psychic said this to me. "I want you to say this mantra every day when meditating... God, give me the TRUST that I need and the willingness to accept the evidence of it."

Every day I meditate and say that mantra. Everywhere I turn it seems that someone is telling me to trust. I'm constantly getting that message. So, I stepped into that wheel barrel. There was no other choice.

Staying in the wheel barrel is a daily practice, as many days I would like to take my will and life back, and start making things happen again. I won't receive the miracles if I do that. Your higher power is there when all resistance stops.

So, when things are spiraling out of control, when life doesn't make sense, when everything has been stripped from you and you're left with nothing...That is when you're probably going to be forced to trust. Every single pain and trial has a purpose. As difficult as these times are, we have to trust in our higher power, who is the only one who can see the finished picture.

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>.

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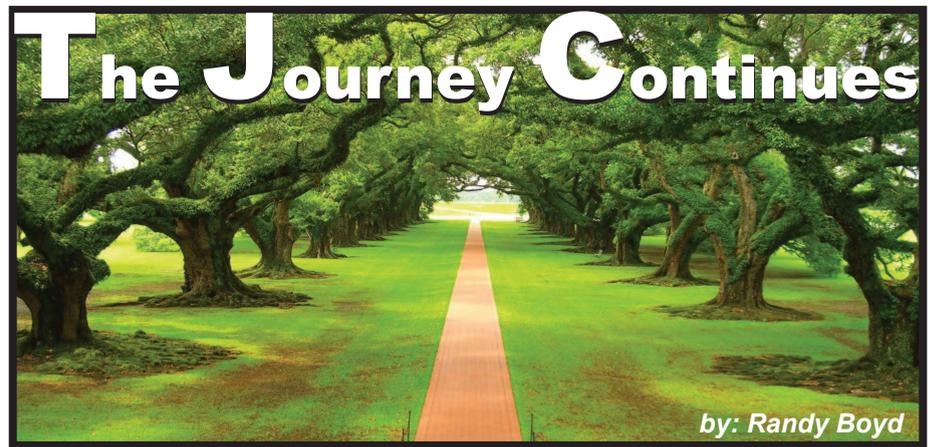
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by: Randy Boyd

## FORGIVENESS

What if I told you I believe I have the key to true happiness, and freedom from resentments and anger towards the person who abused you? Then what if I told you that you held the key to that freedom and happiness within YOURSELF, would you be willing to do what it takes to feel that happiness and freedom?

Good, now that you have said yes, what if I told you that I found that gaining that freedom and happiness was as simple as forgiving that person who abused me?

Now wait a minute Randy, that's asking a lot. Yes I know, and it was my biggest roadblock to true happiness and freedom as well.

Today, I can honestly say, that for me, forgiveness has been the key to enabling me to find true freedom and happiness. And as difficult as it may be to consider, I believe that can be especially true for survivors of abuse, or anyone that has resentments and contempt for people that have harmed them.

Eleven years ago I would have laughed at that statement.

It seems that all anyone would say to me whenever I talked about how much I despised my abusers was – you just need to forgive, forget, and move on Randy. These are what I consider to be three of the most damaging words you can tell a survivor. My reply was always the same; you have no idea what they did to me. If what happened to me happened to you, you'd feel this way yourself.

Today I will say that in fact, one way to achieve true freedom and happiness actually is to forgive and move on. However, that is a process that will take time. How much time is up to you, this is your journey. Forgiveness can be quite short, happening in a matter of minutes or it can take years, it very much depends on the nature of the hurt and the unique story of the situation and emotion. No one has the right to tell how quickly you should forgive. For myself it was about three years into my recovery, when I reached the place that I was finally able to fully forgive my abusers. Just know that the journey awaits you when you are ready.

One of my biggest fears was I believed that forgiving meant condoning the abuse, or letting my abusers off the hook. I knew that my hatred and rage were poisoning me—while, ironically, having no effect whatsoever on my abusers. But I was terrified to let those feelings go, for they had come to define me. Without them I didn't know who I would be. So how could I forgive them, and give up the feelings that had kept me safe for thirty-plus years?

What I learned along my journey was that first and foremost, forgiveness was solely for myself and not the person who had harmed me, and in forgiving, the chains that bound me to that abusive person were severed. I was unshackled from the chains that kept me bound in my resentment, anger and hate. I was finally free.

Even more important in my view, is understanding what forgiveness is not. Josh Howerton, a pastor in Spring Hill, Tennessee, has stated my thoughts succinctly (with my comments following in parentheses) about what forgiveness is not:

1. Forgiveness is not approving or diminishing the abuse or sin. (The sinfulness of the abuse never changes.)
2. Forgiveness is not enabling the abuse or the sin. (Forgiveness actually defuses the power of the sin.)
3. Forgiveness is not denying a wrongdoing. (It can never be denied that you were abused and hurt.)
4. Forgiveness is not waiting for an apology. (You forgive the abusive person, whether or not he or she ever apologizes.)
5. Forgiveness is not forgetting. (You will never forget.)
6. Forgiveness is not ceasing to feel the pain. (It's okay for it to hurt, but you just don't stay stuck in the pain.)
7. Forgiveness is not a onetime event. (Sometimes you need to forgive on a regular basis.)
8. Forgiveness is not neglecting justice. (You can forgive and still pursue justice.)
9. Forgiveness is not trusting. (You need to be exceedingly careful about whom you trust.)
10. Forgiveness does not mean reconciliation. (You are not required to allow your abuser back in your life to have a relationship with him or her.)

Hopefully this interpretation of forgiveness will help give you a broader view about what forgiveness might look like, and will enable you to think about beginning to move forward towards the freedom and happiness you deserve to have. There is a whole chapter in my book "Healing the Man Within", dedicated to forgiveness.

Randy Boyd is a licensed California Alcohol and Drug Counselor (CAD-1), the founder of the Courageous Healers Foundation, a certified Life Coach – Change Your Life Story Now - and an associate of "It Happens to Boys." He speaks at conferences, schools, and treatment facilities, about the effects of abuse on men, and how it is possible to heal from those effects. Randy is also the author of the new ground breaking book addressing the emotional, physical, sexual, and spiritual abuse of boys entitled *Healing the Man Within – A guide to healing from the pain of sexual abuse*. His blogs are featured regularly on the 1:6Joyful Heart Foundation website. Randy is available to speak at your facilities or events.





### THE YEAR OF SELF-CARE

Being a sober parent is my greatest blessing, and it can also be my most challenging endeavor. In all my years of parenthood, not once did I hear my children say, "Hey, mom, why don't you sit down and relax? Let me bring you a cup of tea!" Nor did Mary Poppins or Alice from The Brady Bunch ever appear at the door to help out. You may relate.

Before I entered recovery, a typical day for me looked like this: I'd wake up at six, get my kids ready for school, feed them breakfast, make their lunches, dress my two-year-old, help my five-year-old tie his shoes, and help my eight-year-old with her hair. Next it would be time to rush all of them into the car and drive them to their separate schools and daycare. Then I'd go to work and by mid-afternoon I'd realize I hadn't eaten all day. Now hungry and tired, I'd stop at the nearest Starbucks and have more coffee and a muffin. After work I'd pick up the kids from school and deliver them to all their sports activities. At home I'd pour myself a huge glass of wine, make dinner, help with homework, have another generous glass, and hurry the kids to bed.

A bottle of wine used to work to relax me and help me escape from the stress, but in sobriety I had to find substitutes for the wine. Bubble baths became my refuge at the end of the day. Sometimes the day seemed so unbearable that I took what I call a "double bubble day".

As I continued in recovery, I accumulated a list of other self-soothing remedies that still work for me today. I make myself a cup of hot tea; curl up with my favorite fur blanket and my hot lavender neck roll. I might take a nap, read a good book, or go see a funny movie

All of this self-care was vital to my sanity, and helped me be a parent who was present and loving towards my children. However, there were days when I was so distraught and exhausted that I literally had no energy to do any of this. More than a few times there were those miracles where someone who was a good listener would show up at my door, or call and offer to take my kids for a while.

Physically, I first needed to learn to nourish my body with healthy food. Chowing down a granola bar and a cup of coffee in my car, while driving between client meetings did not constitute a meal. Exercise had always been part of my life, and I knew it helped relieve stress. The twenty-minute nap became a lifesaver for me.

For my mental self-care, I was taught early on in recovery to journal, and to clear all the noise in my head. I have learned to slow down, turn off the phone, and just do nothing.

I have learned over the years to embrace my emotional side, yet to not let my emotions overwhelm me. I also practiced letting people know when my feelings were hurt, instead of lying and pretending otherwise.

Spiritually I took time for reflection, and finally enjoyed meditation. I have learned to accept the unknown and trust in a power greater than myself.

Relationally I scheduled individual time with each of my children, and I met with friends to have fun and laugh together. I made a conscious effort to visit my parents and siblings.

Professionally I have always over worked. Changing that habit was a real challenge for me when I entered recovery, and it still is to this day. In the past, I'd go all out and then crash and take a few days off. When I started practicing self-care, I took all my vacation days and was surprised to discover the company could survive without me! (Just kidding.) I also learned to negotiate pay raises and realized the value I brought to my job.

Financially I try to take some of my father's solid financial advice: save some, spend some, and give some away. I am great at spending some and giving some away; however, I need to get better at saving some.

Overall, I have learned that radical self-care means treating myself with the utmost respect, compassion, and love in all areas of my life. When I am practicing self-care I am in a much better position to take care of my children, and be a good, healthy role model for them.

#### Sober Parent's Tools for Self-care

1. Make a list of 5 things that rejuvenate your spirit. Choose one and do it twice a week.
2. Map out your "radical self-care" day. For example, here is my plan.
  - Physically: I eat three small healthy meals full of veggies and protein.
  - Mentally: I read and learn something new.
  - Emotionally: I practice staying calm and centered.
  - Spiritually: I meditate for ten minutes.
  - Relationally: I spend time or call someone I care about.

Con't Page 18

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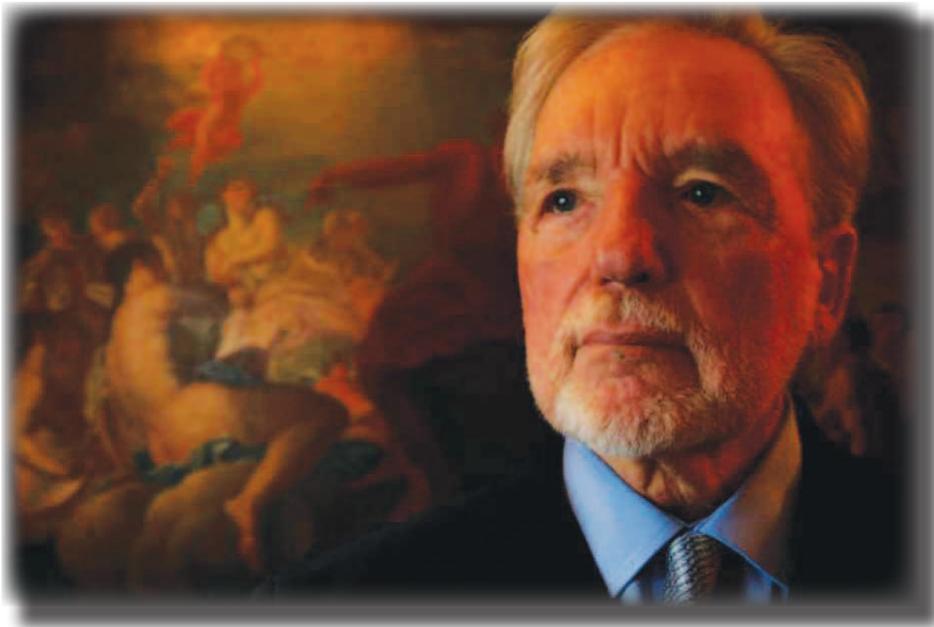
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## John Bradshaw: June 29, 1933 to May 8, 2016

*John Bradshaw, one of the greatest philosophers and communicators of our time.*

John Bradshaw was a consummate teacher. He was my friend and colleague for over 30 years. I miss him deeply. I will always cherish our time together. His teaching style was unique, sharing his own story in graphic detail to carry his message on the thought as well as the emotional level. He taught us about finishing unfinished emotional business as he was doing his own feeling work. He learned from his first Public Broadcasting Series, "The 8 Ages of Man" that he wasn't connecting with his audience by presenting as the expert professor imparting knowledge. In his next series, "Homecoming", he began sharing his pain while openly claiming the multigenerational shame in his family of origin. He took ownership of how he acted out his codependency and other addictions as the result of unconscious rules of obedience that idealized abuse and denied childhood neglect. He made the covert overt so that we could break the patterns of abandonment in our own families. He did this in the face of considerable criticism.

When his book, "Homecoming: Reclaiming and Championing Your Inner Child", (hit #1 on the New York Times best seller list), we had just opened the doors to the John Bradshaw Treatment Center in California. We were swamped with calls. John had tapped into the collective distress found in all family systems. He had opened the gates to awareness of a shame based culture that was victimizing us with perfectionistic expectations and inhuman standards that were impossible for anyone to live up to.

He showed us how childhood adaptations to stressful environments set us up for suffering in adulthood. He dramatized the attempts of helpless children to manage physical and emotional trauma that resulted in the repetition compulsion to manage adult relationships with the same naïve clarity of the child we once were. He modeled that the only way out of childhood survival roles was to walk through the pain while staying awake to it, "the only way out was through."

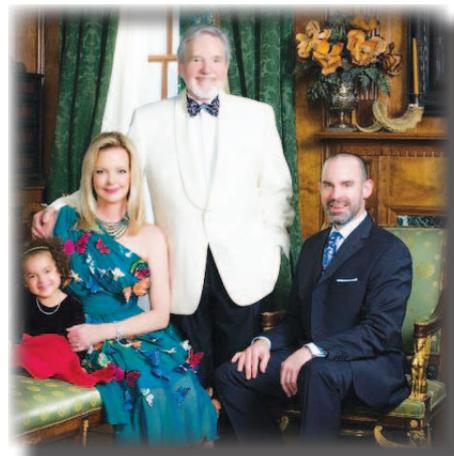
In his book, "Healing the Shame that Binds You", he showed us that sharing our shame is the only way to let go of it, that by staying in hiding with self-doubt and contempt we only give it more power. He modeled healthy shame and humility more than anyone else at the time. He gave us all hope that if he could love himself then so too can we love ourselves. Loving the child image inside us proved to be a palatable way of accepting those parts of us that we abhorred and wanted to cover up. He said that instead of judging ourselves to be lacking and fearing exposure we could seek out ways to externalize shame with safe people. He painted the picture of how toxic shame creates a false self- a persona of pretense to protect against the feeling of the unknown hunter stalking us, waiting to exposes us in some vulnerable aspect of ourselves. He taught us how to re-parent that scared little child within by creating incredibly powerful, life changing guided imagery and other exercises for self-acceptance. He called to us to wake up from childhood trance like fearfulness and face adult challenges with courage and hope.

John always said that safety was the most important factor for healing old emotional wounds. I watched in amazement, time and again, as John enveloped over a 1000 people in his workshops with a sense of safety, radiating his belief that they could successfully transform their lives for the better. He created trust and safety with his transparency. He shared his most difficult issues openly and spontaneously. He told it like it was even at the risk of being negatively judged. When confronted with critical questions he sometimes responded with worse examples of his mistakes. He believed that honesty was the only salvation. I was in awe of his willingness to stay authentic during the most difficult challenges. One workshop participant remarked that John was one of the few people on the planet "that can make you feel stronger, safer, more sane... and simply better."

John gave us specific tools for our journey toward freedom from inner tyranny. He instilled heartfelt conviction that

light was at the end of the dark tunnel and that we were all worth the trip. He was a true advocate for children and the uniqueness of every soul. He helped us see what we had in common-that we're all on a quest to come out of hiding and rest in our true nature of peace and joyfulness. He revered 12 step recovery programs. I heard him say often that when history looks back on the last century it won't be nuclear physics, going to the moon or genetic research that will mark the epitome of human progress but rather Alcoholics Anonymous and the evolving 12 step movement. He also made it repeatedly clear that his recovery was the most significant part of his life. John Bradshaw taught us that "those who grieve well live well." With tears in my eyes I honor his wisdom, living fully in the moment as I say "Good-by John."

*About Kip Flock: Kip is the former Clinical Director of the John Bradshaw Center. He is a Recovery Coach. Contact information: 570-743-1055, kip@kipflock.com*



Legend: ( noun, leg-end)  
a famous or important person  
who is known for doing something  
extremely well.

*No matter how famous or indemand John Bradshaw was he always took the time to help others. When we first started Keys to Recovery Newspaper John wrote a feature for us. For the full version go to our website and download - Holiday Issue 2014*

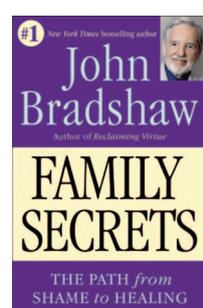
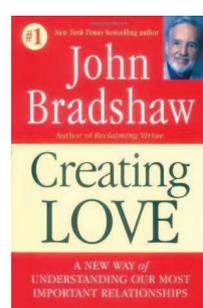
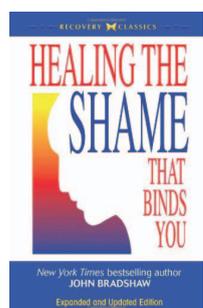
Recovering addicts are at a great risk for Post Romantic Stress Disorder (PRSD). In my soon to be released book, Post Romantic Stress Disorder, subtitled: New Discoveries Related to lust, "being in love" and attachment, I describe the sexual breach that lovers feel when they inevitably fall out of love as well as the many other breaches they will feel when the in-love romance programs wanes...

...I'm 49 years sober now and in the beginning I was told to avoid relationships, especially with any other addicts. After

several painful breakups, I started dating non-addicts (so called "civilians" in AA). Thankfully, I'm happily married and I've avoided hurting others.

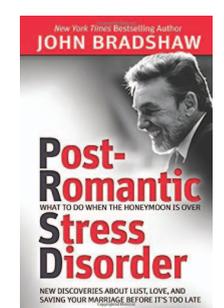
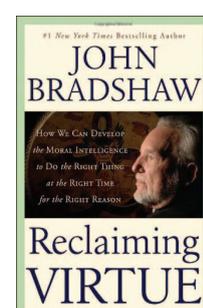
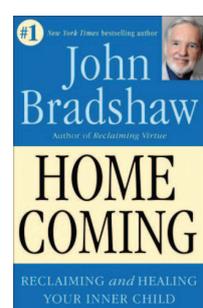
If you're a recovering addict of any kind—your greatest danger is getting into a relationship. The therapeutic slogan that says, "we don't have relationships, we take hostages," is a strong warning to all recovering addicts. Part II of my book, Post Romantic Stress Disorder, offers you a model for building your sense of self and offers exercises to hone your skills for communicating and arguing effectively. Most addicts are from mild to severely dysfunctional families. I present several ways to deal with what I call the family of origin "blockade"—and your wounds from the past. If you don't deal with issues (abuse, abandonment, neglect and enmeshment) from the past you will remain an adult child. All couples have some childish conflicts; recovering addicts who fail to work on their "inner wounded child" issues will have them all the time. There is lots of hope if you're willing to work for it.

*John Bradshaw - Keys to Recovery Newspaper Holiday Issue 2014*



John will be greatly missed by all who came to know him, in person and through his words.

We will be writing reviews on all his books in the upcoming issues of Keys to Recovery Newspaper



Dr. Dave Lewis Writes

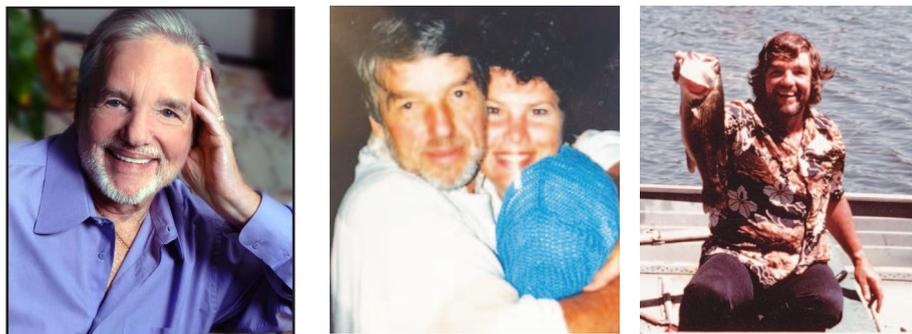
The most overwhelming memory I have about John Bradshaw is how much he enjoyed teaching. Not only was he a great communicator, but he had such a passion for teaching people how to overcome their past. He talked about the "inner child", and was really able to connect with whoever he was speaking to on a personal level. He also used his own pain to help others.

Another important point is back in the early 80's, there were really only two drug adolescent programs. When we started the ASAP Family Treatment Program, we had no idea that we would someday be referred to as pioneers in the drug treatment field. We saw a need and we tried to meet it. If you had seen us back then I think you would have seen us more as a motley crew, then pioneers.

We quickly realized the need for a training program at ASAP Family Treatment Training Program. Kip Flock and John Bradshaw not only taught this program, but they brought in some of the best teachers to facilitate the first family groups, and trained some of the first drug and alcohol counselors. Many counselors taught by John Bradshaw in those early days are still around carrying on this important work.

John will be missed but his contribution to families will never be forgotten.

Dr. Dave Lewis, MD, FASAM,  
Medical Director Visions Adolescent Treatment Program  
Consulting Staff, The Canyon at Peace Park



Reverend Leo Booth Writes:

John Bradshaw was a friend and mentor, especially at conferences in the 90's when he spoke about shame and I connected his theme with religious abuse in my book, "When God Becomes A Drug". John kindly gave me an endorsement for that book and my more recent books.

He was a charismatic speaker, an incredible thinker and extremely personable. He will be missed.

Reverend Leo Booth.

Kevin K. Writes:

Johnny S. brought John Bradshaw, from Texas, to our first C.A. Convention to be our speaker. Nobody knew who he was. He looked kind of dorky and wore a big wooden cross around his neck, had a big ol' smile and was very friendly. And, then he spoke. Now, this was before any of his books or TV shows, or fame. One of the things that really got us all, was when he told us the difference between guilt and shame. He said guilt is when I DID something bad. Shame is that I AM something bad. Whew! Then he went on to explain about Critical Mass and our Collective Consciousness, by explaining the Hundredth Monkey Theory. Now, this was in January, '85, and he then explained how the 12-step programs were hitting critical mass and were going to explode into the world consciousness in the next couple of years, and it surely did! We truly owe him a debt of gratitude, those of us who were there and have stayed clean and sober all these years, in part because of his clarity and his gift of communication. R.I.P. Brother John.

Judy McGehee Writes:

Those of us fortunate enough to be in counselor training and other times to meet with John, knew we were privileged to work with kids and families at ASAP. Along with Kip flock and Dr Dave, our skills were honed to be of help to those suffering with addictions, trauma, depression. John helped thousands to learn about Family of Origin work and how to heal from "less than perfect" upbringing. I'm very grateful to be a licensed MFT since 1995, giving credit to many mentors - John certainly one of them!

*It's okay to make mistakes.  
Mistakes are our teachers - they help us to learn.  
- John Bradshaw -*

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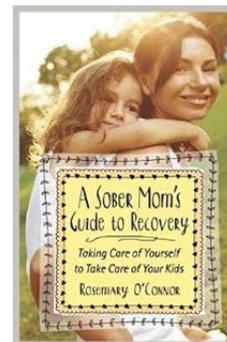
Receive a special \$145 discount off the regular registration rate courtesy of Keys to Recovery Newspaper. Simply enter the VIP code **KEYSVIP** (case sensitive) during the online registration process.

Register now and view the program online at [www.core-conference.com](http://www.core-conference.com).

## Book Reviews

***A Sober Mom's Guide to Recovery: Taking Care of Yourself to Take Care of Your Kids.*** Written by Rosemary O'Connor. Published by Hazelden.

Rosemary O'Connor hit the nail on the head with this book. How many of us come into recovery with absolutely no clue how to take care of ourselves and our children. This book will benefit Sober Moms, Sober Dads, and all others walking the journey of recovery. With Rosemary's good sense of humor and her personal experience of the challenges we face, she provides us with practical tools we can apply in all areas of our lives. I am not a Sober Mom, but I am a Sober Woman and I just loved all the different issues she addressed, and the Sober Mom's tools she followed up with each. She addresses the problem and offers the solution! I personally loved the chapter of Self Care, and I will be writing my promise letter to myself and putting it up on my mirror, and also telling my sponsees to each get a copy of this book. Thank you Rosemary O'Connor for bringing to light the many issues we struggle with coming into recovery, and as we continue to trudge the road. A MUST READ FOR ALL! Available at [www.Amazon.com](http://www.Amazon.com)



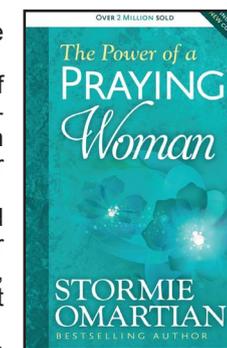
***The Power of a Praying® Woman.*** Written by Stormie Omartian. Published by Harvest House Publishers.

Stormie Omartian, bestselling author of The Power of a Praying® series (more than 28 million copies sold) re-released with fresh new covers and new material to reach an ever growing market of readers, ready to discover the power of prayer for their lives and their loved ones.

Praying for your spouse, your children, your friends, and your extended family is wonderful, but God wants to hear your personal requests. This book shows through scripture, just how to pray a more powerful prayer. Stormie breaks it down, simply and straight forward.

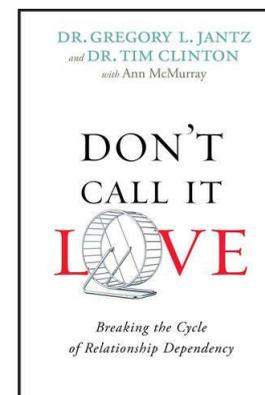
Stormie goes to the heart and speaks to the very things that women struggle with. She writes in a very easy to follow format. Women of all ages, and all levels of spiritual awareness, will find hope and purpose for their lives with The Power of a Praying® Woman.

I look forward to reading the remaining "The Power of a Praying® series", and I will share my reviews with our readers as I finish each book. Take the time to improve your prayer life and your prayer life will in turn change your daily life. Available at [www.Amazon.com](http://www.Amazon.com)



***Don't Call It Love: Breaking the Cycle of Relationship Dependency.*** Written by Dr. Gregory L. Jantz and Dr. Tim Clinton with Ann McMurray. Published by Revell.

I was introduced by my beautiful wife to Dr. Gregory Jantz at the Lifestyle Intervention Conference last year in Las Vegas, Nevada. He was the main speaker there and his delivery of the facts were captivating to say the least. Dr. Jantz and Clinton's book is about the self-realization of everyone's phenomenal potential, being the person that they are. The pages are filled with inspirational information to help one to avoid the snares and traps, which effects our perceptions of who we are, dictated by our actions, attitudes, and beliefs that are tainted. From early on we feel that we alone are incomplete, and to fill that void another human being is needed. With the wisdom and guidance from the knowledge that are written within the pages of this enlightening book, we can understand how having a secure attachment and intimacy-security and mature love- allows a deep emotional connection to flourish. The result is true intimacy, which is never determined or conditioned by another. This is a must read book, its food for those who seek fulfillment outside of themselves. Available at [www.Amazon.com](http://www.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 914



## CAN STRENGTH TRAINING HELP DEPRESSION?

Is your teenager depressed? Having trouble in his/her relationships, lonely and not knowing which way to turn? Then, you must read this.

Did you know that the epidemic of drug abuse in teens is seen as the number one public health problem in the United States, according to a report by CASA Columbia? Teenagers are more likely to experiment with drugs than people in any other age groups, and those experiments are more likely to develop into an addiction as adults, because the teenager's brain releases more of the neurochemical dopamine associated with a feel-good sensation. This leads primitive parts of the brain to broadcast a message such as: "That feels good. Do it again", producing a desire to repeat the experience over and over again.

While recovery homes and treatment centers are flourishing with continuous influx of new young patients, the statistics for long-term recovery are at the very slim count of 3%. Could weight training serve as a helping hand in reversing the glooming statistics?

Strength training offers a revolutionary tool for kids and young adults, to strengthen the nervous system, enhance postural alignment (also known as "text neck.") It is also an activity that increases the natural production of dopamine and endorphins, which is known to fight against depression and boosts mood behavior. This can serve as a reinforcing factor in establishing positive habits and setting a strong foundation towards a healthy and productive lifestyle, allowing your teens to show up in the world with the self-confidence they ought to have.

However, just as many women mistakenly fear weight lifting will make them bulky, a lot of parents and coaches avoid stirring young adults towards strength training, because they think it is unsafe for kids, potentially leading to injuries such as growth-plate or joint damage. This isn't a controversial claim anymore since it has long been proven that strength training, when done properly, is not only safe, but extremely beneficial and recommended for teens and children as young as 8 years old. Most injuries to young lifters are the result of poor training protocols, lifting too heavy, poorly designed equipment or lack of education, not a fragile anatomy because of age.

Health benefits of a sensible strength-training program can be stupendous for young adults such as:

- Increase muscle strength and endurance • Strengthen the bones
- Improve sports related performance • Decrease sport's related injuries
- Improved cardiovascular health / blood pressure / cholesterol

Strength training can also be a very efficient activity for weight control. Overweight children who begin a strength training practice are more likely to continue than those who simply do cardio, because it is more fun. The fact is, very few kids choose to spend 20 to 30 minutes doing any kind of continuous endurance exercise, regardless of the benefits or incentives. Most youngsters prefer to play hard or run fast for short amount of times, rest a minute or two, then repeat their performance. Fortunately, it is possible to provide such benefits through intelligent strength training programs, and the effects and results typically exceed most people's expectations.

Poor self-image and lack of self-esteem, which affects many teens whether thin or heavy, can also contribute towards unhealthy addictive behaviors. Strength training is a sport that allows people of all ages to be the best that they can be, either compared to others or relative to previous personal performance. It boosts self-confidence. Results are quantifiable by time and measurable in strength. The benefits are quick to appear, which can satisfy the addictive brain that craves instant gratification. Changes such as height, posture, stature, and overall demeanor become noticeable quickly. Boys and girls alike enjoy seeing muscular definition appear, because it makes them feel strong and beautiful. Youth athletes will bust their butts with a healthy ego, especially when they begin to see results. It is hard to be depressed when the results appear as a toned attractive body, without underestimating the natural surge of healthy neurochemicals to the brain.

Academically, strength training improves memory and focus, as exercise stimulates the birth of new neurons in part of the brain that is critical for memory.

Being stronger and more conditioned greatly improves school performance, and it is a great stress reliever! Teens deal with stress on many fronts, beyond peer pressure, the need to fit-in and desire to be heard, but homework overload and deadlines

can really add to the stress level in a teen's life, contributing to the desire to escape by drinking and/or the use of drugs to decompress.

On the social front, strength training also provides a healthy environment where kids and young adults can thrive socially.

So, if you want to be supportive and closer to your children, then buy yourself and your kids a gym membership. Set the example and start on a sensible strength-training program, why? because that's where teens can go to get strong and healthy while having fun, receive all the benefits mentioned in this article, and where they can hangout to get away from peer pressures. Therefore, the gym becomes the best place to be to fight addictions and pick up good habits. You'll be able to visit and say hi to your kids without invading their space or being judgmental. And you'll do yourself a favor by adopting healthier habits, looking and feeling better in the process; your children will respect you for that.

Written by Batista Gremaud @ Dr. Fitness USA, No1 Best Selling Author of *Feminine Body Design*. [www.DrFitnessUSA.com](http://www.DrFitnessUSA.com) - Find us on Facebook at [www.facebook.com/drfitnessusa](http://www.facebook.com/drfitnessusa).



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**SATURDAY JUNE 4TH, 2016:** Oasis Women's Recovery Comedy Night. 13832 Polk St. Sylmar, CA. 91342 (818) 362-0986 7:00pm-10:00pm ADULT Comedy (no children) Tickets \$10 before show \$15 @ the gate. Snack bar available 50/50 raffle and other raffles. All proceeds go to Oasis to help keep our doors open.

**THURSDAY JUNE 9TH TO JUNE 12TH, 2016:** AA Desert Pow Wow with Al-Anon Participation. Renaissance Indian Wells Resort & Spa 44-400 Indian Wells Lane, Indian Wells, CA. 92210. Info-SheriAli J. 760-340-7540 or Sandy W. 760-776-1066 website [www.desertpowwow.com](http://www.desertpowwow.com)

**FRIDAY-SUNDAY JUNE 10-12, 2016:** NCCAA 69th Annual Alcoholic Anonymous. 1351 Maple ave. Santa Rosa, CA. 95404 Remit payment- NCCAA Po Box 293586 Sacramento, CA. 95829 Pre Reg-\$15 at Conference \$20

**SATURDAY 8:00PM, JUNE 11TH, 2016:** Benefit Comedy Show. All proceeds go to Spirit of Studio 12. The Spirit of Studio 12. 6006 Laurel Canyon Blvd N.Hollywood, CA. 91607. For more info call David Z. (818) 566-1442 or Will W. (818) 915-0534

**SATURDAY, 7:00AM -12:00PM, JUNE 11TH, 2016:** The 26th Annual Bike-N-4-Books. San Fernando Valley Hospitals and Institutions Committee. This Fundraiser helps the SFVH&I Literature Committee to purchase AA Books and Literature to "Carry the Message" to Alcoholics in Hospitals and Institutions. Bring your Family for a day of FUN and FELLOWSHIP Followed by AA Meeting and Raffle. Woodley Park; Japanese Garden Entrance Picnic Area #2 6350 Woodley Ave. Van Nuys, CA. 91346 For further info. Call: Laura B. (818) 414-4417 or Dusty B (818) 384-0244

**SUNDAY, 11:30AM-3:30PM JUNE 12TH 2016:** 6th Annual Picnic Founders Day and Chili Cook Off. Fundraiser for NOCCO. Yorba Regional Park Shelter #3 7600 E. La Palma Anaheim, CA. 92807 For more info. or reg. (714) 773-4357

**FRIDAY -SUNDAY JUNE 17TH-19TH 2016:** SOCYPAA Presents The 49th Annual Wet Brain Olympus Camp Out- Battle of the YPAA'S! Lake Berryessa 6599 Wragg Canyon Rd. Napa, CA. Questions Dan H. (707) 529-1612

**FRIDAY - SUNDAY, JUNE 17TH -19TH 2016:** 26th Annual June Lake Kampvention. AA Speaker, Open Meetings, and Alanon Meetings- plus fishing, hiking, boating, and swimming. Contacts: Les P. (760) 220-9643, Steve/Heidi L. (760) 247-0507, Melody R. (760) 596-2476, Gail B. (760) 403-1657 [junelakekampvention.org](http://junelakekampvention.org)

**SATURDAY, JUNE 18TH 9:00 AM, 2016:** 4th Step Workshop of Spirit of Studio 12. Guidance by Experienced Members. Right Out of the Big Book. So Bring One! Free Donuts, Bagels & Coffee at 8:00am, Speaker starts at 9:00am. Instruction from 9:30-10:00am then the room is open for writing. All materials supplied free! Spirit of Studio 12. 6006 Laurel Canyon Blvd. N. Hollywood. CA. For more info call Lee R (818) 203-3353.

**SATURDAY, JUNE 18TH @ 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 CA. 91204. (818) 242-1350

**SATURDAY, 10:00AM-5:00PM JUNE 25, 2016:** SBYPAA Presents Summer Solstice Scavenger Hunt. Meeting, Scavenger Hunt and BBQ Ledbetter Beach 235 E. Cota Santa Barbara, CA.

**SUNDAY, 11:00AM JUNE 26TH, 2016:** 3rd Annual Chili Cook Off with Car & Bike Show. Chili, Cars, & Bikes. 50/50 Raffle, Raffle Prizes, Hot Dogs, Live Music. Garden Grove Alano Club 9845 Belfast Dr. Garden Grove, CA. To enter Chili Cook off contact [Denyse@714-745-2244](mailto:Denyse@714-745-2244) To enter Car or Bike contact [Frank@714-745-0948](mailto:Frank@714-745-0948)

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



## HELP YOUR BODY TO RECOVERY

Eating a healthy diet and getting regular exercise helps people stay in the best possible health. Poor diet and physical inactivity leads to 300,000 deaths each year in United States, second only to tobacco use. People who are overweight or obese increase the risk for heart disease, diabetes, high blood pressure, arthritis-related disabilities and some cancers. People may decrease the risk of heart disease and cancer if they eat a healthy diet that contains at least five servings of fruits and vegetables, is low in fat, saturated fat and cholesterol, and contains plenty of whole-grain breads and cereals. People who eat a healthy diet and are physically active can expect to live longer and lead healthier lives. This is true for you and the different types of addicts that you support.

We need water to stay healthy: An adequate amount of daily water intake is by far the most important of all dietary requirements for the body and is essential to life. A person may live for several weeks without food, but they can only survive a few days without water. That's because our bodies are 72% water and we lose about 10 cups of water each day through sweating, going to the bathroom, and breathing. The amount of water we lose each day increases when the temperature is hotter. So water needs to be replaced every day. It helps to regulate the body's temperature and it carries minerals, such as sodium, through the body, and it regulates waste and toxin removal. Most people should drink 8-12 8-ounce glasses of water every day. This is especially important at the beginning of recovery because, different types of addiction from different substances leave the body severely dehydrated.

Some people need more water if they suffer from constipation, experience heavy sweating or perspiration due to using drugs and/or alcohol. Sugar and caffeine (including energy drinks) are dehydrating to the body. If you drink a lot of coffee, soda or diet soda, and other similar liquids, you need to drink more water than the average person. Fluids such as soda and juices contain added sugar. This means you are consuming "empty" calories. These are calories with no nutritional benefit. Some fluids contain caffeine as well as sugar.

The five essential nutrients and food: Good nutrition contributes to good health. Poor nutrition, in conjunction with substances like drugs and alcohol, can shorten our lives and make them less fulfilling. For good health, all people need certain nutrients in the proper quantity depending on their physical size, their daily activity level, and the rate their bodies burn food for energy. All food is made up of the following five essential nutrients necessary for growth, normal functioning, and maintaining life.

1st is carbohydrates provide energy and fuel for the body. Good sources of carbohydrates are whole grains, vegetables, and fruits.

2nd is protein, which is essential for body growth and development. It can also provide energy. Good sources of protein are milk, eggs, cheese, fish, poultry, lean meat, peas, beans, seeds, and nuts.

3rd is fat provides energy for the body and is essential for growth and development. Too much fat, especially saturated fat, can cause heart problems.

There are three types of fat: saturated, polyunsaturated, and monounsaturated. Saturated fats are found in animal foods such as beef, pork, chicken, eggs, and cheese. Polyunsaturated fats are found in vegetable oils such as corn, soybeans, and sunflower. Monounsaturated fats are found in oils such as olive, canola, and peanut.

4th is essential nutrient vitamins. People need 13 vitamins to stay healthy. They are: vitamins A, C, D, E, K, and 8 B vitamins. Fruits and vegetables are excellent sources. The 8 B-vitamins and vitamin C are not stored in the body, so you need a good source of these every day. This is because the B vitamins and vitamin C are water soluble. Vitamins A, D, E, and K are fat soluble. Each vitamin has a recommended daily amount that's necessary for good health.

5th is minerals. The body needs 16 minerals to stay healthy. These include: calcium, phosphorus, potassium, sulfur, sodium, chloride, magnesium, iron, zinc, copper, manganese, iodine, selenium, molybdenum, chromium, and fluoride. Minerals activate the body's biochemical processes.

In addition to the five essential nutrients in food, there are also a few other key components necessary for proper body functioning. These are cholesterol, sodium, dietary fiber, and calories.

Cholesterol is found in all food from animal sources. The liver produces all the cholesterol our bodies need, so we don't require any more from food. Sodium is a mineral that is also essential to the body in small amounts.

Salt is found naturally in many foods. Too much salt can cause high blood pressure and worsen many medical problems, including premenstrual syndrome, heart disease, and kidney disorders.

Dietary fiber helps prevent constipation. It also helps lower blood cholesterol and thereby reduces the risk of heart disease.

Next is calories. A calorie is a unit of energy. Energy comes from the food that we eat.

Meal planning is vital to ensuring that we eat a nutritious and healthy diet. This is essential when recovering from addiction. Once a meal plan is in place, grocery shopping becomes a lot easier and you are less likely to buy junk food.

Boris Schaak: As a Professional Trainer and Sober Coach, my fitness approach integrates the elements of physical fitness and nutrition within the scope of recovery and sobriety. This is TOTAL integration- the convergence of mental, spiritual and physical fitness! Seeing the transformation and growth in my clients; physically, emotionally and spiritually, is my passion and mission in life! I'm glad to share it with You." email: Boris@SoberFitness.com Or Facebook under SOBERFITNESS.





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Do you like music? Write an encouraging song, and share it on YouTube. When you combine your skills and interests with your advocacy efforts, you never know what might happen. I assure you that I never thought the book, "Life Without Ed," would be translated into Japanese!

Be creative. Start something that has never been done before. At Eating Recovery Center, we just kicked off the first-ever Eating Recovery Day on May 3rd. The day began as a simple idea and became a wildly inspirational 24 hours. I have a hunch that is exactly what is going to happen with World Eating Disorders Action Day on June 2nd.

Right now, you might have an idea about how you can get involved. It is also likely that Ed is infusing some doubts. This June, harness the power of the World Eating Disorders Action Day community, and don't let Ed steal your voice.

We need your truth. We need you to share the "Nine Truths." We need you.

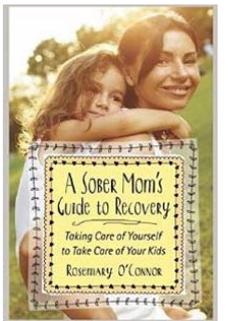
*Jenni Schaefer is a singer/songwriter, speaker, and author of Goodbye Ed, Hello Me and Almost Anorexic, a collaboration about subclinical eating disorders with Harvard Medical School. Her first book, Life Without Ed, has been released as a Tenth Anniversary Edition as well as audiobook. Jenni is a National Recovery Advocate of Eating Recovery Center's Family Institute. For more information, please visit [EatingRecovery.com/Jenni](http://EatingRecovery.com/Jenni) and [JenniSchaefer.com](http://JenniSchaefer.com).*



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  - Pursue my dreams and make them a reality.
  - Hang out only with people who light my light, who honor and respect me.
  - Have fun and laugh every day.

*Rosemary O'Connor is the author of A Sober Mom's Guide to Recovery. She is also an Outreach Manager for Hazelden Betty Ford. Rosemary has a Bachelor of Arts in Psychology, is a Certified Professional Life Coach and a Certified Addiction Coach. She has written numerous articles on recovery and has appeared on many radio shows. For the past 12 years, Rosemary has worked in the addiction field helping hundreds of addicts and their families recover from the devastating disease of addiction.*



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

Email To: [info@keystorecoverynewspaper.com](mailto: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](http://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](mailto: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 non-profit 501(c) (3) non-profit Public Charity.

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](http://www.KeysToRecoveryNewspaper.com)

## DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 20 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
- Bail Bonds
- 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
- Recovery Conventions & Conferences, 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.aascv.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 (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.slawso.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.

Bienvendidos 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 www.nami.org (818) 994-6747

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

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

Los Angeles Food Bank (323) 234-3030

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

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

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

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

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

# 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](http://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](http://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](http://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](http://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 (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 & 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](http://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](http://www.calrehabguide.com)  
The Sober Living Network referral service (800) 799-2084.  
Sober Living Network (310) 396-5270.  
The San Diego Sober Living Homes Association: (858) 483-5866.  
INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.  
AVYFS, Antelope Valley Youth And Family Services (661) 949-1069.  
The Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, [www.cadasb.org](http://www.cadasb.org)  
CCBCDC: California Certification Board of Chemical Dependency Counselors [www.CaliforniaCertificationBoard.org](http://www.CaliforniaCertificationBoard.org) (562) 927-5143  
CAARR California Association of Addiction Recovery Resources (916) 338-9460, [www.caarr.org](http://www.caarr.org)

CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.  
CCPG California Council on Problem Gambling [www.cal-problemgambling.org](http://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](http://www.center4living.lle.org)

## RAPE HOTLINES

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

## SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, [www.jasonfoundation.com](http://www.jasonfoundation.com), (888) 881-2323  
National Suicide Prevention Lifeline (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](http://www.apla.org), The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201-1500 Client line  
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](http://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](http://www.hepchope.com) Hotline (844) 443-7246  
On-Line Resources for Hep C: [www.hepcsource.com](http://www.hepcsource.com) • [www.hepnet.com](http://www.hepnet.com) • [www.harvoni.com](http://www.harvoni.com) • [www.theliverinstitute.org](http://www.theliverinstitute.org) • [www.hepctreatmentlosangeles.com](http://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.

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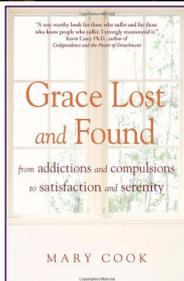
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Enjoy and remember RULE 62!

Gemini (May 21-June 20) — Go over the numbers with your partner over the next few days. Choose priorities and set budgets for upcoming expenses. Talk about long-term dreams and goals. Talk to your higher power daily about the desires of your heart. You're attractive and lucky in love. No need to worry. Enjoy the confidence and opportunities. Try to be of service wherever you go.

Cancer (June 21-July 22) — Negotiate to refine the plan. It's OK if you don't know how. Work with a sponsee over the next few days, and discuss solutions for their problems. Narrow your work routine to the minimum. Tie up loose ends. Peace and quiet soothe over the next four weeks. You have sweeter dreams, and fantasies abound. Write them down. Spend time with a partner now.

Leo (July 23-Aug. 22) — Focus on your work closely today and tomorrow. Mental and spiritual discipline get the job done. Balance effort with rest and relaxation, good food and meditation. A walk in beauty restores your spirit. Group activities such as 12 step groups go well over the next month. Get out in public, as you're especially popular. Social activities benefit your career. Get into an intense work phase.

Virgo (Aug. 23-Sept. 22) — Rest and relax over the next few days. A playful attitude allows for discovery. Try new step meetings, perspectives and experiences. Have fun with beloved people. Practice your favorite sports, crafts or arts. Watch for opportunities to advance your career. Take on more responsibility for the next month, be more of service at your meetings. Focus on what you love about your work and grow that aspect. You have emotional support from your sponsor and those that are trudging the same road as you.

Libra (Sept. 23-Oct. 22) — Today and tomorrow are good for making changes at home. Make sure family is on board with your vision, and work together. Reward hard work with a shared feast in your new space. The next four weeks are good for traveling. It's easier to venture forth and achieve goals. Spend more time in prayer and meditation. Begin an educational exploration. Energize your home base with gentle enticements.

Scorpio (Oct. 23-Nov. 21) — Your tongue seems golden with charm and persuasion. Use your communication arts to make something happen, whenever you're asked to speak at a meeting do so. Share your view, illustrate it and ask for participation. Answer when opportunity knocks. Go over the numbers this month. This period is good for saving money, spend when only necessary. There's more coming in than is going out. Keep track to end up ahead. Do the homework and read the Big Book daily.

Sagittarius (Nov. 22-Dec. 21) — Bring in extra money over the next two days. Keep doing what's working. Stick to the plan and rules you've set, including the budget. Bring it to God and apply self-control which is required. Keep saving for a rainy day. Collaboration comes easier over the next month, form partnerships to share resources, efforts and benefits. Passions and tempers may flare. Spiritual abundance is available when you seek it with the help of your higher power.

Capricorn (Dec. 22-Jan. 19) — Do something nice for yourself. Get a new hairstyle or outfit. Have a spa moment at home. Step into your power mode, and let your light shine. Enjoy the spotlight. There's more work coming in over the next three weeks, and it's the kind you like. Work toward setting a spiritual goal with passion. Create a work of art. Become someone's blessing by being of service to them, that they may see God in you.

Aquarius (Jan. 20-Feb. 18) — Begin a two-day pensive phase. Settle into thoughtful planning mode. It's not a good time to travel. Lay low and finish something you've been putting off, such as finishing chapters of the big book. Routine gives you strength. You're especially lucky in love over the next month. Add beauty to your endeavor. Play with people you love. Avoid someone else's argument. Practice your arts and skills. Take on a new commitment at one of your meeting groups.

Pisces (Feb. 19-March 20) — Team experiences can be bonding. Hold 12 step meetings, parties or gatherings over the next few days. Others can help carry the ball and provide some relief. Rely on conventional wisdom and self-discipline. Your home can become your love nest. Get into domestic arts and crafts this month. Focus on home and family. Add beauty to your surroundings. Apply yourself more each day in prayer and meditation, asking God to send you those who you can help.

Aries (March 21-April 19) — Fulfill a professional fantasy. Do something you've always wanted to do. The next two days bring career opportunities, so keep your eyes and ears open. Say "yes," and let angels guide your steps to be of service. Words come easily. A creative project flowers over the next month with opportunities to help those around you. Studying is extra fun. Discuss affairs of the heart with a confidante. Talk more often with your sponsor.

Taurus (April 20-May 20) — Plan a vacation or trip over the next few days. Study the Big Book and the 12 and 12, research your options. Dream big, and write your ideas down. Work out the logistics of where and when with whom. This next phase can be quite profitable. Gather new income over the next month, Push through any opposition to raise your conscience contact with God. Broaden your education.

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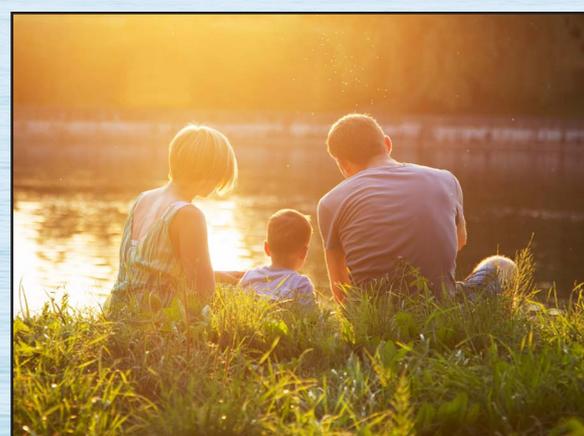
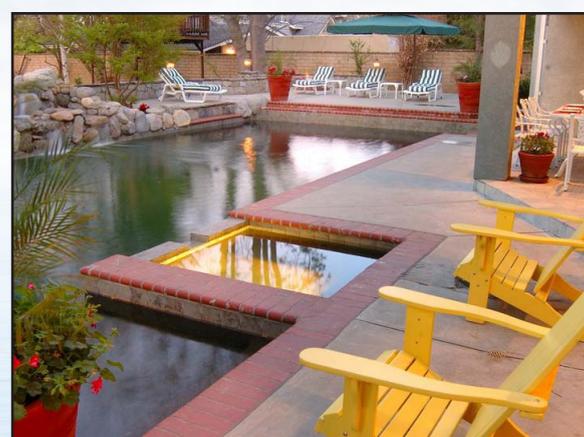
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