

August 2016

KEYS TO RECOVERY — NEWSPAPER, INC. —



10 SIGNS You're In A Codependent Relationship

written by: Jennifer Kass

**Transformation
of Trauma**
Page 4

**Addicted to _____
Fill in The Blank**
Page 8

Quit to Win
New Column on Gambling
Page 11



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by: Jason Levin

Last February was the 8th anniversary of Jason Levin's death. For those of you who don't know him, Jason was my previous business partner and dear friend. So it's no wonder he has been on my mind constantly. I know that he would be so very proud of what we have done with Keys to Recovery Newspaper. I want to make him a part of this month's issue to celebrate and honor his life, so I am rerunning one of his columns, from December of 2007.

Hello Again Everyone,

Here we are with another year already done, I was just getting used to the idea of 2007 and now it's almost over! Well I guess that is one of those bittersweet things. The year went so fast it's got to be one of two things – either I'm having a good time (time flies when you're having fun!) or I'm getting old! Perhaps it's a bit of both....as time goes on in my recovery, I'm finding that I'm having more fun in general which is the by product of living a good life. This good life is the result of the many lessons I've learned around here. In fact, I'd like to share about one of those ongoing lessons...trusting the process.

When I first heard the idea of trusting, I immediately closed my mind to it. I was new to the program and I had little trust for anything or anyone. I was at a place where I didn't even trust the program even though I was here. I had nowhere else to turn and I came because I knew I needed help, but my disease was so powerful at the time that I still wouldn't trust that it would work for me. I was one of those skeptics who begrudgingly did what was asked, only to try to prove it wouldn't work. My first lesson came in those first few days. I went to meetings and did little else. Before I knew it I had a few days sober. I couldn't believe it, but it actually worked! This was the beginning of learning to trust the process for me.

As I kept going to meetings, I heard people talking about getting a sponsor. I knew I had to do something and quick. I thought that if you found out that I didn't have a sponsor you'd tell me to leave. So I asked someone to sponsor me. He was someone I'd seen around the rooms before and I saw a change in him. I didn't realize it at the time, but I was beginning to trust the program then, thinking to myself, if this person could change maybe I could too. So began my learning process.

My sponsor began to ask me to do things like writing and getting commitments. Honestly, I never thought that any of this was worthwhile at the time, but I did it anyway; remember I was out to prove it couldn't work for a guy like me. Something happened though, that I never expected. The things he asked me to do DID work! As time went on I began to feel better, I was staying sober and even enjoying it! That is how it started. As time went on life happened, as it

usually does. When a situation would come up I would do what I had been taught to do – write, pray, meditate and take action. Would things always turn out the way I thought they should? No. They turned out for the most part better than I had hoped they would. This in turn helped me to build my trust in my higher power, and in the program.

It was not as easy as it sounds either. I would (and still do at times) be kicking and screaming the whole way, only to be shown time and again that it works. As time goes on I find myself faced with situations that still baffle and sometimes really scare me. The deal is though that I have learned to trust the process that is happening right now. I don't always understand why the things that happen need to happen, but I do know, only from my experience, that if I do what is in front of me and trust that my Higher Power has a plan, that it will all work out in the end. My job is to trust the process and let what needs to happen, happen.

This is such a far cry from how I used to be. I used to honestly believe in that old saying, "If you want something done right, do it yourself". The problem with that was every time I did it myself, it came out wrong and I was the last to figure it out! The more I learn to live life on life's terms, the more I see that I really don't need to try to control and manipulate every thing around me. The less I try to control the outcome of my life the better it gets. I realize that I do have responsibilities in my life, but with each situation I am coming to realize that my main responsibility is to show up and let the details take care of themselves. Simply put – to trust the process.

As this year comes to a close I want to thank all of our great contributors and all of the people who support us – each and every one of you. This has been a great year and I really wish to thank you for letting us be of service to the recovery community. May the coming holidays be full of love and joy for each of us, and may we all continue to give to each other what we really all need the most – the gift of unconditional love and the sharing of our recovery together.

Jason Levin – Publisher



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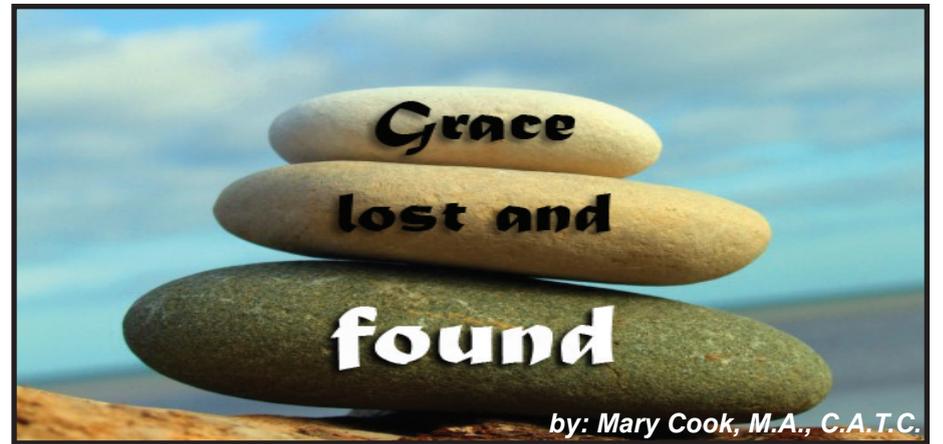
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by: Mary Cook, M.A., C.A.T.C.

TRANSFORMATION OF TRAUMA

The life of addiction is the life of a trauma survivor. It is a diminished, demeaning, destructive and delusional life. It gives the false impression that one is impoverished and incomplete, and must possess and control something or someone to fix them. Generally, trauma begins in childhood and continues in some form until there is healing. Defenses which initially help children survive stress and trauma, eventually backfire causing more problems and pain, and harm that was initially perpetrated by others becomes self-harm. Freeze, fight and flight are typical defensive styles associated with unhealed trauma.

Freeze is where children shut down and stop speaking their truth because there is either a punitive, unhelpful or apathetic response. This leads to confusion, denial and repression, which helps to diminish conscious awareness of danger. They develop a sense of inferiority, and feel unworthy of caring, which helps them tolerate what they cannot change. Sometimes they project their needs onto others and become codependent, which helps them focus on others' pain instead of their own.

Fight is where children act out their anger against others. Aggression and willfulness helps them to block pain, fear and powerlessness. Attention seeking behavior helps them to compensate for lack of validation and dismissal of important needs. Overly dramatic words and actions help them to conceal despair. Blaming others helps them to cover up self hate or low self-esteem.

Flight is where children attempt to isolate, hide, stay small and unnoticed, often preferring a reality. Minimizing and personal enfeeblement on solitary nature, and their to have a sense of self contained. Identifying as a self contained

It is our precious purpose to transform trials and traumas into gratitude and grace.

ing speaking, eye contact gagement helps them to space and safety. Focus-activities, possessions, imagination helps them of control in their life. loner helps them to feel and self sufficient.

The collection of responses to stress and trauma eventually creates a false self, which is disconnected from conscious contact with the true self and a Higher Power. This separation causes deep feelings of pain, emptiness, loss and fear, which creates vulnerability to seek something to "fix" this. Additionally, all defenses over time diminish, fail and ultimately backfire in their effectiveness as coping strategies. Alcohol and other drugs give temporary illusions of protection, power, passion and peace, but really multiply and magnify harm. It is only when the failure of defenses can no longer be ignored, that the door opens to the possibility of healing.

Courage is required for the process of recovery. It is not the courage to face bullets, fights, incarceration and addiction, but the courage to face childhood stress and trauma and its corresponding pain that facilitates healing. It is not the courage from defense mechanisms and negative actions, but the courage of surrendering dysfunction and destructiveness that facilitates emotional maturity and resilience. It is not the courage from alcohol and other drugs, but the courage to practice spiritual principles that facilitates conscious contact and communion with a Higher Power.

In a safe recovery environment it is possible to begin speaking the truth surrounded by compassion. And from that truth comes adult understanding and releasing of tension. Trauma and its false beliefs and defenses can be separated from identity. Through the example of fellowship, caring is experienced from within and from others. Learning and accepting what can and cannot be controlled stops fighting and willfulness. Developing a healthy responsible relationship with self fosters maturity with others. Developing a healthy relationship with a Higher Power brings strength and support to surrender the false self, and experience wholeness and holiness. The life of recovery is the life of continual transformation of what is painful and difficult into learning, maturing and offering service to others. It is an expansive, empathic, ennobling, and enlightening life. It is our precious purpose to transform trials and traumas into gratitude and grace.

WWW.MARYCOOKMA.COM; Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 40 years of clinical and teaching experience. Mary is available for telephone and office consultations, and speaking engagements. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com.



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HAPPY: ONE OF THE SEVEN DWARFS OR A STATE OF MIND?

"I do not miss childhood, but I miss the way I took pleasure in small things, even as greater things crumbled. I could not control the world I was in, could not walk away from things or people or moments that hurt, but I took joy in the things that made me happy."

— Neil Gaiman, *The Ocean at the End of the Lane*

There was an example that my mentor gave me early in my recovery. A psychiatrist was treating two young boys; one was happy about everything and the other morose. Their parents believed that they were raising the children the same; giving them both encouragement and love, and yet, they thought maybe there were issues they didn't understand and that therapy could help.

The psychiatrist wanted to observe their distinct reactions, so he devised an experiment to watch the boys. He told them that he had a surprise for them.

He placed all types of electronic toys in a room and brought the unhappy boy to the room, and watched his responses.

The discontented boy lamented that he couldn't play with them because he just knew they had been sitting too long to have battery life; he was only going to be there for an hour, and that wasn't enough time to finish a game on the console, and he might drop one of the toys and break it.

The psychiatrist took the happy boy to a room filled with sh*t. He turned to the psychiatrist and immediately asked if he had a shovel. When the psychiatrist asked him why he needed a shovel, the boy responded, "I just know that under all that sh*t are toys."

Recovery gives us the shovel.

And before you think I've turned into Happy the Dwarf, I've not. But I've come to understand that it's my attitude about my life experiences and opportunities, that generate the feelings of either happiness or sadness.

I work with a young man who smiles most of the time. His childhood was miserable by any standard. Both parents addicted; removed and placed in multiple foster homes, molested by a family member, and he's slightly built and was bullied not just at school, but in foster care as well.

I asked him once if the smile was a true reflection of how he felt, and explained that sometimes we put on masks because we've been told to appear happy, or we don't want others to know we're in emotional pain, or we think that's what people want to see.

He thought for a minute and said, "No, I'm happy today because I'm not using. I'm happy today because I get to talk about a problem, and I hope we can come to a solution. I'm happy today because I'm not in jail. I'm happy that I talked to one of my sisters. And I'm happy today because I got a promotion at work."

I am not by nature a happy person. I've often said in a judgmental way that, "Happy is just one of the Seven Dwarfs." But after he left our session, I decided to re-frame my perception. Rather than stating that I'm content and satisfied, I inserted happy about the circumstances in my life, happy about what I do for a living, happy with my relationships, and happy about my living environment.

Slowly, I noticed that my face relaxed and I could feel a smile forming.

Now we all know that it takes fewer muscles to smile than to frown, so maybe there's something to this happy sh*t. Think I'll continue to be happy today, and if someone shows me a room full of toys, I'm playing for however long I've got.

Marilyn L. Davis is a Certified Addiction Recovery Empowerment Specialist, who opened and ran an award winning residential facility from 1990-2011. She recently celebrated 27 years of abstinence-based recovery. She is the author of *Therapeutic Integrated Educational Recovery System*, and her blog is *FromAddict2Advocate*. In 2008, Brenau University created the Marilyn Davis Community Service Learning Award, ongoing to honor individuals working in recovery and mental health. In 2010, Marilyn received the Liberty Bell award, given to non-judges and attorneys for contributions to the criminal justice system and communities. www.twodropsfinkat.wordpress.com



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Ask Dr. Nita



by: Nita Vallens

Hi Dr. Nita,
My sobriety has been a rough road lately, and sometimes I feel like giving up, but I'm coming up on 8 years so I'm trying to stay strong. Not to mention that if I were to slip or relapse, my family would be so disappointed. Do you have any ideas for me?

Thanks, Martin

Dear Martin,
I'm glad you wrote in about relapse and related issues, and I'm especially relieved you wrote while thinking and reflecting. I want to remind you to that you have 8 years and that's a remarkable accomplishment!

Our road to sobriety can be complex regardless of whether we are in recovery from addiction or not. In some situations, it is like a winding road with good times and bad times, great things happening and disappointments. In a general sense, this is what life is all about, and it is the complex fabric that makes our lives interesting and rewarding when we overcome the misfortunes and hurdles along the way.

You don't say exactly what your struggles are, but there are people, places and things that are triggers in life. Therefore it helps to have tools and strategies to manage the rough road ahead.

For starters, learn to identify your triggers. Some common ones are:

Feeling overwhelmed by too much on your plate, loss of a love relationship, family problems, and ongoing conflicts are some of the things that can make you feel vulnerable to a slip. Also, communication breakdowns with friends or associates, starting to isolate too much, not taking "me time" to rejuvenate, not feeling well, or medical issues. Other issues that may weaken our will to stay clean and sober include sensory reminders of your drug of choice (sights, smells, sounds), financial stress, feeling left out, criticized or put down and upsetting or triggering events in the news. Of course, there are a number of other issues, but this list is enough to help you check in with yourself and identify situations that cause you grief.

Here are steps to follow after you zero in on the internal and external triggers:

- Get support - call friends or family members you trust.
- Call & meet with your sponsor.
- Be aware of any anniversary dates of losses or trauma so you can reach out for support.
- Find a hobby or do an activity that brings you joy.
- Exercise or get out for a walk.

Remember the human connection that was the essence of the founding of AA - one drunk talking to another, so please keep going to meetings to share strategies for getting through rough times and dealing with triggers. It is okay and encouraged to seek help from a professional counselor or therapist.

You mentioned that you felt like giving up. Here's a quick idea for you. There's an acronym used in self-help programs, you may have heard it, "HALT" the H is for hungry, A for angry, L for lonely and T for tired. If you are experiencing these, and it goes on for a while, please seek help and remember to place a priority on your own self-care. This tends to be a difficult task for many people in recovery to learn.

If you find that you feel depressed and unable to do your normal activities, or that you are putting forth great effort just to get by, it might be time to reach out for professional help. It is explicitly stated in the AA literature that at times we have to reach out for other resources.

According to the National Institute on Drug Abuse, (NIDA), 40-60% of drug addicts relapse. This does not mean failure, and it doesn't mean that you will become a statistic. But it indicates the long, long road that can be challenging and heartbreaking.

Some people have one drink and return to their sobriety and others stay out for an extended period of time, and some never come back as they die from their addiction. Please don't put yourself at this kind of risk!

You are welcome to reach out to me for resources or referrals, and remember to love yourself, "Self-love has very little to do with how you feel about your outer self. It's about accepting all of yourself." (Tyra Banks).

Dr. Nita Vallens is a licensed psychotherapist (LMFT) in Sherman Oaks. For consultation and appointments call 818.783.6258. Career testing is also available, call for information. You can hear Dr. Nita on the radio on Tuesdays @ 1:00 PT on KPFK Los Angeles, 90.7 FM or live stream at www.KPFK.org (FREE podcasts on the Audio Archive link)



DEAR ME: TALKING WITH MY YOUNGER SELF ABOUT EATING DISORDER RECOVERY

If you could go back and talk to yourself at the beginning of your recovery journey, what would your wiser self say to your younger self?

Dear Me (at the beginning of the recovery journey),

You are going to want to give up. At times, you are going to want to die. You will have moments when you believe that you are the only person in the world who will never recover from your eating disorder. You will sometimes think that life might be better with the illness.

Importantly, and I need for you to really get this: these are all the dangerous lies of your eating disorder.

This might sound strange, but, in therapy, you will learn to personify your "eating disorder" as an abusive partner named "Ed." Similar to people trapped in abusive marriages, you will desperately want to leave Ed, but you will be afraid of what life might be like without him.

Ed will hijack your mind. When you look in the mirror, you won't see correctly. You will see what Ed sees. When you think about food, you aren't thinking logically. Ed is fueling your beliefs. I can't possibly explain to you how this works, but believe me, to get better, you will have to begin trusting other people over your very own eyesight. You will need to trust your therapist, dietitian, and doctors over your own brain. The sooner that you can let go and have faith in this process, the sooner you will recover.

You won't want to let go. In fact, Ed will get very angry when you first attempt recovery. If you listen to your treatment team and follow their advice, you will feel exceedingly uncomfortable. What they are saying will be counter intuitive to what Ed leads you to believe. Following their wise guidance will be painful. It will feel wrong.

A key part of your recovery will be realizing that sometimes feeling bad means you are actually doing well.

Ed will get upset. In the beginning, your struggle with food might even seem worse. You are making Ed angry, so he is getting louder. Outwardly, your behaviors may look worse. But, inside, you will actually be getting stronger.

One of your biggest hurdles and turning points with food will be not "making up" for a binge. To get out of the binge/purge cycle, you will ultimately have to do the next right thing after a binge. You will need to not purge and eat the very next meal. I know that this seems utterly impossible right now, but it's not. After you do this a few times, which will be excruciatingly difficult, you will begin making bigger strides than ever in recovery. You will be that much closer to freedom.

When you stop compensating after binges, you will gain weight. Don't let weight gain and negative body image throw you off course. Your body will change far more quickly than your mind will. Time and time again, Ed will promise that he can relieve the pain of negative body image. "If you listen to me," he will say, "you will feel better."

Temporarily, his advice may calm your fears. But things will only get worse in the long run if you listen to Ed. Something key to know is this: when Ed opens his mouth, he is lying.

Remain engaged in recovery behaviors as your body shifts and ultimately reaches a normal weight for you. Again, this will feel impossible. Throughout recovery, you will do the impossible a lot. At your ideal weight, you won't get the urge to binge. Yes, that horrible urge to binge will go away—but only if you maintain a healthy weight. I know this also sounds unbelievable to you right now, but you will ultimately love your body at a normal weight.

You will appreciate your body for what it does, not focusing all of your attention on what it looks like. Your body will become a vehicle for life. You will love mountain biking and even ice climbing. Scaling up a frozen waterfall in Alaska, you will not be thinking about what your body looks like hanging in the harness. You will be grateful for your strong arms, legs, and hips.

The truth is that you will make it through, Jenni. And you will be stronger and healthier than ever. In fact, because of all of your hard work in recovery, you will be more normal with food than the "normal" people. While your friends—who never had the opportunity to go to body image therapy group—discuss fat grams and calories over dinner, you will be completely free. Yes, you will fully recover. You won't even hear Ed anymore. It gets that good.

Your eating disorder will be one of the best gifts in your life, in the absolute ugliest package.

I know that you can't see this now. But, truly, your pain is going to become your power. (You will even write some books about it!)

Stay connected with support. Believe in yourself. You got this.

Love, Jenni (fully recovered)

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 and JenniSchaefer.com.



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by: Phoebe Nolan

ADDICTED TO...FILL IN THE BLANK!

We know about the main addictions; drugs, alcohol, sex and food. The National Council on Alcoholism and Drug Dependency estimates that over 23 million Americans are addicted to alcohol or narcotics, and that 11% of those addicted received care at an addiction treatment facility last year. The Substance Abuse and Mental Health Services Administration (SAMHSA) estimates that the market for addiction treatment is about \$35 billion per year.

And those figures are only for drugs and alcohol. According to the National Eating Disorder organization, some 30 million Americans suffer from an eating disorder.

These figures are staggering and yet there are so many other addictions that many of us live with that don't have resources dedicated to them, so they aren't considered addictions. Have you ever had periods of your life where something was all consuming? You couldn't think about much else and felt like this thing, person or issue was taking over your life?

This can have a positive or a negative effect on your, life but I always like to start with the positive, so let's begin there!

If you have ever fallen in love, you know it is the biggest distraction there possibly could be. You obsess about when you will hear from them and a simple text will send you into delirium. You're happy and excited all the time and in my experience, there's nothing you'd rather do than be with that person. Research shows that falling in love produces a biological state similar to being high on cocaine, that's how powerful it is! This is often why it is recommended that people in the early stages of recovery from an addiction refrain from a relationship for a period of time – exchanging one addiction for another is not healthy, even when it is love.

Fortunately that stage doesn't last too long and we settle down, otherwise no one would ever get anything done! We move into a different phase and if the person is right, we continue to fall in love, but the euphoria and desire to do nothing else than be with that person wears off a little.

Generally, being consumed by love, when it is a healthy relationship is positive. If the person is right, your friends and hopefully even your employer will cut you a little slack as they know that the infatuation will eventually wear off, and you will revert to the wonderful and balanced friend and employee you were before you began to fall in love!

But what about the negatives of feeling consumed by something? I've listed some below:

- worry
- fear
- guilt
- abuse
- obsessions
- expectations not being met
- judging others
- gossiping
- work
- what others think of us
- anger
- preserving our image
- how we do things vs. how others do things
- the life we think we should be living; and
- negativity.

I am sure you have things you could add. Very rarely do we talk about these emotions or reactions or feelings in terms of addiction.'

I opine that changing our thought patterns or tendencies, especially when they are obsessive, is two fold. Firstly, we must figure out why we are obsessing. Does something start out as irritating and then we struggle to let go? Or is there something that is deeply affecting us that needs to be dealt with? In this case, it is important to give it the appropriate attention. Don't feel shame about having negative feelings towards others or guilt about bad thoughts. Talk to a trusted friend or friends in an honest way with the purpose of releasing your negative energy, and moving through the pain it is causing you. Shame, guilt, anxiety and fear thrive in secrecy.

Sometimes we can stop there and let it go. However, have you ever experienced a time when that is not enough? You're not just content to talk to your trusted friends, but you obsess about this issue to the point that it takes over your life, your happiness and your identity. In short, you are completely consumed by it.

At this point, it is time to move to the second phase which is often the root of the cause, and rarely what we want to talk about. We often don't talk about what is behind us talking negatively about others, continually. We often don't talk about what the purpose is behind us worrying; does it give us a sense of control? Or does it mean we can always be prepared for the worst? Is it that we think our life is somehow less if we can't point out the negatives in someone else's?

Whatever your obsession is, it is time to take stock and realize you have the power to let this person, situation, event, go and disallow it to impact your life the way it has been.

Sure this takes a lot of swallowing of pride and it means we stop blaming someone entirely for our stress, anxiety, gossiping or whatever it is that is causing us pain. But when you start to move through it, you realize how powerful what you have just done is and in turn, how powerful you are.

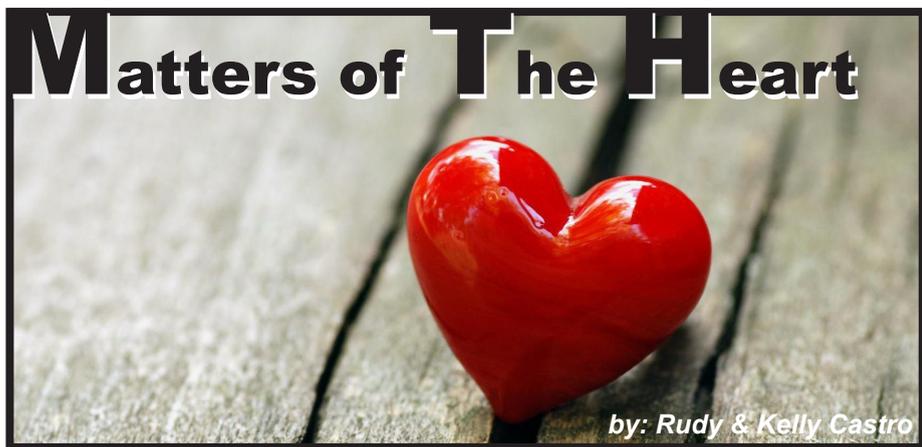
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OUR EGO IS NOT OUR AMIGO

Our ego is not our amigo especially when it comes to relationships. Let's face it, everything is about relationships. Whether it be relationships at home, at work, or in our spiritual communities. If we are at all in the world, we are surrounded by our relationships. Our outside relationships are inevitably going to reflect the relationship to self. This relationship is best suited at the top of our priority lists. It will in fact determine our ability.

Only when we are in loving partnership with ourselves can we show up and be emotionally available to others. What does that mean when people say emotionally available? It means that one is able, and willing to connect to their feelings and have the courage to share them in an honest way. It also means that one is willing to be fully responsible for their experience, and reactions. With these two elements combined what becomes possible is the true experience of allowing ourselves to be seen, and being present to seeing others.

How many of us are really in relationships this way? How many of us are still hiding behind the masks we have worn for so long? Often times it feels safer to hide. We have learned that to trust, and to love are unsafe. We have developed all kinds of (very clever) survival strategies to protect ourselves from harm. Unfortunately in our commitment to staying "safe" we have also committed to blocking ourselves from true joy, intimacy, partnership, and love. This is where it is important to ask "is the payoff worth the truth of what this is costing?" The answer is no. It isn't. We are designed to thrive; not survive. We are created for connection.

Brene Brown, Researcher and Social Worker, widely known for her TED talk on "The Power of Vulnerability", writes in her book, *The Gifts of Imperfection*, "Love is not something we give or get; it is something that we nurture and grow, a connection that can only be cultivated between two people when it exists within each one of them- we can only love others as much as we love ourselves."

This quote debunks our old paradigm thinking around relationships. Whether you're on the side of believing that relationships are all about getting, or on the other side of believing that they are all about giving- what we invite you to consider is that something much greater is possible. It begins with nurturing, and growing the connection to ourselves. When we become willing to give ourselves a voice, and be seen by ourselves - then we can get into right relation with who we really are. We are love, and sometimes we get scared; especially in intimate relationships.

In our own partnership, we have come to see these triggering opportunities as profound gifts to work out deeper levels of personal healing. If our most intimate relationships trigger our deepest traumas, we must accept this fact, even welcome these old feelings that arise that make us feel "out of control" for the sole purpose of unconditionally loving that pain. Imagine a lifetime of avoiding that pain, neglecting that part of you, to then have it been seen, held and healed. That's what a partnership can hold space for.

These are the moments, we can nurture ourselves, and one another at the highest level. In these moments of communication it is always important to take full ownership, and responsibility. Starting conversations with "when... happened, I felt..., and it reminds me of..."

When stating what happened stick to the facts. When sharing feelings stick with feeling words such as scared, small, rejected, abandoned - as often times people will say things like "I feel like you should..." These are not feeling words, and they automatically put people on the defense. When you bring it back to the fact that this feeling reminds you of something from your past it connects you to the possibility of healing that old wound.

It is very important in these conversations to avoid any kind of blame, or accusation. The moment that we do that, we lose all power and put ourselves at the mercy of our trauma. The truth is, it really isn't that other person's fault anyway. No matter how much it feels that way. It's never the person or situation in front of us. They are only for the gift that is showing up to remind us of an old wound that needs attention. This is what we call spiritual sandpaper. It is necessary for growth, expansion, and freedom. There is the saying that if something is hysterical it is historical.

Con't Page 18



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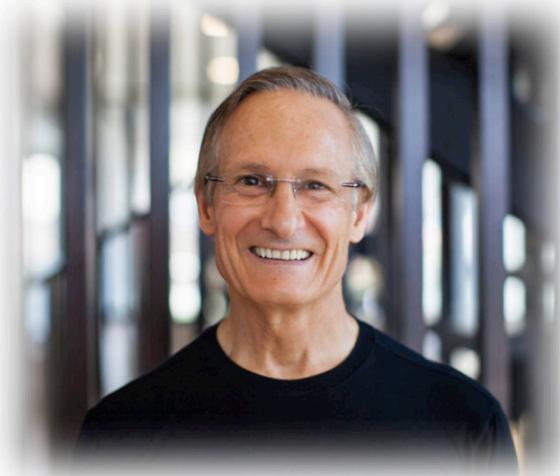
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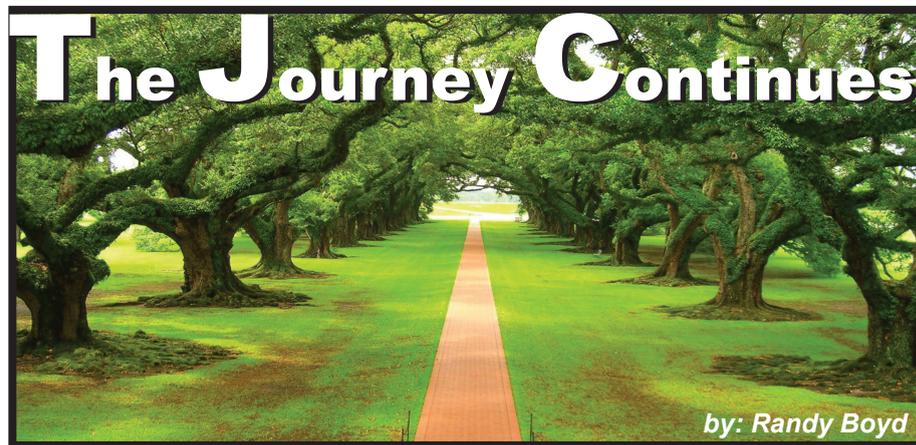
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IF I TOLD...

For the past ten years I have spoken openly and publically about my emotional, physical, spiritual, and sexual abuse, something I only did in the past in the way of justifying my behavior. I would tell my wife and friends – if what happened to me happened to you, you'd be drinking or acting this way also. Today when I speak, it is not as a victim, but as a thriving survivor. I speak as a voice for all the men that feel they have no voice. Today I deliver a message of hope and healing. But it was not always that way.

I have been asked countless times why I never told anyone, why did I not speak up. I have several answers for that question, like the first time my stepfather was literally tearing apart the house. I ran up and down the street trying to get someone to help, only to have every door slammed in my face. Or the time my stepfather told the pastor of our church what was going on between the two of us, and with my stepfather present, the pastor told me – Randy it is part of growing up and you are not gay – this only validated my stepfathers actions and the abuse not only continued, but got worse. Why didn't I tell, you ask?

Every time I had the opportunity to tell someone what was happening, I could not. All I could do was beat around the bush, which only left me feeling frustrated, defeated, angry, scared, and very confused.

I came to the point of acceptance that I was the one that was out of place; I was the one with the problem. I was the one that needed to learn how to deal with a normal part of life that seemed so abnormal. I was the one with the problem and it was time to move on. I believed the feelings and emotions I was feeling were wrong. It was time to grow up and be a man, move on and get over it.

So I did move on, carrying all the shame and uncertainty with me. Putting my head down and trying to forget all that had happened to me. After all wasn't that what a strong man was supposed to do, regardless of how I was feeling?

The voice of past offenses had to be silenced at whatever cost, yet they could not be. They were ingrained in the fiber of my being; I was a useless no good idiot, whose words and life were just an inconvenience to others. Try as I may, I never felt like I was enough, I never felt lovable, I never felt like I fit in. On the outside, much like when I was growing up and our house and life looked grand, I looked like I had it all together, yet inside I was dying.

If I told then:

- I would lose another father figure and fathers love
- I would not be loved
- I would not be special
- No one would believe me
- I would have been told it was my fault
- My friends would have laughed at me and made fun of me

While all of these reasons felt so real to me when I was a teenager, and the feelings are real, I found out as I got older that I had plenty of people who would have listened to me, believed me, and protected me if I would have reached out.

When I began my road to recovery, when I decided to start telling the truth to the right person (and for me that was my therapist), my life began to turn around for the better.

I found a group of men that felt the same way I did about life. Men who had the same fears and believed the same lies about how tainted they were, as I did.

I found out I was not alone and that my voice did matter. The more I talked about my abuse with my therapist and the men that understood me, the better I felt.

I won't say it's easy because it was not. However today I feel alive, smart, intelligent, lovable, and worthy of every ounce of goodness that comes my way.

When I start hearing the voice of shame, I ask myself – Who's telling you those lies Randy?

Today I recognize the lies and start feeding myself the truth about who I am, and yes now and then I must reach out to my wife, therapist, or a male mentor for that affirmation, and that is okay.

I want you to know that there is help for you today and hope for a better life and future. Your voice does matter and there are resources available today – like 1 in 6 – that will help you begin your journey of healing and hope.

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 (Available at Amazon.com). His blogs are featured regularly on the 1:6/Joyful Heart Foundation website. Randy is available to speak at your facilities or events.





YOU CAN RECOVER FROM GAMBLING ADDICTION

My name is Catherine, and I am a recovering addicted gambler, 'dual diagnosed,' meaning I live with mental health illness and disorders. I never let those "labels" define who I am today. Who am I? I am many things, a wife, sister, aunt, columnist, writer, mental health advocate, published author. I have lived life in recovery almost 10-years from gambling addiction and alcohol abuse.

My recovery journey started in 2002 after my first failed suicide attempt, and entered gambling addiction treatment, but still had slip ups. Then, in 2006 I ended up in a hospital again as the result of a second suicide attempt, and again back to an addiction and mental health crisis center for a 14-day stay. The problem wasn't that I gambled again and relapsed; the problem was not taking my bipolar medications for a few weeks. I thought I didn't need them; that I could be "normal" like everyone else around me, but as you read my story, you'll see that didn't work out too well. I had a few severe financial crises happen, and since I'd been off my medications, with no money left in my savings, I panicked and chose to steal from someone.

Of course, the victim pressed charges. I was arrested, went through the court system and was sentenced to many hours of community service, two years of probation and paid restitution that I'm still paying today. My point? You have to do the work in all areas of your recovery, including your financial inventory. I had not done all of my financial work necessary for a well-rounded recovery. Even though I was not gambling, my money choices and legal troubles told me I still needed to do more work. So, I did with a gambling addiction specialist. After my troubles had occurred, I worked hard with the specialist for a year, while I went through the legal mess I created. Why am I sharing this? Because our recovery stories are powerful tools to help and share "Hope" to those who still suffer.

After this second suicide attempt and crisis stay, being a dual-diagnosed person, it can make obtaining recovery a bit more work, as I discovered. The negative habits, behaviors, and diseased thinking needed more correcting on my part. So I turned to the addiction specialist. So, what is compulsive addicted gambling? It is when you lose control, lose control of the amount of money spent, time away from normal life, more risk without care of the consequences to people around you or one's wellbeing. Well, that was my personal experience. There are many opinions, facts, and myths about gambling addiction. But, it is a real addiction, a real disease.

The scary fact is, we get the same rush and euphoric high as a drug addict or alcoholic without drinking something, smoking anything, popping a pill or shooting up. As an addict to gambling, we do this with manipulation of our brain and body chemicals. The habits of this addiction are just like all other addictions. But, I still had a hard time wrapping my mind around these facts. Working with the gambling specialist was eye opening. He helped me break down the cycle of the addiction, and we also worked with tools and skills for dealing with financial problems that may arise while in recovery. I was given a fantastic relapse prevention workbook as well, which I have posted on a "Relapse Prevention Guide" page on my Gambling Recovery blog titled; "Gambling Recovery Starts Here" for others to use.

Although I didn't relapse into gambling, this workbook has helped me develop a plan for any financial or life event that may arise during my recovery journey. You need a plan before life events come. I also learned that my higher power, God had bigger plans for me, a life purpose for me that involved reaching out to those looking to recover from this cunning progressive illness.

Another tool that helped was journaling every day. I have always done this, but my specialist showed me how to use it to relieve stress and learn more from my journaling. Those journals were used for help in writing my current published book. Writing my story and experiences in memoir form was a very healing process for me. I shared my gambling addiction and alcohol abuse, my past childhood sexual trauma, and abuse. Also, what it is like living with mental illness. I never dreamed I would be a published author, recovery advocate, and columnist, writer or a blogger, but these are just a few of the blessings I have received in my journey thus far.

So, through my current book and my blog I have chosen not to be anonymous. I want others to know how devastating compulsive gambling addiction is and how easy one can become addicted. Raising awareness and education is most important to me, and my goal is to help those affected. To teach those who don't understand this disease to learn more and hope they can have less stigma and more empathy. Currently, 1% of our population are now problem gamblers. And, out of the 16+ million who are problem gamblers, Parents? Half this number is now your High School and College age children. "It's Now Time We Talk About Gambling Addiction the Disease, as We Can Recover."

Catherine Townsend-Lyon is the author of the book "Addicted To Dimes, Confessions of a Liar and a Cheat." Available at Amazon.com. Catherine is a Columnist for "In Recovery Magazine's "The Author's Cafe" where she interviews and writes about author's and their books, films, and apps of recovery products. She has been featured in many articles about gambling addiction, most recent had been by "Columbia University" titled; Gambling with America's Health and interviewed for a new article out soon by "Time Magazine." Catherine lives in Arizona with her husband of 26 years and her three cats, Mr. Boots, Miss Princess, and Simon Peter. She is owner of Lyon Book & Social Media Promotions where she promotes authors of many genres.



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written by: Jennifer Kass

10 SIGNS You're In A Codependent Relationship

If there's one area of our lives that we tend to care most about, relationships might be it. In Elizabeth Gilbert's *Eat Pray Love*, she describes her friend, a psychologist, who is asked to offer counseling to Cambodian refugees. Daunted by the task of helping people who have suffered such harrowing journeys, she discovers all they wanted to talk about were their relationships.

Relationships bring us our greatest joys and our greatest challenges. From a spiritual perspective, relationships are assignments for the purpose of growth opportunities. It is in the context of a relationship with another individual where we see the places in which we need to heal, based on our triggers, blocks and patterns.

Codependency is arguably one of the biggest challenges most of us face in relationships — that feeling that we can't exist without the other person, that their existence and validation is required for us to feel happy, even complete. Codependency blocks us from accessing our best selves, and also blocks the potential for further growth in the relationship.

Strangely, most of us don't even know we're enacting codependent patterns in our relationships. Why? Because we've been taught to believe certain myths about how relationships work, especially romantic relationships. Many of these myths foster codependency.

I was living in codependent relationships for two decades and didn't even know it. When I hit a rock-bottom in a breakup a few years ago, it was all revealed to me; my fears came rushing in and my patterns rose to the surface for me to finally see them clearly. My fears of being alone, my deep longing for the love and attention outside of me, the fact that I had placed my power in another person making them the source of my love and happiness, all came into my awareness and there was no turning back.

I was finally ready to do things differently. Knowing there must be a better way, I stepped onto my spiritual path and experienced a radical transformation from the inside out, beginning with the relationship with myself. First step was awareness — recognizing the ways in which I had been living in codependent relationships and letting fear run the show, which was not love.

A lot of the time codependency looks like intense love, but "needing" another person often stems from fear, not love. Here are ten common ways to identify if you're in a codependent relationship (and might not even know it):

1. You can't live without the other person.

I know, this is supposed to be romantic, but it's not, it's attachment which is different from connection. It's not sexy and it's not fulfilling. Recognize your wholeness and completeness so that you can truly enjoy the other person in your life rather than being half of a person who is incomplete without someone else; you are the cake — everything else is the icing.

2. The other person must behave in a certain way.

In order for you to feel loved or for you to love them, the other person must be who we need them to be. This is conditional love (as opposed to unconditional love), which doesn't allow the other person to be who they really are: in other words, your happiness is dependent on them being how you want them to be.

3. You blame others for how you feel.

We are actually responsible for how we feel and it's not someone else's responsibility to make us happy. We make ourselves happy first so that others can make us happy.

4. You play caregiver.

A healthy relationship is between two adults, not two children or one child and one parent. When we are mothering or taking care of someone who is not taking care of themselves, it's disempowering for both people. When we spiritually grow up, we learn how to take care of ourselves so someone else doesn't have to do it for us and we can live in our highest truth, not as a child or a victim or helpless. We are all capable.

5. You're controlling outcomes and situations.

When we are controlling the other person or how things are unfolding, we are living in fear not in love. Surrender the relationship, surrender the other person's process and what their choices are and trust that everything will unfold perfectly if you allow it to do so.

6. You give from a place of lack.

We might be putting ourselves last and focusing on the other person more than we do ourselves and we lose

ourselves in the relationship. This pattern comes from a lack of self-love and when we try to give from an empty well, anger and resentment can build because we are not filling ourselves up first and giving from a place of abundance.

7. You think your happiness is predicated on the other person.

It's not. Our happiness is within and when we stop searching for it in our partner, and instead connect with ourselves in a daily practice, we connect to our true source within and that happiness can overflow to the other person, rather than making them our only source.

8. You don't feel free.

Love is freedom. Rules and constrictions are fear. We must do what we want to do, not what other people want us to do.

9. You're waiting to be saved.

No, this isn't a conscious choice and yes, it's rampant in our collective psyche. Save yourself. Be your own knight in shining armor, the hero of your own story and then they can be exactly who they need to be, without having to rescue you.

10. You think you need to get the love you want.

Giving love is more important than getting love. You have an unlimited source within you. It will come back to you tenfold.

Jennifer Kass is a writer and spiritual mentor who has worked with hundreds of people one-on-one all over the world over the past five years. As a spiritual activist and speaker, Jennifer is on a mission to make love a global force. Jennifer currently lives in NYC and is writing her first book. You can work with Jennifer in a Clarity Session, receive the daily #lovepioneer newsletter, and download your free copy of The Happiness Blueprint. Join the conversation with thousands of others on Jennifer's Instagram. Originally published www.mindbodygreen.com

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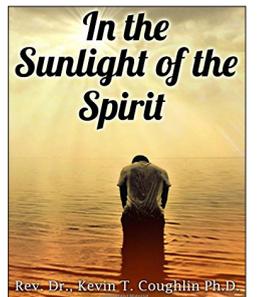
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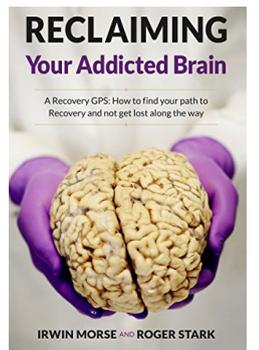
Book Reviews

In the Sunlight of the Spirit: Spirituality Training Manual. Written by Rev., Dr. Kevin T. Coughlin Ph.D. Published by KTC Publishing Phase IIC Coaching, LLC.

Rev., Dr. Kevin sent me a few different books for review, but what's going on in my world right now I thought this would be the PERFECT book for me and after I finished it my intuition was right. The way Rev., Dr. Kevin approaches the topic of spirituality is quite simple and easy to read. As addicts we tend to complicate matters even with long term sobriety you still struggle with faith, but after reading this book and doing the work I walk away with a deeper connection to my higher power. I love how he states "People who are spiritually fit tend to have better coping skills, stronger self esteem and more solid relationships." That has totally been my experience in my journey of recovery. I totally recommend this workbook for anyone who wants to strengthen their relationship with their higher power and have a better understanding on the application of spirituality in their lives. A MUST READ! Thank you Rev., Dr. Kevin for keeping it simple. Available at www.Amazon.com



RECLAIMING YOUR ADDICTED BRAIN - A Recovery GPS: How to find your path to Recovery and not get lost along the way. Written by Irwin Morse and Roger Stark, Published by Silver Star Publishing. This is a book that clearly and concisely helps anyone, who is having difficulty following through consistently with their advancement in recovery from addiction. The information within this book enlightens each of us to see the manipulative power that our brains have to further the destructive personal conduct, which keeps us enslaved to our compulsive behaviors. Our minds try to refute the innate uniqueness which is in essence, us. This inspiring book teaches the readers that they can ultimately put their minds under subjection by forming pristine neural pathways, from implementing a set of skills that help ensure that it will be accomplished. These skills are: Awareness, Accountability and Acceptance, these three in combination when truly utilized, are a force to be reckoned with. The authors explains how we can acquire the capability to not take things personally, we need to learn how to see life with a mental position "it is what it is", and to be totally alright with that. This is a must read for those who what to regain control over the negative impulses that governs our behaviors and attitudes. Available at Amazon.com.



Monkey Traps, Why Everyone Tries To Control Everything and How We Can Stop: Written by Steve Hauptman. Published by Lioncrest Publishing.

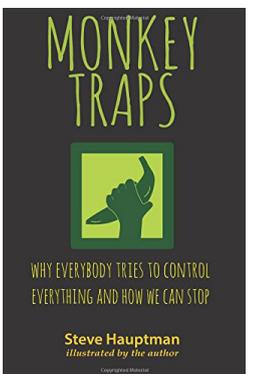
I loved this book, before I even opened it. The Title said it all, and it tells me that Steve has not just written about the "problem" he is offering a "solution".

Written on that back cover "This book is about a problem disguised as a solution, an idea that shapes and drives us all: Control." Again the problem is clearly identified.

The books begins with explaining "The Monkey Trap", then each chapter clearly explains the different types of control we think we have. Then he gives us solutions, plans and steps to overcome the traps we live in. I like that towards the end of the book the chapters are titled, Acceptance, Trust, Faith, Practicing Surrender and so. Words I relate to. Each chapter is simple and easy to read and understand, and yet so deep it could change your life from the first moment you open the book and open your heart to a solution. Easy to follow and easy to practice instructions.

I give a heartfelt "5 Stars" for this book and I will be passing it on.

Steve Hauptman is a Gestalt-trained, Buddhist-flavored therapist who has practiced on Long Island for twenty years. A leader of Interactive Therapy groups, he is also a cartoonist and creator of the blogs Monkeytraps: A blog about control, Monkey House (a forum for discussing control issues).



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NEW SOIL FOR A NEW FAMILY

Addiction impacts the whole family unit, not just the addicted family member. Who helps the family to heal while their loved one is in treatment? How does the family unit learn about addiction, recovery, and how to change? How does the family learn new coping skills and not to enable addictive behaviors in the home? The family will need help just as much as the addicted member of the family when it comes to understanding and changing.

Think about the situation from this perspective for a moment. If you had a plant that was dying from a disease in the soil that it was planted in, you would change the soil and the pot that the plant was in. If the plant came back to full health within thirty days, you wouldn't then put it back in the old pot and soil; that would be insanity!

Isn't that what we do with a family member who goes into treatment? The addicted family member goes into a residential program for twenty-eight days and then they usually go home to the same environment. If the family unit has not changed and healed as a whole, we are putting the addicted family member back into an unhealthy environment.

Today we have professional family recovery coaches that work with the family to help them to understand the disease of addiction, the recovery process, the different modalities and styles of treatment, coping skills, enabling and defense mechanisms, sign and symptoms of addiction, and so much more. While the addicted family member is in treatment, the family recovery coach meets with the family and helps prepare them for the return of their loved one. The coach helps the family unit to change and get well as a whole.

There are also support groups like Families Anonymous and Al-Anon to give the families their own vehicle to change, their own program and fellowship of support. Addiction is very hard for everyone in the family; it works on everyone's emotions. It's amazing to watch families heal as a family unit; to see the anger leave and understanding take its place.

Professional recovery coaches can also help the family to make healthy choices while their loved one is in treatment, and not participate in enabling behaviors. When the family has a professional family recovery coach to help them to achieve their goals and objectives, the coach can help them to get past any blocks or perception problems they may have. The coach utilizes specialized skill sets, tools, and core competencies that can help to improve the overall situation. The coach will help the family to complete a specific action plan to help them to reach their goals and objectives in a timely manner.

In many cases, the family is hurt and fearful because of the actions of the addicted family member. This often leads to anger within the family unit that needs to be healed to move forward. The family recovery coach has activities and exercises designed to help the family to let go of some of their old ways of thinking, and get rid of past triggers.

In some cases, the family may need family counseling or therapy to be able to move past serious issues from family history, or mental health issues. In these cases, the professional family recovery coach will work with the counselor or therapist to help the family unit to heal. It's important to understand that coaching is a client and results driven industry. The coach is there to assist the family to reach solutions and achieve their goals.

Our nation is in the middle of a drug epidemic that has already taken too many young lives. Professional family recovery coaches have already made a great impact on the success of the family with education, awareness, and prevention. These highly trained professionals have already been involved in helping to save many lives, and helping to change the perspectives of many families so that they can heal. From referral through disengagement for both the addicted family member and the family, these professional coaches have made a big difference.

Imagine the fear a family faces when they find out that a family member is suffering from an addiction problem. These families no longer have to face this nightmare alone! There are also professional recovery coaches that work with the family member who suffers from addiction.

The coaching industry is booming right now; I'm not surprised! Everyone needs a little help every once in a while; however, when it comes to addiction and families, there is no room for error. Professional Family recovery coaches help change and save lives!

Rev., Dr. Kevin T. Coughlin Ph.D. is a Best-Selling Author, CIP Interventionist, International Master Addictions Coach, Pastoral Counselor and Christian Therapist, and Domestic Violence Christian Advocate. He just released three new paperbacks, *Addictions: What All Parents Need to Know to Survive the Drug Epidemic*, *If You Want What We Have: A Journey Through the Twelve Steps of Recovery*, and *In The Sunlight of the Spirit: A Guide to Spirituality on Amazon.com*. His site is www.theaddiction.expert



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AUGUST 5-7, 2016: Friday-Sunday. 42nd Annual Ninth District AA Convention. MAAD Dog Daze with Al-Anon Participation DCYPAA. Doubletree Hilton Hotel Golf Resort, Palm Springs, CA. For more info contact: Rosie1065@aol.com, www.mad-dogdaze.org

AUGUST 6, 2016: Saturday 4PM Big Book Workshop at Unit A. Inspired by Joe and Charlie. This is a 18 week workshop with handouts each week. Unit A, 10642 Burbank Blvd. North Hollywood, CA. For Info Contact Lynetta K (818) 415-5362, lynettaKelley@gamil.com

AUGUST 6, 2016: Saturday 1-5pm Serenity Summer- Do you forgive?" The Fisher King" Movie. Al-Anon Event. Movie and sharing on the power of forgiveness. Candy and water will be available. Free parking. Tickets are \$15, Joslyn Park, 633 Kensington Rd. Santa Monica, CA.

AUGUST 7, 2016: Sunday 11am-2pm Open AA Meeting in order to learn all the facts about alcoholism. Located at War Memorial Building, 435 Fair Oaks Ave, South Pasadena, CA. 91030 After meeting fellowship down the street at Gus's BBQ at 808 Fair Oaks Ave South Pasadena, CA.

AUGUST 7, 2016: Sunday 11-7 OC Intergroup Annual Luau and BBQ. Admission is free. Dinner and Parking not Included. Doheny State Beach Pavilion #1. Register at :<http://registration,ticketspace.com/oc-intergroup-luau-aug-72016>. Volunteers are needed (517) 2810-1688. Specialeventscommittee@oc.aa.org

AUGUST 13, 2016: Saturday: NEW meeting INTERVIEW WITH AN ALCOHOLIC starting on Saturday Nights in Sherman Oaks started July 9, 2016. Meeting starts at 7PM to 8:15PM. Bringing new energy to your Saturday Night! Try an AA meeting with a different meeting format: Leader interviews speaker, spontaneous, fun, and focused on RECOVERY. Sherman Oak East Valley A=Adult Center: 5056 Van Nuys Blvd, Los Angeles, CA.

AUGUST 14, 2016: Sunday 4-6pm Serenity Summer - Do Be Humble: Humility Hike. Hike in Temescal Canyon the hike will start with Alanon readings and reflections. Bring your own water, and proper shoes are required. Meet Elizabeth in front of Temescal Camp Store. 15601 Sunset Blvd, Pacific Palisades, CA 90272.

AUGUST 19-21, 2016: Fri- Sun. 13th Annual Mountain AA Conference with Al-Anon participation A search for serenity. Big Bear Performing Arts Center. 39707 Big Bear Blvd. Bear Lake, CA. 92315 www.mountainaaconference.com

AUGUST 20, 2016: Saturday 8pm-1:30am Sober Dance DJ Dance Party and AA Meeting. Snacks. Refreshment, 50/50 raffle. Suggested donation \$7 club members \$5, 123 West Windsor Rd., Glendale, CA.

AUGUST 20, 2016: Saturdays Happy Campers Lake Piru 3rd Saturday of every month thru Oct. \$5 at gate. Speaker Meetings at 8pm and Festivities start at 5pm. Bring own food. 4780 Piru Canyon Rd. Filmore, CA 93040 Contact (310) 804-3081. Come early for food, fun, and fellowship.

UPCOMING
SEPTEMBER 23 THRU 25 2016: "Surrender to Win!" Come and join us for 3 days of fun and fellowship at the Town and Country Hotel. AA & Al-Anon Meetings, Ceremonies & Entertainment, 5K/10K Fun Run/Walk, Opening Ceremonies, AA Banquet and Show, Friday & Saturday Night Dance, Sobriety Countdown, Sporting Events, • Golf Tournament. The hotel is located at: 500 Hotel Circle North - San Diego, CA 92108. Visit www.aasocal.com or call AA Information: Minda (626) 364-6307, SCAAC. PO Box 2635 - Covina, CA. 91722.

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



A THERAPEUTIC EXPLANATION: WHY THE 12 STEPS WORK

I am often asked why I believe the 12 Steps work: There are two ways to arrive at a belief. The first is through dogma, "I've been instructed, therefore I believe." The second is through doubt, "I question it and still, after doing them, I get good results." For me it was the later. I got clean and sober because I started a residential therapeutic community for drug addicts, while I still was in grad school at Cornell U. in Ithaca, NY. At that time AA's line was that if you were a druggie, you didn't belong there, so I never went.

When I was 8 years sober, in Los Angeles and working with street kids, one of them was a pure alcoholic and in desperation, because my best stuff wasn't working, I suggested AA. He said OK. I realized I didn't even know where the men's room was in AA, so I went to a meeting to scope it out. To my relief, most people were calling themselves addicts and alcoholics, so I felt at home. When I looked up on the wall, there were the 12 Steps. I realized that I had been doing them already, but I didn't know they had an order. It seems that the model for the program I started in Ithaca was originally developed by guys who left AA, when they felt not welcomed as addicts and started Synonon in Venice, CA. Obviously they took the 12 Steps with them and incorporated them into what they developed, though uncredited.

The kid, for whom I scoped out AA, took another 6 months to get there, but I stayed because I thought it was a good support group for me. To make sure I got it down well, even with 8 years sober, I went to 365 meetings in as many days got a sponsor and worked through the Steps. 30 years later, I guess that was a good investment.

As a therapist, abet an unconventional one, I can explain why the Steps are useful for good mental health:

Step 1: Without coming to the realization that "my best thinking does little more than produce lousy results", one isn't ready to even try new ideas. Only after accepting the reality of an inability to conjure up a workable solution to a problem, will one become teachable.

Step 2: It is a useful visualization to have a 3rd party, a force, that somehow is karmically providing strength and cover when needed. This is one that usually starts out with doubtful acceptance and, with experience, becomes an accepted belief.

Step 3: I view this step as a two part one. I do the footwork in front of me, and I turn over all responsibility for the results of my footwork to the Universe (God, or whatever, as long as it isn't me). This is basically a recognition of reality. Once I have done all the footwork I can do, it is a waste of energy to continue, kvetching, worrying and speculating about the results. When I get the results (aka, feedback) I then and only then, know what my next footwork ought to be. Until then, it is none of my business so I go on to other footwork I need to do. Since I have accepted this concept, I have lived a 98% anxiety-free life, since anxiety is just fear of future results.

Steps 4 through 9: The inner mind (sometimes called the unconscious mind) does not know pasts and futures. It only knows and operates in the present. It does know complete from incomplete. These steps allow the inner mind to view the past as completed action, so emotions from the past stop clouding the creative process. When this happens, new and useful thought and action have a chance of taking root. Only then can the mind produce constructive and life-fulfilling action.

Step 10: This is a tool to make sure that steps 3 through 9 are continually practiced, which will keep the emotional gut from accumulating new crap.

Step 11: Meditation, in whatever its form has been scientifically shown to be highly beneficial when practiced daily. I did Thai Chi for many years. There is a book, "Positive Addiction" by William Glasser, MD where the author surveyed many successful people and found that the one thing they all had in common was, they all did some mindless activity (jogging without music or conversation, chanting, Thai Chi, yoga, swimming, etc.) for at least a half an hour. He speculated that this was useful in that it gave the inner mind a time when it didn't need to watch out for and control the body, and could just free-associate and be creative.

Step 12: One of the most effective ways of keeping a practice is to pass it on to and teach it to others. My Thai Chi teacher, after I had been doing the art for over 10 years suggested that I start teaching. I didn't and eventually I stopped remembering the forms and stopped doing it. When I am teaching the Steps to newcomers, there is a little voice that sits by my right ear that occasionally whispers to me, "That was nice what you just told him, are you doing that in your life?"

©2015, Jason Wittman, MPS, CATC-IV, ILAADC - Jason Wittman, B.S. degree in business management and his Master of Professional Studies in Counseling Psychology. He is a Certified, Level IV, Addictions Counselor (CAADE #155970-IV) a Licensed Advanced Alcohol & Drug Counselor (LR01700815) and an Internationally Certified Clinical Supervisor. He is also a Certified Hypnotherapist and a Certified Practitioner of Neuro Linguistic Programming. Jason has had a private practice as a Counselor and Coach since the middle 1980s. Currently, his practice, www.Stage2Recovery.com focuses on counseling and advising business and professional clients. He also consults with Sober Living and Drug and Alcohol Treatment facilities. He can be contacted at jason@mycoachjason.com or 818-980-2929.



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

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As Brene Brown puts it, "owning our story is the bravest thing we can ever do." And owning our story means talking about the good and bad, and knowing that we are going to be accepted by the people who matter even in those moments of darkness we may create, or at least contribute to.

I encourage you to take stock of the things that have a disproportionate affect on your well-being than they should, or that consume more of your thoughts than is healthy and work your way through. You'll feel like one of those really healthy, balanced and calm people you so admire because you know what, they have the same crazy thoughts, they just don't let them consume them!

Phoebe Nolan is the founder of Soulswells, a stand-up-paddleboard business in Southern California that focuses on helping clients develop and explore their spirituality, out on the water. Phoebe works with clients who are struggling with eating disorders and addictions. She helps them identify something or someone they can identify with, believe in and turn to instead of their eating disorder or addiction. Phoebe also works with women running positive body image workshops and camps. She helps them understand and embrace the changes to their body at this very challenging time in their lives. Prior to starting Soulswells, Phoebe worked as an attorney in the mental health field, helping clients get access to treatment they needed. For more information visit www.soulswells.com



These words are a friendly reminder to look within, rather than "out there" anytime we are having a big reaction.

It sounds simple, and if it were easy everyone would be doing it. What makes it challenging, is our fear around vulnerability. We invite you to start looking at moments where you hide insecure or fearful feelings. Often we cover them up with judgment, self-pity, anger, defensiveness, isolation, people pleasing, and other forms of distraction. In the moments where these defense mechanisms arise, pause and ask what's underneath. Pray for courage, and step out and share your heart. We understand that not all relationships are appropriate to develop these levels of intimacy. However, there are relationships in your life where this is appropriate such as your friendships or your partner. Whoever you identify as someone safe, we encourage you to take a risk and share something that challenges you to be more vulnerable. Love only, Rudy and Kelly Castro

Conscious Partnership Coaching, Rudy is a therapist, and Kelly is a Certified Relationship Coach. Together they have created partnership, family, and a business designed for service. Whether you are an individual looking to create partnership in your life, or a couple looking to develop deeper levels of intimacy, they are here to help guide you. Consciouspartnershipcoaching@gmail.com



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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.

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If you would like to receive Keys to Recovery Newspaper FREE of charge at your facility you can go online and fill out the "Distribution" form or e-mail your information to: info@KeystoRecoveryNewspaper.com or call us at (818) 386-8400.

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a 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

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 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
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- Rescue Missions
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- 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.

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. LA 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.

Eating Recovery Center - 877-957-6575 - www.EatingRecovery.com/Jenni

ERC Insight (Mood, Anxiety, Trauma) - 877-737-7391 - www.jennischaefer.com/seek-help

Emotional Anonymous -www.emotionsanonymous.org - World Services (651) 647-9712.

Food Addicts Anonymous www.foodaddictsanonymous.org - World services (772) 878-9657

Food Addicts in Recovery Anonymous (FA) - www.foodaddicts.org (781) 932-6300 Families Anonymous - www.familiesanonymous.org (800) 736-9805.

Gamblers Anonymous (GA) www.gamblersanonymous.org - (626) 960-3500

Problem Gambling 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700.

Love Addicts Anonymous (LAA) www.Loveaddicts.org

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

MADD Mother Against Drunk Drivers, www.madd.org - (877)MADD.HELP

Marijuana Anonymous - www.marijuana-anonymous.org - World Services (800) 766-6779.

Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles (310) 494.0189

Marijuana Anonymous - www.marijuana-anonymous.org Van Nuys (818) 759-9194.

Narcotics Anonymous (NA) www.todayna.org Regional Office (800) 863-2962.

Narcotics Anonymous of the San Fernando Valley - www.nasfv.com (818) 997-3822.

Nicotine Anonymous - www.nicotine-anonymous.org - (877) 879-6422

Nar-Anon Family Groups - www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188

National Council on Alcoholism and Drug Dependence Headquarters, (All NCADDs provide help & info and other alcohol/drug related services). www.ncadd.org - (800) 622-2255

National Council on Alcoholism and Drug Dependence - San Fernando Valley www.ncadd-sfv.org - (818) 997-0414

International OCD Foundation - Obsessive Compulsive Disorder - www.ocfoundation.org (617) 973-5801

Our House Grief Support Center - WLA & Woodland Hills, CA (888) 417-1444 - www.ourhouse-grief.org

Overeaters Anonymous -www.oa.org - World Services (505) 891-2664

Overeaters Anonymous Meeting Hotline 24 Hour (323) 653-7499.

Overeaters Anonymous LA Intergroup - www.oalaig.org (323) 653-7652.

Pills Anonymous (PA) www.pillsanonymous.com

Rageaholics Anonymous - www.rageaholicsanonymous.org

Recovering Couples Anon. www.Recovering-Couples.org. (781) 794-1456

RumRadio.org the most comprehensive Twelve Step sponsorship informational resource website in the known and in the unknown Universe. (512) 267-4707

Secular Organization For Sobriety (323) 666-4295.

Sex Addicts Anonymous (SAA) https://saa-recovery.org - (800) 477-8191

Sex & Love Addicts Anonymous (SLAA) - www.slaalos-angeles.org (323) 957-4881

Sexaholics Anonymous (SA) -www.sa.org (866)424-8777

Sexaholics Anonymous (SA) www.sasocal.org (310) 491-8845

Sexual Compulsive Anonymous www.sca-recovery.org 1 (800) 977-HEAL

Sexual Recovery Anonymous (SRA) - www.sexualrecovery.org (323) 850-8565.

S-Anon (Friends and Families of Sex Addicts) www.sanon.org (800) 210-8141

SHARE - www.shareselfhelp.org - (310) 846-5270

Survivors of Incest Anonymous (SIA) (410) -893-3322. www.siaawso.org

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

The Other Bar: free. 12 step based peer recovery network for lawyers & law students (800) 222-0767; www.otherbar.org

Workaholics Anonymous - www.workaholics-anonymous.org - (510) 273-9253

DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792

Battered Women/Children Hotline, (818) 887-6589.

Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790

Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).

Center for the Pacific Asian Family (800) 339-3940

Chicana Service Center (English, Spanish) (323) 268-7564

Child Protection Helpline, (800) 540-4000 (24 Hour).

Children's Institute International (walk-in center only) (213) 385-5100

Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.

Domestic Abuse Center (walk-in center only) (818) 904-1700

East Los Angeles Women's Shelter (walk-in center only) (323) 526-5819 - 24 Hour Hotline (800) 585-6231

Family Crisis Center (South Central) - (323)737-3900

Glendale- YWCA Domestic Violence Project (818) 242-1106

Haven Hills, www.havenhills.org - (818) 887-7481 (818) 887-6589

Helpline Youth Counseling (walk-in center only) (562) 864-3722

House of Ruth - (909) 623-4364

Human Services Association (walk-in center only) (562) 806-5400

Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250

Jenesse Center www.jenesse.org (323) 299-9496

Jewish Family Service of Los Angeles/ Family Violence Project/Tamar House www.jewishla.org (818) 789-1293

Foothill Family Services (walk-in center) - (626) 338-9200

Legal Aid Foundation of LA (LAFLA) (323) 801-7991

Mental Health Center Inc. SFV Community (walk-in center only) (818) 838-1352

Project: Peacemakers, Inc.(walk-in center only) (English, Spanish) (323) 291-2525

Prototypes (walk-in center only) (323) 464-6281

Safe Horizons (800) 621.4673 (HOPE)

San Pedro- Rainbow Services - (310) 547-9343

Santa Monica- Sojourn - (310) 264-6644

So. California Alcohol & Drug Program/ Angel Step Inn - www.scadp.org (562) 949-5358

The Good Shepherd Shelter - (323) 737-6111

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995 - 24 Hour Hotline (626) 967-0658

EMERGENCY HEALTH & MENTAL SERVICES

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.

Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.

Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or www.bily.org

County of LA 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
Dimondale Adolescent (323) 777-6258
East San Gabriel Valley Coalition For The Homeless (626) 333-7204
Ella's Foundation Homeless Services (323) 761-6415
Fervent Heart LLC (626) 319-7479
Family Promise of Santa Clarita Valley (661) 251-2867
Family Rescue Center (818) 884-7587
Global Childrens Organization (310) 581-2234
GRCN Connecting Communities (562) 293-7595
Glendale YWCA Domestic Violence Project (818) 242-4155
Global Human Service Inc (818) 507-6026
Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.
Family Promise (818) 847-1547
First Step Transitional Living Foundation (323) 830- 6517
HPRP Los Angeles Homeless Assistance (213) 683-3333
HPRP Pasadena Homeless Services (626) 797-2402
HPRP Huntington Park - Homeless Services (323) 388-7324
HPRP Lynwood - Homeless Assistance (310) 603-0220
HPRP - Compton - Homeless Assistance (310) 605-5527
Habitat For Humanity (818) 899-6180
Harbor Rose Lodge (310) 547-3372
Hazel Transitional Housing (213) 327-7986
Higher Goals Inc. (323) 755-9702
Homeless Health Care Los Angeles www.hhcla.org, (213) 381-0515
Homeless Adult Center (626) 403-4888
Hope for Homeless Youth (213) 353-0775
House of Hope (323) 663-1215
Hope of The Valley - (818) 392-0020 • www.hopeofthevalley.org December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776
Jenesse Center (323) 299-9496
Joshua House For The Homeless (323) 759-1625
Jordan's Transitional Shelter (323) 577-5941 or (424) 785-7781
Lillie of the Valley Shelter (323) 971-4432
Lamp Community Homeless Drop In Center (213) 488-0031
Los Angeles Mission (213) 629-1227 x305
Long Beach Family Shelter (562) 733-1147
Long Beach Rescue Mission (562) 591-1292
Los Angeles Youth Network (323) 957-736
Los Angeles Family Housing (818) 982-3895
Mitchell House Substance Abuse Treatment Veterans (310) 398-0191
Nancy Painter Home Transitional Housing For Women (818) 246-5586
New Image Emergency Shelter (323) 231-1711
New Directions (Veterans) Res. Drug Treatment (310) 268-3465
NCH National Coalition for the Homeless (202) 462-4822, www.nationalhomeless.org
OPCC Safe Haven (310) 883-1222

Passageways Homeless Intake Center (626) 403-4888
Pentecostal Outreach (562) 313-1257
PATH: People Assisting The Homeless (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, Prevention, Education, Treatment (561) 981-6214
24 Hour DayCare, Referrals and Crisis Intervention Services (310) 669-5933 or (310) 427-4022
California Rehab Guide: Free On-Line Rehab Directory - www.calrehabguide.com
The Sober Living Network referral service (800) 799-2084.
Sober Living Network (310) 396-5270.
The San Diego Sober Living Homes Association: (858) 483-5866.
INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.
AVYFS, Antelope Valley Youth And Family Services (661) 949-1069.
The Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, www.cadasb.org
CCBCDC: California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org (562) 927-5143
CAARR California Association of Addiction Recovery Resources (916) 338-9460, www.caarr.org

CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.
CCPG California Council on Problem Gambling www.cal-problemgambling.org (800) 522-4700.
CENTER FOR LIVING AND LEARNING - employment and supportive services Job Search Preparation Program (818) 781-1073. 14549 Archwood Street #221, Van Nuys. www.center4living.lle.org

RAPE HOTLINES

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

SUICIDE PREVENTION

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

DISABILITY SERVICES

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

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201-1500 Client line
Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, LA California HIV/AIDS Hotline (800) 367-2437. Spanish (800) 400-7432.
Clean Needles Now/Harm Reduction Central LA (323) 857-5366.
Friends of Aids Foundation (310) 401-4755. Referrals to National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)
REACH (risk reduction education and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH, (714) 834-7926.
HEP C - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Dr. LA, CA 90005, (213) 201-1600 Main line, (213) 201-1500 Client line
HepCHope: www.hepchope.com Hotline (844) 443-7246
On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

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

Organization/Company Name: _____
Services offered: _____
Address: _____
Phone: (____) _____ Cell (____) _____
Contact person: _____
What you would like us to print in the resource guide: _____

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



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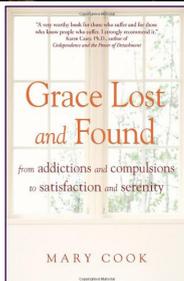
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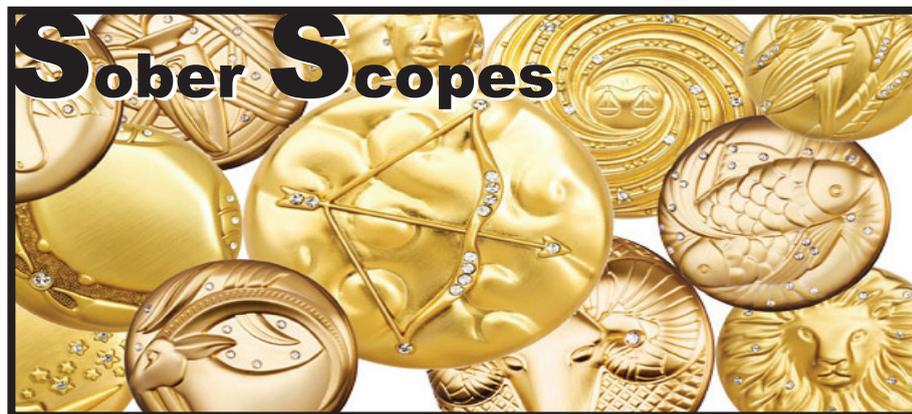
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AUTHOR OF: *Grace Lost & Found*
Available on Amazon.com

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

LEO July 23-Aug. 22: Happy Birthday! Getting older can also mean getting so much better. Strive to improve your health this season. Make sure you're prioritizing the activities that support your spiritual life; that includes attending 12 step meetings, meditating, and praying daily for God's guidance. Embrace the skin you're in, and be a good steward of its wellness this month. Talk to your sponsor, and don't be scared to get deep with them. Make sure you're not focused on what you don't have, appreciate what you do have. Treat others as you yourself want to be treated.

VIRGO Aug. 23-Sept. 22: Feelings can show up as actual emotions, sad, mad, and glad style, or more as sensations, like fatigue, headaches, or tummy troubles. It's a great time to go out and truly connect with your recovery community. You may have to deal with some problems, but by taking it to your higher power it's likely to work out just fine. Be honest, kind, and willing to let go of the past if it's not serving you. If you're thinking about past experiences and holding them up against what is or isn't happening now, then you're not being present.

LIBRA Sept. 23-Oct. 22: It's your natural instinct to consider the needs and feels of others; you're so nice! But when you do that at the expense of your own wellbeing, it is a misguided attempt to avoid taking care of yourself. Shift your attention to your spirituality and where you need it to be. Spend time with your sobriety family, and you'll find that it fills you up and reminds you of who you are. Don't take everything so personally, it's has nothing to do with you. Continue to work on having healthy boundaries.

SCORPIO Oct. 23-Nov. 21: Frustration can undo you if you let it. Don't hold back your feelings or try to forget about them. You need an outlet so that your emotions don't get all blocked in, giving you weird health stuff. Meditation and prayer helps to get rid of the toxic stuff in order to digest the good part of what you're taking in. If you jump to conclusions or blindly react to people, you may end up creating dramas that don't need to be there. Expect the best, but when that doesn't work, just talk it out. Be on the lookout for new opportunities or connections at the start of August.

SAGITTARIUS Nov. 22-Dec. 21: It's so easy for you to swing high and low in your moods, and sometimes that's an asset, and other times it's a liability. The key is maintaining balance to attain some much-needed inner peace and stability. There's energy supporting you in getting your needs met or advancing your goals. You're solid on your own but unstoppable with allies. Find a healthy balance between looking for proof in the details and having faith in the presence of God in your life. Try to attend more 12 step meetings weekly, if possibly.

CAPRICORN Dec. 22-Jan. 19: If you're able to relate to your body in the way you want to, then you're really free. Start by accepting what you're working with in the here and now, so that you can make choices that lead to supportive actions for the skin you're in. Take all of your worries to God. Can you be happy with what you've got? You're in a great place, be present with it and enjoy your success, appreciate it and be satisfied. You deserve joy. Spend more time reading the big book and meditating.

AQUARIUS Jan. 20-Feb. 18: If you're feeling off, you should be listening to that. Channel your agitations into doing something that will help you spiritually grow. If you've got a health issue you're dealing with, this is an especially good time to aggressively deal with it too. Take breaks from the demands of your overactive head, spend more time taking your problems to your higher power. You need to stand still for a minute. Don't be in such a rush to fix things. You might create more drama. Get real so you can get happy.

PISCES Feb. 19-March 20: How you pace yourself through your days lays the foundation for how you feel. Talk to your Sponsor about what's bothering you. Figure out what works for you, and set the wheel in motion to make it happen. Manage your time better, and you'll feel a million times better. Instead of trying to ignore what's wrong, it's time to deal with it head-on. Your worries have got you down this month, and it's making it hard to get out of your own way for long enough to get things done. You may not be seeing results right yet, but that doesn't mean your efforts are going to go unrewarded. Be patient Pisces.

March 21-April 19: Just because you can, doesn't mean you should. Instead of taking on more out of impulse or obligation, use your discretion this season. There's a serious risk of you feeling exhausted and losing track of yourself as a result. Listen to the needs of your body, even if your head is yelling at you to push ahead. Meditate every morning, and know your limits. Obsessive thinking will mess you up this month because it's coming from a place of fear, turn it over to God to find inner peace. Honor where you're at, above your ideas of where you 'should' be.

TAURUS April 20-May 20: If you've been running yourself ragged, there's no reason to expect that you'll feel solid this month. It's not always possible to slow down and bring more mindfulness to how you do you. Start simple, free, and quick by just breathing. Focus your intention and your time on simply inhaling and exhaling. So simple! Take on a new commitment at your 12 step meetings. Figure out how to be direct about your boundaries. Just be real where you're at, and what you can take on from that place.

GEMINI May 21-June 21: You've probably felt like you were treading water these past few months, trying to get to the next place in your relationship with God and it feels like you're getting nowhere. Expect a great burst of forward motion this month, through your prayers and meditation. If you assert your ideas onto your Higher Power a better relationship will result, it requires give and take. It's alright to be afraid, but don't convince yourself that your worries are the same as reality. Focus on what you can do and what is possible.

CANCER June 22-July 22: Commit to a physical regimen this month because you can totally next-level your wellness game. If there's something that you've been wanting to change or improve in your health start it now. Instead of trying to manage your friendships try to just show up for them in the most authentic way you can. Trust the insights you're having around how to approach your goals, even if you still aren't sure how to get where you want to be. Talk with your Sponsor about your fears, the exposure could help you get past them and get to the place where you want to be.

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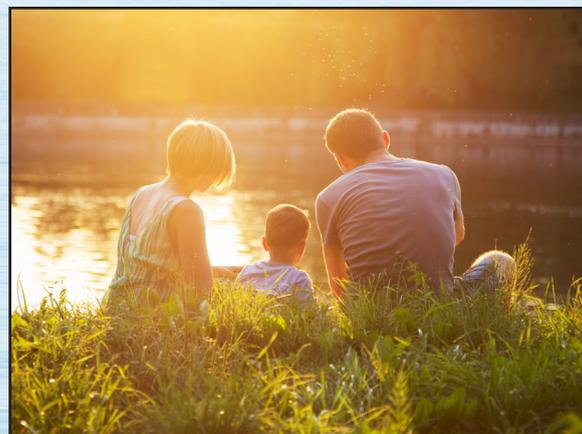
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ONE Recovery architects prolific experiences and free weekly meetings in an effort to alter the course of lives. We do this by engaging visionaries, artists, and experts in their chosen fields to come share; these are our Conscious Contributors.

ONE: WHERE THE CONNECTION IS HUMAN



“My belief is that struggling adolescents are some of the most creative, intelligent and sensitive beings walking the planet, they just require assistance in navigating the emotions that fuel these incredible gifts...”

Lynne Pedersen, Founder

WHAT ONE IS:

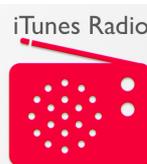
ONE Recovery is an arts-infused, non-profit, community based organization dedicated to struggling adolescents, their loved ones and conscious members of the community looking to increase their awareness.

At **ONE** there is no attachment to a specific struggle, label or diagnosis.

At **ONE** the struggle can just be life.



Catch Lynne this Fall on
ONE Recovery Radio Show



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ONE partners with programs of excellence who go the extra mile for those they serve. To find out more about **ONE** visit www.1Recovery.com or email Inquire@1Recovery.com