

FREE SPREADING THE MESSAGE OF HOPE & RECOVERY FROM ALL ADDICTIONS - READ IT, SAVE IT PASS IT ON

KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY

December 2016



The Road of Recovery

Can Take You Home

**Treasure
Hunt**
Page 4

**The Meaning
Of Life**
Page 5

**Inherited
Trauma**
Page 9



**Parent
Team**

Does someone you love suffer
with a drug or alcohol problem?

We understand and are here to help.

Call ParentTeam **(714) 352-5987**

www.ParentTeam.com

CHANDLER LODGE

-FOUNDATION-

Founded 1960

Call us today! **818-766-4534**

Sober Living for Men

**FOR OVER 55 YEARS WE HAVE BEEN PROVIDING
SAFE 12-STEP BASED SOBER LIVING FOR MEN**
www.ChandlerLodge.org • 818-766-4534

A STEP IN THE RIGHT DIRECTION

ADDICTION TREATMENT & LUXURY SOBER LIVING HOMES



MOST PPO INSURANCE ACCEPTED

- Drug & Alcohol Detox
- Partial Hospitalization Program
- Extended Care Program
- Intensive Outpatient Program
- Outpatient Program
- Pet Friendly Gender Specific Sober Living Homes
- Couples/Group/Family & Individual Therapy
- Individual Treatment Planning
- Case Management
- Meetings & Support Groups
- Discharge Planning & Aftercare Programs
- We treat Dual Diagnosis, Anxiety and Depression

Call us today for a FREE consultation:

1-855-975-HELP (4357)

www.AStepintheRightDirection.org

9535 Reseda Blvd, #300, Northridge, California 91324

Miracles in Action Intensive Outpatient Treatment Center

We understand that you may need a support system.



We Accept Most Insurances

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

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

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

**CALL TODAY for
a Consultation 818-429-9103**

Miracles in Action Sober Living At It's Finest

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



Members of the Los Angeles County Sober Living Coalition

www.MiraclesinAction.info

Contents

Editors Column	Page 3	Marcus Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Dano Goldman
Ask Dr. Nita	Page 6	Nita Vallens
Food For Thought	Page 7	Jenni Schaefer
Freedom From Bondage	Page 8	Steve Hauptman
Matters of the Heart	Page 9	Rudy & Kelly Castro
The Journey Continues	Page 10	Scott Stevens
Quit to Win	Page 11	Catherine Townsend
The Long Road Home	Page 12	Morgan Thorpe
Book Reviews	Page 14	The Crew
Fit This in Your Recovery	Page 15	Eleanor Brownn
Events	Page 16	
Healing The Family	Page 17	Barbara Lodge
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	
SoberScopes	Page 22	M Marshall

Contributors

Jeannie Rabb-Marshall - President & Cofounder

Marcus Marshall - Vice President & Cofounder

Beth Dewey-Stern - C.E.O. & Cofounder

Staff Photographer - Shalimar Cambria

Graphic Designer - J Marshall

Outreach Directors - Peggy Salazar & Judy Gavin

Cover Photo: © Eti Swinford | Dreamstime.com

Editorial Contributors: Marcus Marshall • Mary Cook, M.A., C.A.T.C. • Dano Goldman • Nita Vallens • Jenni Schaefer • Steve Hauptman • Rudy & Kelly Castro • Scott Stevens • Catherine Townsend-Lyon • Morgan Thorpe • Peggy Salazar • Beth Dewey-Stern • Eleanor Brownn • Barbara Lodge

About Us

Advertising Rates - page 19

Distribution Information - page 19

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



by: Marcus Marshall

Hello to one and all. I want to give thanks for my gifts by expressing my inner most feelings and thoughts, that best reflects this precious path of sobriety that I have been so blessed to travel. My fifth year of sobriety is almost upon me, I would have never imagined that my union with my Higher power (God) could be so incredibly rewarding, not just in my spiritual life, but in everything that I participate in on a daily basis.

The weight that has been lifted off my shoulders these past years such as: guilt, remorse, fear, anxiety, shame, self-pity, disappointment, and anger just to name some of them, has left me with peace and confidence of who and where I am now in relation to being the person God wants me to be, so He could work through me for the highest good. I can now rest assured that my motives and actions are for the most part, helping all of those around me in whatever capacity that I can during that moment.

My gratitude list now is extremely long, in comparison to what it was prior to rendering my will and life over to God as I understand Him, and trying to apply His will to govern my ways in all that I say and think. This is a daily challenge being that it is typically our nature to try to control everything, even when we're not certain of what the outcome may be.

My self-esteem has multiplied substantially during my journey through recovery, and awareness of self with all its complexities, has been so edifying for me. Being more assertive in all my pursuits has created an appreciation for being more in tune with my value system, which in turn helps me to apply integrity in my thoughts and deeds. I believed I was a giving person when I was in my addiction, not realizing that I was giving selfishly to what benefited me, and not freely as it should be. The freedom that is in front of me, coupled with service and purpose is somewhat at times overwhelming, yet is so needed by my spirit.

In less than three months I will have reached what I'm told is a milestone, I don't know exactly how others feel about turning five, to me it has felt natural like this has always been the norm. I measure my accomplishment not by a time frame, being that I was in my addiction for forty years, and five years is a mere scratch in the surface of my previous plight, I gauge my duration by what I accomplish in tackling my defects of character, expanding servitude, and becoming more spiritual in my life.

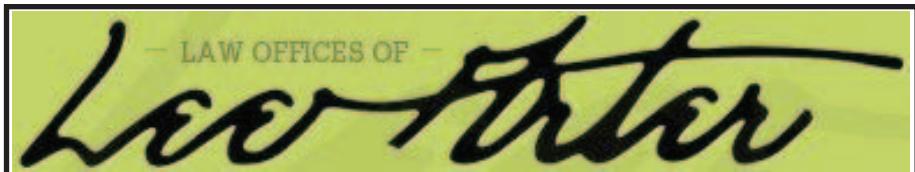
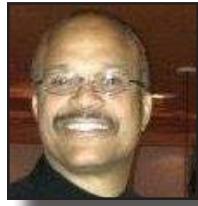
They're so many outward gifts that we're blessed with daily, and there are many that we have within us, specific attributes given to us from birth. There are also ones that we have learned from experience, all our gifts that have been given or received, we can give freely to help those around us physically, financially, emotionally and spiritually, while others are yet to be discovered. I believe the longer we listen and stay in communication with our higher power, the more we will grow, and our growth will become evident through our outreach of servitude and compassion.

I have been blessed to be back in the very same church building, from where I first attended at the age of 8 back in 1968. The building is now bigger than it once was, and under a different name and leadership, yet I feel the presence of God in that church as strong as I did 48 years ago, when it was called Vaughn Street Church of Christ shepherd by Pastor Ellis. The church is now called Spirit and Life Ministries, shepherd by Bishop Steven Hamilton, who I feel has the same incredible spirit of God that pastor Ellis had when he was still here with us.

The gifts of sobriety, coupled with being of service daily while applying gratitude for having God Inspired gifts, given and received, is truly a blessing that I have the privilege to share with others during my walk on the road of happy destiny. With my beautiful wife Jeannie, at my side, and our little spit fire Beth, we have become a solid and formidable presence in the recovery arena, as well as a solid foundation as a resource for the recovery community, and all subjects regarding the quality of life issues that are inherent to our cause.

Have a beautiful Holiday

Marcus Marshall - Vice President and Co-Founder



Los Angeles Personal Injury Attorneys

At the Law Offices of Lee Arter, we have handled more than 11,000 cases and won over \$100 million for victims of negligence.

Our clients are individuals not large class action suits

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



We handle

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

toll-free **800-799-9999**

Five locations throughout California to serve you.

www.LawyerLee.com

TRUE INTENTIONS Under New Management



Call Now **818.292.9800**

www.TrueIntentionsSoberLiving.com



TRUE INTENTIONS Sober Home provides a safe environment, free of alcohol & drugs.

Our Intentions are to assist each client in their journey of recovery, in the hope they will find their authentic self and discover their purpose in life. Sobriety is a gift that we wish all will experience.



Located in Tarzana, California

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



THE VILLA ANGEL VILLA SOBER LIVING

Providing Quality Sober Living Homes Since 1997

**Beautiful Encino Estate
Structured Sober Living
Luxury Accommodations
with all the amenities.**



**12 Step Support Groups
Alumni Program
Pet Friendly
24 Hour On Site Staff**



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



NOW IOP center in Sherman Oaks

Call Now 818-571-8946

www.AngelVillaSoberLiving.com

- Meeting Chips - Medallions - Medallion Holders - Plaques



- T-Shirts - Hoodies - Tank Tops - Hats - Keychains - Books - Book covers

MY 12 STEP STORE.com
Recovery gifts InStyle
got 12

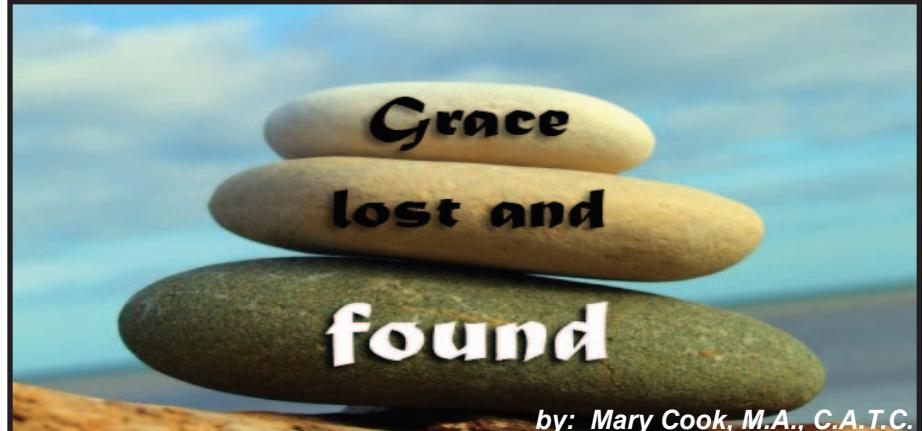
WE SHIP TO THE WORLD!

visit us online or in-store

My 12 Step Store
8730 SANTA MONICA BLVD
WEST HOLLYWOOD CA 90069
310 623 1702



- Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs -



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

TREASURE HUNT

Our thoughts, feelings, images and actions determine the quality of our life more than external circumstances. The effort and time we spend trying to change our outward life, would be better spent on monitoring and transforming our inner world. The most effective means to improve our future, is to pay attention to the present moment with appreciation and positive energy.

If we have unhealed chronic stress, trauma, addictions, compulsions, or psychiatric illnesses, our thoughts are primarily focussed on survival rather than growth. The purpose of survival thinking is to seek reward and pleasure, and avoid pain. The feelings that accompany this focus are anger, fear, lust, hunger and thirst. Thus survival energy is limited, repetitive, and keeps us functioning at low and negative energy levels. If we wish to improve our lives, we must not mistake our minds for our identity, nor our minds' ideas for our lives.

We possess a higher consciousness that perceives our potential, our soul's purpose and divine guidance. While our mind views us as damaged and deprived, higher consciousness sees us as whole and holy. Conscious awareness and active demonstration of this divinity within us, is blocked by defense mechanisms, character defects, fears and false beliefs. These things form a false self, which is the source of much misery, because it stimulates and reinforces the futile search for happiness outside of ourselves.

Finding the treasure within us means that we must shatter the illusions of the false self, surrendering its negative manifestations, understanding that they never fulfilled our hopes. What helps us in this task, is identifying the positive energy hidden behind the negative energies. Old pain can then be exchanged for new unfolding moments of safety, support, resources and acceptance.

The positive energy behind jealousy is a desire for healthy attention. The positive energy behind prostitution is a desire to feel intrinsic worth for the physical body. The positive energy behind rage is a desire to feel understood and be healed of past harm. The positive energy behind fear is a desire for comfort and reassurance. The positive energy behind overeating is a desire for emotional nourishment and protection from pain. The positive energy behind self-centeredness is a desire to truly know oneself. The positive energy behind judgment is the desire to recognize and amend personal shortcomings. The positive energy behind being incarcerated is a desire to develop healthy internal discipline and structure.

As adults, we are capable of fulfilling these positive aspirations. We can find healthy people to assist us in this endeavor. We must intervene in our habit behaviors and honestly acknowledge what we truly want. This involves practicing healthy, personal caretaking and learning from others who model the character traits we admire. We also practice giving what we want, to others who are in need of the same things. We come to realize that although it may not have been possible to give and receive this positive energy previously, it is absolutely within our reach when we commit to personal growth.

The purpose of discussing our problems is to heal, release negative energy, and gain a greater understanding of ourselves and life circumstances. When we share our problems in the format of gossiping, morbid preoccupation, glorification, or other defensiveness, the original harmful effects are reinforced. Our solution is to disrupt old negative patterns and address and demonstrate the positive energy behind them. Visualizing the diminishment of negative behaviors, and the expansion of positive behaviors, is an effective rehearsal process for actual accomplishment.

If we examine survival thinking, we see how it is based in fear and deprivation. The treasure of positive energy behind seeking reward and pleasure is to gratefully acknowledge the ways in which it is already present. The positive energy behind avoiding pain is to recognize the ways in which we can learn and grow from facing pain. The survival focussed feelings of anger, fear, lust, hunger and thirst hide the positive energies of healthy release of tensions, empathy, feelings of loving union and healthy self nourishment.

When we are muscling our way through a mundane life, we have forgotten the magnificence of the moment. When we collapse from stress that we see as bigger than us, we've forgotten who holds us in holy embrace. We can lose ourselves in thought, and we can reclaim ourselves in spirit. As our thoughts, feelings, images and actions become increasingly positive, we become increasingly wise, courageous, resilient, peaceful, humble, inspiring and loving. This is the treasure hunt of life.

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.





THE MEANING OF LIFE

As I write this article seated a few feet away from The Western Wall in the Old City of Jerusalem I ask what could the meaning of life possibly have to do with recovery? The answer: Everything.

When I entered recovery I honestly believed that heroin addiction was my problem. I had no idea that heroin was actually my solution. Inevitably, abstinence from heroin always revealed a deep truth that something was missing. I just couldn't identify what it was. I know now that our self-destructive search for a substance to make us feel better can, if we allow it to, reveal another path, one that really does lead us to a finer place. And here within the presence of this Wall which is a remnant of a temple my ancestors built more than two thousand years ago, to worship and to seek answers from the Giver of life, the link between addiction and spirituality becomes clearer to me.

Life for many addicts is completely unsatisfactory without drugs. When the addict is separated from drugs and alcohol an incessant yearning develops. Job or no job, wife or no wife, a feeling frequently develops that tells the real addict that something is not quite right, that something is missing from life. So in the last analysis many real addicts find out what they must discover: the meaning of life.

The Big Book tells us that our real purpose is to fit ourselves to be of maximum service to God, and to the people about us. This doesn't need to be a religious conviction the way we are used to thinking about it.

Bill Wilson once ridiculed a small town doctor because the doctor did not have any conception of a Power greater than himself. Bill told him that he ought to acquire one while there was still time. Upon the man's death it was revealed to Bill of all the charity and self sacrifice that man had given freely. The warmth and healing this man spread altruistically was astonishing, and yet he had stated in his life that he never had any conception of God or a Power.

Mother Theresa herself struggled immensely with the concept of God. And in the midst of an empty search for a spiritual connection she too was remembered for her selflessness. Jesus Christ said, "learn to love thy neighbor as thyself". Whether we have any idea of what is spiritual or not, an important concept is being presented time and time again throughout history. Seeing ourselves as connected to each other creates something miraculous. Yet, as I contemplate this at The Wall I also see soldiers carrying automatic rifles. A reminder that it is often difficult to simply turn the other cheek as Jesus suggested.

The central philosophy of all of The Dalai Lama's teachings, is compassion. As human beings we have all suffered to varying degrees. It's a condition of life. Only when we find compassion and learn to understand each other's suffering do we begin to find the meaning of life. This, however, cannot merely be intellectual information, although it may start there. Deeply in our hearts we begin to realize the futility of hatred.

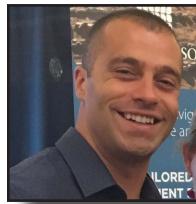
The Dalai Lama, also suggests that compassion and justice do exist in the same space. So while we learn to forgive others for their transgressions, we don't let them off the hook. From what the Big Book refers to as a 10th step position of neutrality, we are free to make decisions about what is appropriate justice, and even in the harshest punishments we are able to connect to our fellow men and women, and forgive them for we see that we too have been spiritually sick and have made many mistakes. Thank God we have not all fallen so far into despair and hatred, that we have committed some of the atrocious crimes that some of our fellow humans have.

Change begins with ourselves. We cannot always control other people's motives or actions, but we begin to find peace as well as the meaning of life, once we begin to live in harmony and connection with the world around us. Somewhere in the midst of this change of perspective something miraculous occurs, and the desire that was once defined by obsession to drink or use completely fades away. The Big Book calls these the 10th step promises:

"We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We will see that our new attitude toward liquor has been given to us without any thought or effort on our part. It just comes! That is the miracle of it." Alcoholics Anonymous (page 84)

It is then that our perspectives change and we are not so caught up in our own problems. Those problems just no longer seem so important to us. We finally see that our very lives as ex-problem drinkers, depends on our constant thought of others, and how to help them meet their needs. In this space we begin to be grateful for our struggles as we realize they were necessary to get us to the place we have arrived. Sometimes slowly, and sometimes strikingly we realize what the meaning of life is all about.

Dano Goldman, CADC-II, ICDAC, is a founder and owner/operator of Alchemy House Sober Living in the Hollywood Hills, www.alchemyhousesoberliving.com



A Better Way to a Better Life

A NATIONAL BEHAVIORAL HEALTHCARE SYSTEM

Sovereign Health provides innovative, gender-specific behavioral health treatment to adolescents, adults and their families. Our individualized care begins with intensive diagnostic assessments and includes treatment for cognitive deficits and a recovery management program following discharge.

TREATMENT SERVICES

- Mental Health
- Addiction / Dual Diagnosis
- Trauma
- Pain Management
- Eating Disorders

866.211.4621
www.sovhealth.com

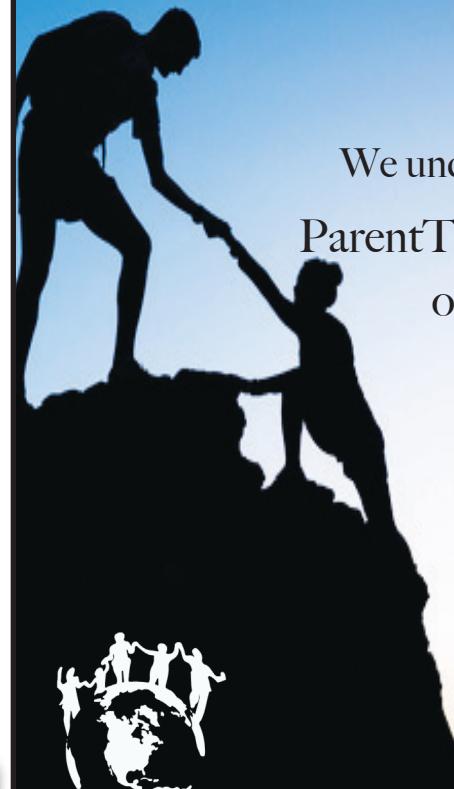
24/7 Helpline | Most Insurances Accepted



National Treatment Locations

San Clemente, CA | Los Angeles, CA | San Diego, CA | Palm Desert, CA | Chandler, AZ
Delta, UT | El Paso, TX | Fort Myers, FL | Pompano Beach, FL

Does someone you love suffer with a drug or alcohol problem?



Call ParentTeam today.
(714) 352-5987

We understand and are here to help.

ParentTeam is a professional team
of certified interventionists,
sober coaches, and
treatment specialists.

There is HOPE
Let us help you
find the best treatment
option available.

Parent
Team

www.ParentTeam.com
info@ParentTeam.com



At Statim, we provide
Ethical & Honest Billing Services

for Substance Abuse Facilities.
Statim LLC has been helping facilities
reach their full potential since 2010.

Make sure insurances pay
GET YOUR MONEY STAT!

OFFERING:

Insurance Verification & Data Entry

Pre-certification and Utilization

Billing/Coding/ and Processing Claims

Recovery Service: 99% Average Collection Rate - Fewer Errors & Rejections from Carriers

Follow-up on all Delinquent Claims/Professional Claims Appeal

Elimination of In-House Billing Expenses: (Salaries, Vacation, Sick Pay, Medical & Dental Benefits, Workers Comp, Payroll Taxes)



STATIM
We increase revenue by ensuring codes are correct and by assuring that each claim has been correctly paid once it has been issued by the insurance company.

www.statimllc.com

Elimination of High Cost of Office Space, Billing Software, Computer Equipment

Physician Credentialing, CAQH, PECOS, NPPES & Contracting

SERVICES:

Complete Patient & Client Confidentiality, HIPPA Compliant

Customized Monthly Reports

24 hr access to Practice Management Account

Knowledge and Expertise on EMR, such as KIPU, Best Notes and Quick Base.

"IF YOU THINK IT'S EXPENSIVE TO HIRE A PROFESSIONAL, JUST WAIT UNTIL YOU HIRE AN AMATEUR."
- UNKNOWN
www.statimllc.com

Call today

714-592-3731

www.Statimllc.com



Shimmy Lactenay
ROYALTY CREATION STUDIOS

- *Photography
- *Albums
- *Photo-Prints
- *Master Files
- *Videography
- *DVDs
- *Video Editing
- *Audio Recording
- *Customer Service

www.ShimmyPhotography.com/www.RoyaltyCreationStudios.com

Info@royaltycreationstudios.com

Studio Phone: (818) 646-0325

Ask Dr. Nita



by: Nita Vallens

Dear Dr. Nita,

I hate change but I know I have to clean up my act and stop relapsing. It has been nearly a year - good for me, but, I'm afraid of the direction of things since the presidential election results. My sponsor told me to just get back to focusing on my own recovery, and let everything else go for awhile. I'm also an activist.

George

Dear George,

I'm so glad to have your concern in front of me so we can talk about relapse and what it takes to change.

There's an interesting book I've read about change when people are in recovery, which also applies to changing any behavior. The book is called "Changing for Good" by DiClemente and Prochaska. Let's get started, here's an excerpt that explains the 5 stages:

Stage 1: Pre-contemplation: people in this stage are not thinking of a behavior change, such as stopping an addictive behavior. Others may see a problem with you, but you don't see it and if something is said to you, you minimize it or think others are exaggerating.

Stage 2: Contemplation: someone at this stage is becoming aware of their addictive behaviors and the effect on others or themselves, but may not be open to change yet. It just might be too much of a bother to change.

Just before stage three, one might make a decision and begin to see advantages of changing a behavior, but it is a possibility not quite a final decision.

Stage 3: Preparation: someone gets the concept of personal responsibility at this stage, knowing choices can be made for changes in one's life such as getting resources for better health, or getting sober and garnering support. There may be a written or spoken commitment.

Stage 4: Action: in this stage, people take action by doing new behaviors such as a new diet, stopping drugs or drinking, and beginning to participate in body, mind, and soul healing and nourishing activities. You may have taken actions like this when you began your recovery process from your DOC (drug of choice).

Stage 5: Maintenance: this is the stage where you have been able to create new habits and structure to your life that is sustainable, and you feel some success. These new ways of being are a part of you, a day at a time or one action at a time.

Next, let's explore the fact that you mentioned wanting to clean up your act. Remember, we can't change others, only ourselves, but we can influence, teach and respectfully share our ideas, plans, and strategies. Remember the serenity prayer? "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Let's plug you into the change model:

- Start reflecting on your current status and see how you're feeling.
- Decide what you want to change and how you want to go about it,
For example, do you need more support?
- Prepare and decide where you would be most effective.
- Start planning, informing, writing, joining with other like-minded people, and you are in action.
- Maintain the changes you have created - events you are planning, perhaps a series of articles or books you are writing.

And finally, take your sponsor's advice, get your own house in order, then when you are grounded and optimally helping yourself, you will have time for your community, and then the rest of us!

Keep me posted,
Dr. Nita

Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks for more info visit DrNitaVallens.com or for consultation and appointments call 818.783.6258. Please write her at: DoctorNita@gmail.com to submit your questions!

Food For Thought



by: Jenni Schaefer

MAKING PEACE WITH FOOD AND WEIGHT

It starts with Halloween - the candy. Next comes the smorgasbord at Thanksgiving. Then, more holiday food enters the picture throughout December with a grand finale on New Year's Eve. And, with the roll of the calendar to January 1st, resolutions to diet and lose weight begin across America.

People of all ages join in this crazy cycle. At the young age of four, even though I was a normal sized child, I already believed that I was fat and was afraid to eat certain types of foods for the fear of getting bigger.

Society tells us that to be thinner is to be happier. But, when I reached my lowest weight at 22-years-old, I was far from happy. In fact, I was miserable and struggling with a life-threatening eating disorder.

I sought help, and after many years, I am fully recovered. Strangely, my eating disorder forced me to develop a healthier relationship with food and weight than I ever would have without it. In recovery, I was able to talk with trained clinicians about my obsession with fat grams, and even express how I felt about the size of my thighs in body image therapy group. Because most people never have the opportunity to utilize these kinds of resources, I like to share my lessons learned.

Wisdom about how to eat in a balanced way can actually be found by observing babies. They eat when hungry and stop when full, an approach known as intuitive eating. Unfortunately, as infants grow older, they stop responding to internal hunger and fullness cues and instead pay attention to external ones. Even young school-aged children will eat simply because the bell rings for lunchtime, or as a result of watching a fast food commercial. Society trains us to stop listening to our bodies.

Yet our body is masterful. It will tell us when and even what to eat.

If we have been ignoring our internal signals for a long time, patience and practice will be necessary in order to re-connect. We might even need to consult with a dietitian for assistance. Children can often make improvements rather quickly as long as they are given proper instruction and have an example to follow. What if we all made our New Year's resolution to be that example?

The multi-billion dollar dieting industry will be sure to push back. But make no mistake: this monetarily successful industry has a 95% failure rate. It is no secret that diets do not work.

Dieting is based on the misconception that food has a moral value. At holiday parties, you have probably heard someone say something like, "I've been good all day. Now, I'm going to be bad and eat a slice of pumpkin pie."

Eating pumpkin pie is not a "bad" thing to do. Throwing pie into someone's face would be bad! Food does not have a moral value. Food is just food.

Eating intuitively means we stop using categories like good or bad. The minute we label a food negatively is the same moment that we obsess about that forbidden item, and possibly binge on it. I will not argue with the fact that some foods are more nutritionally dense than others. But, if we listen to our bodies, we will crave the appropriate amounts of a wide variety of foods, to fuel our specific needs. All food has its place on the dinner table.

Intuitive eating is flexible like this, without rigid rules. Even if we end up consuming more during the holiday season just because the food tastes so good, and it is only around one time of the year, that's okay. Unlike what the dieting industry wants us to believe, our bodies can actually handle changes in our daily intake without us having to "make up for it", by restricting later or spending hours on the treadmill. If we listen closely, we will know what to eat and even how to exercise all year round. And we will, in return, reach the size we are genetically supposed to be.

This ideal weight is the size at which we have plenty of energy, can think clearly, and experience joy. It has nothing to do with the number on the scale.

This holiday, let's view our body as a vehicle for life rather than something to be controlled. Let's cherish each warm embrace and feel gratitude in the ability to laugh with family and friends. What a wonderful holiday tradition to pass along, loving and respecting our body in a world that doesn't. A gift for generations.

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 10th 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.



NOW OPEN!

Resolve
RECOVERY

Growth, health and independence for women

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



Call Now 888.705.9930

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



resolverecover.org

At CRI-Help, we care. Our detoxification, residential, and outpatient treatment programs are tailored to meet your unique needs.

Take
Back
Your
Life

CRI HELP

ADDICTS
HELPING
ADDICTS
SINCE 1971

Call us today for a free, confidential assessment.

We are here to help you.

800-413-7660 • www.cri-help.org

Think Smart & Be Free



- Confidential assessment
- Most PPO insurances accepted
- Verification of benefits

TREATMENT CENTER

Providing you with the tools to succeed in recovery

Think and Be Treatment Center is a State Certified evening intensive outpatient program for adults

Comprehensive addiction treatment for drugs and alcohol offering groups and individual therapy:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Dual Diagnosis • Harm reduction track • Nutrition and wellness • Relapse prevention • Trauma | <ul style="list-style-type: none"> • Family education and co-dependency • Mindfulness meditation • Emotional resiliency skills • Biosound therapy |
|--|---|

www.thinkandbecenter.com

Call Now 818-616-9966

4955 Van Nuys Blvd., Ste 200
Sherman Oaks, California



by: Steve Hauptman

THE 3 PARTS OF RECOVERING

Years ago I used to run for exercise. And I remember reading a little book about running which reduced the process of training to three simple rules:

Push, Rest and Listen.

Push meant stretching myself, increasing my strength and stamina by gradually running farther or faster or longer. Rest meant pausing between workouts, giving my body time to recuperate and build new muscle. And Listen meant paying attention to what my body was telling me, in order to decide whether I needed to be Pushing or Resting.

Eventually, I decided I was too neurotic to be a runner. I just couldn't follow all three rules. I could Push just fine, but Resting made me - uncomfortable, anxious and guilty.

And Listening? Deaf as a post. In my deafness I would overtrain for weeks, exhausting myself or developing injuries. Then I'd stop pushing and over-rest, turning soft, lazy and discouraged.

Why mention my running history? Because these same three rules govern recovery from anything. I don't care what you're recovering from, addiction, depression, anxiety, abuse, emotional trauma, physical illness, whatever. There will be times when you need to push, times you need to rest, and times you need to listen.

For me, as a recovering control addict, it goes like this:

Pushing: To push means to stretch beyond my comfort zone by doing the opposite of whatever I usually do. This means different things on different days. It might mean expressing a feeling I'd rather stuff, telling a truth I'd rather ignore, tackling a chore I'd rather avoid, or starting a project I'd prefer to forget entirely.

Pushing often feels like cutting my way through a jungle with a machete. The jungle is all those years of tangled fears, anxious projections and bad habits that kept me stuck, feeling like a kid in an adult's body. This takes courage, and a willingness to tolerate discomfort for your own sake.

I attended an Al-Anon meeting one night when it was raining cats and dogs. We sat there together, dripping wet and smiling at each other, pleased with ourselves without really knowing why. Until the leader explained. "You really have to love yourself," he said, "to come out on a night like this."

Pushing can be hard work. But there's no recovery without it.

Resting: Resting is the opposite of Pushing. It means taking a break. Taking a breath. (Remember breathing?) Or maybe nap. Walk on a beach. Eat a candy bar. Read a mystery. Draw or paint something. Play with the dog. Watch the sun set. Reflect. Regroup. Easy and pleasant, right?

Uh, no. Often the opposite. Like most control addicts I tend towards workaholism, a compulsion to moving and planning and producing. Actually I can't think of anyone I know who doesn't suffer from some form of this. Usually their control addiction manifests as compulsive busyness – the inability to stop doing something (it almost doesn't matter what) without feeling intolerable guilt or anxiety.

Why is busyness so attractive? Because it numbs us. It allows us to stay in our head and avoid feelings.

Sociologist Arlie Russell Hochschild writes: Each person's drive to overwork is unique, and doing too much numbs every workaholic's emotions differently. Sometimes overwork numbs depression, sometimes anger, sometimes envy, sometimes sexuality. Or the overworker runs herself ragged in a race for attention.

To stop overworking means facing the emotional demons that work holds at bay. So there are times when it takes a real effort – even another sort of courage – to stop playing Energizer Bunny and let myself feel whatever's happening inside.

For someone like me, resting is hard work. Sometimes it feels almost like another sort of Pushing. But there's no recovery without it.

Listen: Listening means changing channels, saying "Shut up" to my own mind and tuning into my body instead. By mind, of course, I mean monkeymind, that whispering, worrying, scolding and mocking voice that keeps me permanently on guard against life. Elizabeth Gilbert describes it as:

"The thoughts that swing from limb to limb, stopping only to scratch themselves, spit and howl. My mind swings wildly through time, touching on dozens of ideas a minute, unharvested and undisciplined. You are, after all, what you think. Your emotions are the slaves to your thoughts, and you are the slave to your emotions."

Mind also refers to what Gestaltists call the Top Dog, and others call the Inner Critic – that relentlessly self-critical part whose sole mission in life is to chew on the sore ankle of my self-esteem.

Con't Page 18

SOBER SOLUTIONS RECOVERY SOBER LIVING HOME FOR MEN + STRUCTURED PROGRAM

Based in Los Angeles, CA Sober Solutions Recovery is dedicated to providing newly sober men with the tools, resources and foundation needed to end the cycle of addiction, and establish self-supporting lives with the goal of long-term recovery.

For more information please contact us or visit our website.



sobersolutionsrecovery.com info@sobersolutionsrecovery.com (844) 762-7765

Matters of The Heart



by: Rudy & Kelly Castro

INHERITED TRAUMA

Inherited Trauma: The gift that keeps on giving. Unprocessed trauma is just like unpaid debt, we end up paying a lot in interest. In this article, we are going to touch upon a fairly new conversation in the world of science. This conversation however, is not new in the spiritual/transformational world. The idea of inheriting trauma from our ancestors has been presented in many theologies. The words may have been different, yet the concept is the same. We feel so fortunate to have the opportunity to share more about our journey of healing, and to be alive in a time where the opportunity to set ourselves free is available in so many places.

We have shared before that both of us participate in multiple 12-step programs. No doubt we are spiritual seekers. We have done almost all of the classes, therapies, and seminars. We have read many books. We have worked many sets of steps, and boy are we grateful for every experience we have had as a result of this level of willingness. At the moment of completion for each of these transformations, the thing to get was that there is NO THING to get. There's no prize, certificate, degree, experience or relationship that will part the clouds, have the Angels Sing, and set us free at last! We are here, in these bodies, to work it out.

For many years both of us were driven by this idea that someday we would find that one place, philosophy, and/or process that would set us free. It was interesting to see that inside of that determination was the illusion that somehow the experience of being human could be transcended, FOREVER. That we would become so enlightened, that never again would there be any discomfort. Avoiding our humanity just seemed so appealing, until the resistance became too painful.

Acceptance truly is the answer to the "problem" of any discomfort. Acceptance does not necessarily mean being ok with the current circumstances, however, any refusal to accept the state of such circumstances will perpetuate a state of denial. From denial, no transformation is possible. The issue will remain, and because we are always expanding, it will progress. This is exactly what happens with trauma. With trauma, an initial injury occurs and without the space to properly process that trauma it will fight to re-live itself over and over again.

Have you ever heard someone, or yourself say "My picker is broken!"? Or experienced the same relationship over and over again and seemingly the only thing that changes is the body or face? We continue the cycle of trauma over and over until we don't. Here is what is fascinating; we are not only carrying our own trauma. We are actually carrying traces of inherited trauma, and evidence of this is being discovered through the field of Epigenetics.

What is epigenetics? Simply put "Epigenetics is essentially additional information layered on top of the sequence of letters (strings of molecules called A, C, G, and T) that makes up DNA." (Ennis, Cath 2016). It colors the way genes will be expressed". In the past, we believed that human genes were what controlled the outcome of our lives. But as researchers such as Bruce Lipton MD, the author of The Biology of Belief, examines not DNA itself but the cell's membrane. Each cell has receptors that pick up cues from the environment. Dr. Lipton, refers to our thoughts, attitudes, beliefs and perceptions as environmental signals that give the authority for the gene to be turned on or off.

What we are really starting to see with epigenetics and cell membrane being controlled by beliefs, is the impact of our inherited ways of being from our ancestors. What is becoming more and more evident is that we are carrying around generations of fear. This year's election is representative of what we are talking about. Regardless of what "side" anyone is on, most everyone has been deeply impacted. It has generated so much fear, and fueled the illusion of separation more so than any other election. We are praying that as a result of this experience more people choose love. That we surrender to that truth that God is everything, or God is nothing. That we stand in the absolute knowing that everything unfolds perfectly, and with divine order.

Our actions are not the only factor in what type of stage will be set for our future generations. Our internal reactions, and how we allow our circumstances to dictate our feelings will also be passed on. Yes, this is a lot of responsibility; which is why we take it one moment at a time.

Con't Page 18

PAX HOUSE

Where Peace Begins

Pax is the Latin word for peace, referring to a time in history marked by absence of war. In recovery, we learn to stop fighting ourselves and others. We surrender in order to end the war of addiction.

PPO Insurance accepted - find out if your treatment is covered.



UnitedHealthcare



VALUEOPTIONS



aetna

626-398-3897



PaxHouse.org

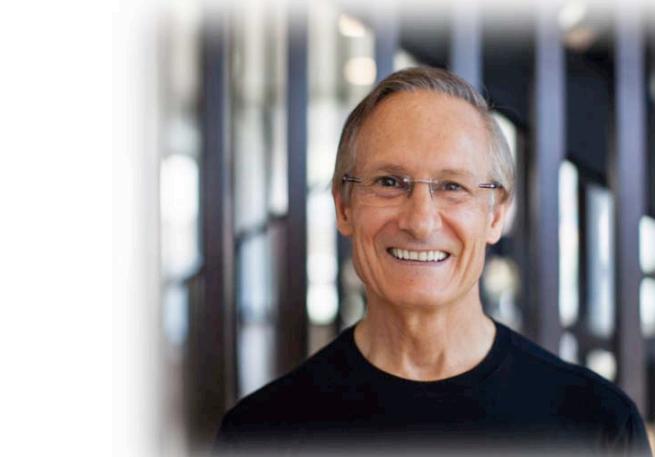
...your alternative to relapse!

liferestyle.TM

a wellness* based addiction recovery program!

310.200.7254

Paul Huljich, Founder - 18 years, no relapse!



www.LifeReStyle.org

*organic meals & natural approach

TruthTalks™

Bringing the conversation
about addiction to the table.

424.276.0218

We can come to understand our own kids
by talking with others
who've found recovery.

PARENTS ~ THERE IS HOPE

- (4) 90-Minute Workshop Sessions
- Parents Dialogue with Sober Kids in Solid Recovery
- Ask Hard Questions and Get Honest Answers
- Gain Awareness & Insight
- Cultivate Empathy for our Children and Ourselves
- Each TruthTalks™ Workshop is Facilitated by a Licensed Therapist who Specializes in Addiction
- www.truthtalks.us



THE GIVING KEYS

A PAY IT FORWARD COMPANY

www.TheGivingKeys.com

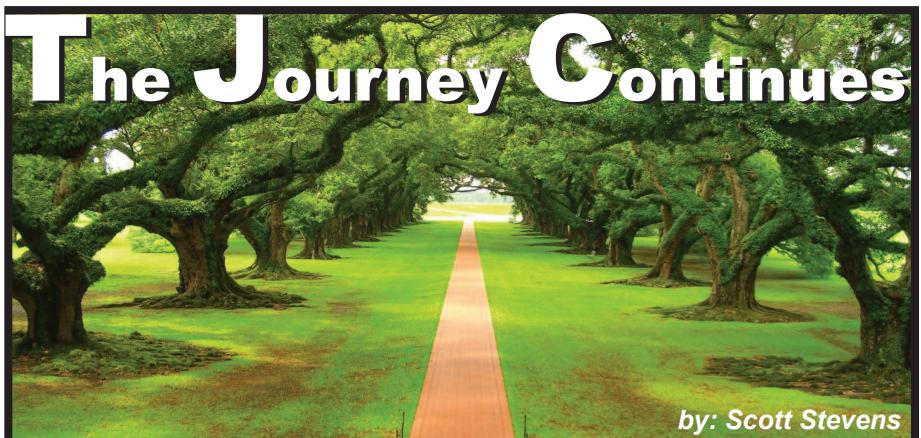
Hope of the Valley rescue mission

Providing Life Essential Services to those in Need
Our vision is to tangibly demonstrate God's love to the Hungry, Homeless and Hurting of the greater Los Angeles area by offering:

- **Hope:** A message of love, support & freedom for a better tomorrow.
- **Hot Meals:** Food distribution to the hungry.
- **Housing:** Emergency/transitional shelter to the situational and chronically homeless.
- **Health Services:** Resources for basic human needs.
- **Healing:** Proven programs that lead to wholeness and self-sufficiency.



www.HopeoftheValley.org • (818) 392-0020



by: Scott Stevens

DODGE THE HOLIDAY MINEFIELDS

Relapse traps sneakily pop up on any page of the calendar, but the 63 days between Halloween and New Year's Day can be the trickiest gauntlet to run. Sequestering in a bunker? Not an option. Here are nine tips for the season of celebration:

1) Stay out of your medicine chest. Cough and cold season are here. It's especially easy to overdo the cough meds. In typical addict fashion, we think the dosage is only a suggestion and if a small amount works, the whole bottle will really kick the symptoms to the curb. Not so. And the little buzz from an over-the-counter drug OD can lead back to the drug of choice.

2) Stay out of your medicine chest: Part II. Another relapse trap in the medicine chest is sleep aids. With the time change and extra holiday-season stress, sleep is a casualty of the calendar. Alcohol is a depressant. Sleep aids are depressants. The brain doesn't make such an exact distinction between the two, and historically, drinkers have used alcohol as a sleep aid – or excused their drinking by saying it helps them sleep. It isn't just the prescription sleep aid like Abilify. It's also the over-the-counter one, and especially concoctions like Motrin PM or Tylenol PM.

3) Find sober celebrations. Not as rare as you might think. If you're timid, take someone along with you who might be even newer to sobriety. If there aren't celebrations, it could be time for a diversion like a museum or pick a dry theater and watch Star Wars. All the older kids are doing it.

4) Bail out. There is nothing wrong with the word no. We were all pretty creative with excuses for our drinking. If you are even slightly apprehensive about an event, put the same creativity to use for why you can't go. And if you're busted telling a little white one...isn't it better than possibly challenging your sobriety? Real friends understand.

5) If you can't bail, bring candy. Seriously. Satisfying an oral fixation can make a difference. The taste on your palate will make alcohol flavorings less inviting, too. If you ever had a beer on top of a candy cane, you know.

6) Never stay late if you do go. Our reputations as the last soldiers standing – gone. Be the first leaving. Everyone has seen a dreaded morning after, or the photos of the night before and uttered the words, 'I shoulda left way earlier.' The more tired you get, the weaker your defenses become anyway. My grandmother's rule was that nothing good ever happens after 10 pm.

7) Go help another alcoholic who might be struggling. The twelve-steppers founded their fellowship on this simple act. Even if you're not a twelve-stepper or vow to never be one, give this a try. It works. There's a flawed thinking that the holidays are an inappropriate time to challenge someone who's challenged by drugs including alcohol. It may be the best gift you ever give the person with the disease and the family around him or her. Inside every person sick with this disease is a trembling, sorry, sad person dying to feel well again. Invite him or her out onto the path to recovery. In the case of the disease of alcoholism, there's no worse time than waiting for tomorrow, or the New Year. You wouldn't imagine postponing treatment for a chronic, fatal, progressive disease like cancer. Why postpone it for a chronic, fatal, progressive disease like alcoholism? If the worry is that it wouldn't be the holiday without that person near, what have the past few holidays told you about that... and what if there isn't a next holiday?

8) Breathe. The holidays are loaded with financial stress, family stress, traffic stress, cold-and-flu stress, and end-of-year work stress in addition to the normal everyday stress of life. Alcoholics and non-alcoholics alike drink to relieve stress. There isn't a single stressor that is cured by drinking: There isn't one that got worse because you chose to just breathe rather than drinking it off the calendar.

9) Be brutally honest with yourself. The biggest mine in the holiday minefield is in the eight inch gap between your left ear and your right. Nearly every relapse comes in the collision with reality and the five words, "It won't happen to me." Here's the very alcoholic reason why I still have the Ibuprofen PM in my nightstand: Because it won't happen to me, the warning is only for those other guys, right? Those other eight tips are just for the other guys in the minefield, right? Right.

By the way, these nine aren't just for the end of the year and the start of a new one. They work anytime.

Scott Stevens is the multiple award-winning author of bestselling alcoholism recovery books *What the Early Worm Gets*, *Every Silver Lining Has a Cloud*, and *Adding Fire to the Fuel*. Find out more about the books, his 'The A-Files' series, and the free Alcohology app for Android at www.alcohologist.com.



Quit to Win



by: Catherine Townsend-Lyon

LET'S QUIT TO WIN FOR THE HOLIDAYS

"Now that the holidays are upon us, those of us in recovery can have a tough time around the holiday time. I know I have in the past with self-sabotaging my Christmas season. How do you ask? Let me share a "war story of Christmas past." We can learn and grow in recovery in when we safely look at the "Then & Now of Christmas's Past", as an addicted or problem gambler."

Many of us in recovery advocate to show to others who still suffer from this cunning addiction the importance of sharing our experiences, strength, and hope with others when we do tell some of our "war stories." It does show how insidious this addiction is. It is one of the area's I don't feel is proper about 12-Step programs. They tell us not to share war stories as it could maybe trigger someone in a meeting. But, if we don't learn from these mistakes or choices, how do we look back and find growth in our recovery? Yes, you can see growth by just doing the 12-steps, but many need more than that to recover fully. I know I did.

I recall one Christmas that has to be my worst within my gambling addiction and will never forget. And it is why I make sure all holidays now are safe, happy and full of JOY. It was back in 2005. Our home we had lived and worked very hard for, had to be sold through a short sale or we would have lost everything we put into it. But even then, it felt like we lost it as we are still paying on the balance that was not covered by the sale. It also caused me to make a few bad choices, residual addicted "thinking,: I had committed a crime, that big catastrophe! I wrote about in my memoir, and I was reeling. I stopped taking my bipolar meds, then took them all at once! I was so angry with myself, feeling so much shame, guilt, low self-worth and again suicidal, because I knew it was because of my past gambling is how we got into this mess in the first place! Of course, no excuse's, just insights.

We were so financially broke. I remember being in JCPenney walking around aimlessly wishing I could buy this or that for the family for Christmas. Luckily, all our family lived in other states than Oregon. So I had to do the same lame thing I had done for many past Christmas's, just send a card. It was tough already that we both had job loss, the very beginning of the economy and markets were getting ready to pop. We had a hard time finding good paying jobs, and I ended up back in an addiction/mental health crisis again with another breakdown right after the holidays. It was all too much!

When I got released from the crisis center, I knew I had a lot more recovery inner work, which included financial inventory to take and work on. I had been doing well in my recovery and gamble free at the time, but something was nagging at me. See, you need to know that no matter what the addiction is, it's always waiting for us.

Like the holidays for instance and the point of this post, we can have a lot of temptations around us at this time of year. There are holiday parties for both personal and work-related that can be stressful. We may have had fall outs due to the holidays, (thanks to our addictions and why we have step 9... make amends where ever possible) with friends and family. Many different reasons that can become a trigger or bring on urges. The stress of the season, lack of money for presents, a slew of things swirling around in our heads! The "cycle" if not broken or interrupted will keep you either in the addiction, or just on edge waiting. That is what I needed the second time around after coming out of the crisis. I chose to work with a gambling addiction and behavioral specialist.

And he would not "cut me loose" until I could tell him how the "cycle" of addiction happens, and tell him the skills and tools to stop it which took me a year. Once I learned that and applied those skills and tools, I began the road to long-term recovery. So my point is everyone needs a relapse plan. A solid plan that will help you avoid these pitfalls. I had been given a workbook that I now have listed on my recovery resource pages, for all to come and use for their recovery from gambling. It shows step by step what is needed to make a plan to prevent relapse for any occasion, like the holiday season, life events like a loss from death, a job loss and much more.

These events and the holidays will come. So you need to prepare before not after they happen. Be prepared and use those tools taught and learned in treatment, or a 12-step program, maybe in therapy or however you choose, to reach out and start your recovery journey. And learn about "the cycle" of addiction. When you do, I guarantee you will have many, many 'Happy Holiday Seasons' to come. "You Are Worth It In Recovery"

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 were she promotes authors of many genres.



**PURE RECOVERY
CALIFORNIA**
www.PureRecoveryCA.com



SPECIALIZING IN PURE HOLISTIC,
ORGANIC & PERSONALIZED TREATMENT
FOR ADDICTION, CHRONIC PAIN,
BRAIN INJURY & STATE OF THE ART
BRAIN TREATMENT

All Levels of Care
IOP on the Marina
Recovery is just a phone call away

800.714.0340

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

THE PREMIER EVENT FOR ADDICTION EXECUTIVES



NAPLES, FL // JANUARY 29 - FEBRUARY 1, 2017

Join KEYS TO RECOVERY at the
conference for addiction executives!

Register now online and
receive a **\$150 discount** on
us using the code **KEYSVIP**.

The Road

of Recovery

Can Take You Home

THE LONG ROAD HOME

By Morgan Thorpe

Many roads could have led me to where I am today, however, I am grateful I took the long road home. From where I stand I can see the mountains I have climbed and the seas that I have swam, to get me to exactly to where I need to be.

This morning I got up, made a cup of coffee and looked out my bedroom window where I have a view of the ocean. My biggest worry of the day was whether or not, I should begin my pilot license lessons this year or next. My times have changed, I thought to myself as a humming bird flew by. You see, today life is beautiful, life is wonderful, full of a plethora of possibilities. A little over two years ago, it was not quite that way.

In August 2014, the Judge released me from jail a free woman. Probation, restitution, and a DUI program was what I was ordered after having spent a total of six months behind bars. When the deputy came on the loud speaker and told me to "roll it up," I had asked to be placed on the later bus. "Thorpe, you are being released," the Deputy said, sounding perplexed that an inmate would want to spend any more time than absolutely necessary in jail. "Don't you want to go home?"

The truth is, that at that moment, I had no home. I had burned every single bridge, ladder and sidewalk I had come across in the span of the last couple of years. I had become something and someone I never ever would have fathomed I would become, I was a heroin addict.

After a couple of phone calls to my father, a retired Major in the Air force and a well-respected man in his community, he told me I could stay at his house. I had 10 days, and during the day I was not allowed to be in his home. My stepmother reluctantly agreed, after all, I had gotten to the point where I was stealing from my own family to support my habit. He told me he would be by in a couple of hours to pick me up.

I remember sitting in front of the courthouse waiting for him, pondering my future, my past, and my present. How had someone like me, a college graduate, Breast Cancer Survivor, ex-studio exec, home owner, get to a place like this? And the bigger question was, how do I get out of a place like this? I was sitting next to a fountain where people had flipped coins in for good fortune. I reached into my pocket and pulled out \$0.73. I had \$0.73 to my name and I would be lying if I said I didn't cry. As a few tears rolled down my makeup-less cheeks, I looked up. Somewhere in my heart, I said a prayer, one which I will never forget nor regret. I flipped a penny into the fountain. "God," I whispered, "I don't know where I am going, but please let it be worth it."

I had a choice to make that day, a choice that would change the rest of my life. For some, it may seem like an easy choice, but for an alcoholic and addict like me, it was probably the most difficult decision I ever made. I could go back to the only thing I had ever known to help ease the inner turmoil within my soul, or I could finally face reality and get sober.

I wish people who aren't addicts or alcoholics understood, just how difficult it is to make a decision like that. It is not an easy decision like what color socks to wear, for us it feels like riding a bike without rubber on its tires. We know it is going to be bumpy, painful, awkward, difficult to steer, but is it worth the ride? We do not know until we've tried. And as a 36-year-old, I had never tried. All I know is that there were no sober people who had committed crimes in jail, that I was aware of. Perhaps there were a few, however, I had not met them. Most of the women I had encountered had committed a crime while on drugs or alcohol, or simply trying to support their habit.

My attorney told me, "People like you don't belong in jail." Funny, I remember my dealer once telling me, "People like you don't do stuff like us," but in the end, I was just like all of the other felons, it didn't matter where I came from, in our addictions we were all going the same place, jails, institutions or ten feet under. Yet, even that information does little to someone who is chin deep in the cold waters of their disease.

So what happened to me that day, why had I decided

"I was in a mood,

to believe

I did not want to die..."

to perhaps give sobriety a chance, I think it was as simple as the fact that I was in the mood to believe. I was in a mood to believe I did not want to die young like my mother had. I was in a mood to believe that I could stand in the light again, instead of being afraid of the dark. I was in a mood to believe that my path would someday have purpose, instead of pain. I was in a mood to believe that if I worked hard enough, and walked long enough, I would be able to climb a mountain and enjoy the view. I was in the mood to believe that in the end, it would all be worth it.



L I F E S Y N C

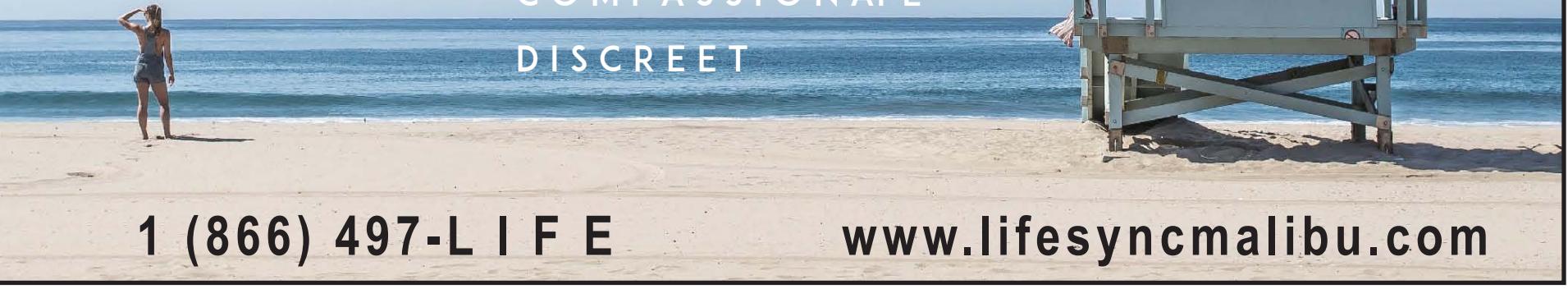
MALIBU • DETOX

**PHYSICIAN OWNED AND OPERATED
DETOK IN MALIBU**

**SAFE
COMFORTABLE
COMPASSIONATE
DISCREET**

1 (866) 497-LIFE

www.lifesyncmalibu.com



When my father pulled up, I opened the door to see his tired soul, his worried eyes, and his smile-less face one more time. I don't remember our conversation on the way back to his house, probably because I wasn't listening. Instead I was consumed with the images of him visiting me in jail behind the glass, picking up the receiver so we could communicate. Here was his little girl, the woman he raised with grace and dignity, sitting behind 2-inch-thick bullet proof glass with track marks on her arms. The same little girl he taught how to ride a bike, to count to ten in German when she was five, coached through her SATs, and sat proudly as he watched her get her college degree. The woman he gave hope to when the Dr. diagnosed her with Breast Cancer at 23 years old. His baby, his daughter, was now safe, because as long as I was in jail that meant I was not homeless or dead.

A couple years before, when I was in and out of rehabs, we walked to church one Easter morning. He was trying to play a voicemail that my brother had left him and his phone was on speaker. There were several voicemails from me that he had to get through first. "Pops, why do you have so many voicemails from me saved?" I asked. His response, "Because I never knew if I was going to hear from you alive again or not." That's what I do, that is the person I had become. This is the daughter that my father picked up in front of the water fountain of the Ventura County Courthouse on August 8, 2014.

Somehow, in the course of a few years, I had become Ventura County's most wanted fugitive. I guess I didn't do anything small when I was loaded, except betrayed the people who cared about me most. There were no warm and fuzzy hellos or "I'm glad to see you are out" from anyone really. I think my brother, who lived up North once told me "Morgan, everyone loves a comeback story."

But the truth is, no one wanted me anymore. Shoot, not even the jails wanted me anymore.

After a long, hazy, pill fused 10 days, my father gladly dropped me off at a sober living doorstep. Actually, I was refused the first time around, and was told to come back the next day because I was so out of it. My father took that Monday off work, it was August 18, 2014, and it is now the most important day of my life, it is my sobriety date.

I wish I could say it has all been pink clouds and rainbows since that day. I wish I could tell you that I have all the things I once had, but I don't and for that I am grateful. You see, what I have today is more important than having a million dollars in the bank. Yes, I have some of the things I once had, a car, a home an income, however, I have more than that, I SEE more than that.

There was a time when I was in jail that I did not go outside for nearly 2 months. I was in a "high risk" unit, so I was in my cell over 23 hours a day. There was a small spot on my mat that the sun would peer through the window (if you can even call it that). Each day, I would place my face on the little spot of sunshine just so I could remember what the warmth of the sun felt like. Because of that, I can now see sunrises and sunsets like I have never seen before, and the shadows of the mountains cast along wheat colored hills. There are now bright puffy clouds that take many forms, of mostly angels, from my perception, that I was in too much of a hurry to see before. Imagine that, being so busy, you don't even notice the beauty that God is always painting.

I don't know why things happen, I don't know why bad things happen to good people or why good things happen to bad people. Things just happen, that is life, and it is what it is.

That doesn't negate the pain nor does it promote it. Why am I an alcoholic, I do not know, but I do know that I am. I know that I have to share my experience strength and hope to another in order to keep what I have. I know I have to do the footwork and leave the rest up to God, and its funny cause things are always better in the end when I do. I know that today, I call my dad at lunchtime and we laugh, and he gives me advice, and we make plans and I look forward to seeing him. I know today that he is proud of me and the woman I have become in my sobriety.

On my first sober birthday the two most important people were at my side, my father and my sponsor. I never knew how important it was to be surrounded by people you love, and people you know love you. I am glad that I am an alcoholic today, because out of a seemingly hopeless disease of mind and body comes a lifetime of miracles, and hope and happiness by staying sober one day at a time. And in the end, I realize that I may have taken the long road but it has definitely been worth every step of the journey.

Morgan Thorpe holds a BA in Communications and works at Wavelengths Recovery in Huntington Beach, CA. As a freelance writer, Morgan is passionate about sharing her experience, strength and hope with those in the recovery community. Morgan Thorpe can be reached at morganjthorpe@gmail.com.



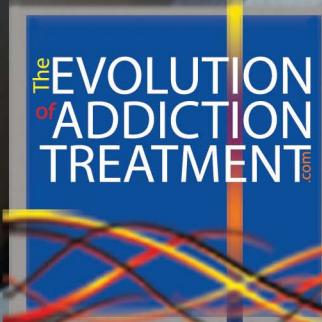
Download Your FREE Copy Here

12 Step Worksheets

By Andrew T. Martin, MBA, CADC II, SAP, CA-CCS



February 2 - 5, 2017
Los Angeles, CA



www.TheEvolutionOfAddictionTreatment.com

Handyman Services by John Paul

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

- Experienced
- Honest
- Hardworking
- Reliable
- Great prices

818.447.0613



Book Reviews

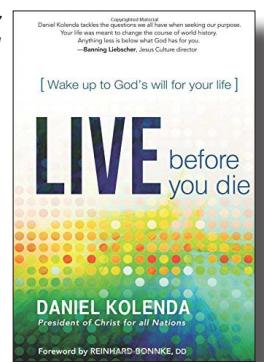


LIVE before you die, [wake up to God's Will for your life] Written by Daniel Kolenda, President of Christ for all Nations. Published by PASSIO

This is a great book for all of us that feel we don't know God's will for our life, and we are concerned that we will miss our calling. Daniel Kolenda's inspired writings explained in his unique simplicity, and spells out the way to enter into and enjoy doing God's will. If you are sincere about wanting to follow God's will, this book reveals the heart of God.

This book is written in 4 parts, each part answers the self-haunting but basic questions we have. "Does God have a plan for me? What if I misunderstand God's will? How will I recognize God's Plan? Lingering Question, (because we are always afraid of making mistakes), and most important The Five Enemies of God's Will for our lives. "Daniel Kolenda makes us aware of the problems we will face. Daniel Kolenda goes deep into this subject, yet makes it understandable to the reader.

Reading this book has helped me understand His will for me in a deeper way. "When God's gift and Grace are resting on a person for a certain task or calling, he is able to do with joy what would seem difficult or even impossible to others". Available at www.Amazon.com

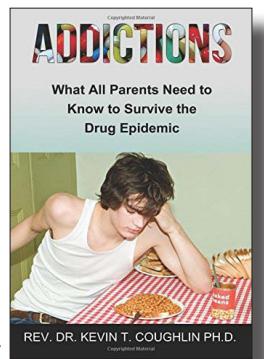


Addictions: What All Parents Need to Know to Survive the Drug Epidemic Written by Dr. Rev. Kevin Coughlin Published by KTC Publishing Phase 11C, LLC

Dr. Rev. Kevin does a beautiful job explaining how families can fight against the war on addiction. The family needs to understand addiction and recovery without enabling. There's a chapter explaining the signs and warnings of potential drug abuse. He also offers up many different styles of addiction treatment. Examining each model based on facts and statistics.

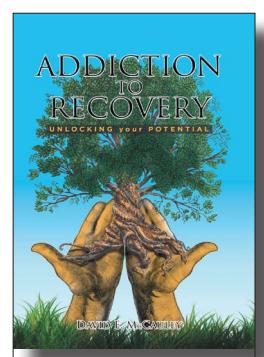
In chapter 2 "It Takes a Village", Dr. Rev. Kevin states "In today's recovery world, experience and science have shown us that the addicted person's family must be addressed, not just the addict. Addiction has proven itself to be a family disease."

This is a must read for anyone trying to understand the disease of addiction, the solution to the problem and the program of action. Love it! Thank you for sharing your experience, strength and hope. Available at www.Amazon.com



ADDICTION to RECOVERY: Unlocking your Potential. Written by David E. McCullery. Published by Xlibris.

When I started reading this book I felt a strong connection with David McCullery, I lost several loved ones as well, which left me wondering if I truly did enough to help them. When David states "Recovery: where everyday dawns with the promise of a new beginning," it helps to evoke our realization that "There is a moment when every person must step away from their former identity that is completely out of control, and surrender to a new self," this is how one surrenders and let go of what keeps them in bondage. Admitting that we have been defeated by addiction, is mandatory for the healing process to begin. The pages within this book are compiled with discoveries of personal responsibilities, for one's acts of free will to do what's right or wrong. David McCullery, skillfully educates the reader with solid evidence that shows recovery is obtainable, for all who is willing to apply the principals and insights that he conveys throughout this remarkable book. Once recovery is obtained, to help ensure that longevity will be the outcome, one must acknowledge their own union with internal wounds that still exist. I truly related when David stated "In recovery each day a new door shall open, and your inner light will guide you home in heart and love." The message and basis of this book for me, is to encourage us to examine our inner most self, and realize that there is more than what meets the eye. We possess the ability to redirect our thoughts, and channel them to transform our very emotions to become an ally in helping us to heal our inner wounds. Available at www.Amazon.com



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

Fit This In Your Recovery



by: Eleanor Brownn, MA, CPG

SELF CARE ISN'T SELFISH

Self care isn't selfish. You cannot serve from an empty vessel. Are you worn out from trying to take care of everybody except yourself? Are you the "go-to" person (you know, the one everybody else goes to) on your job, or with your family and friends when they have a problem or something important needs to get done?

Lack of self care can have devastating effects on your health. The leading causes of death in the United States - heart disease, high blood pressure, stroke, type 2 diabetes and obesity - are all linked to self neglect.

Self neglect is commonly seen in people struggling with addiction. Activities as basic as brushing and flossing teeth, getting enough sleep, eating nutritious food, and having regular medical check ups, takes a back seat. Substance abuse and other addictive behaviors can also be an attempt to cope with the stress, that comes from being in demanding situations at home and at work that leave little time for self care. Lack of self care is a risk factor for chronic relapse. To recover, self care has to become an important part of the treatment plan.

How many of the following statements apply to you or someone you know?

Ten Warning Signs of Self Neglect

1. I'm frequently tired because I'm doing things for other people beyond my energy limits.
2. I'm using food for comfort and gaining weight.
3. I often delay doing things for myself, because I have obligations to others that I believe must come first.
4. I never take time for myself, or if I do, I feel guilty about it.
5. I'm afraid to say how I really feel, because I don't want to upset other people.
6. I deprive myself of things I really need in order to spend money on other people.
7. I'm not getting enough sleep at night, because I'm worried about others.
8. I postpone taking care of my health concerns, because I'm "too busy."
9. I have trouble identifying my own needs.
10. My doctor has told me to slow down for health reasons, but I feel I can't afford to slow down because other people are depending on me.

If more than five of these apply to someone's situation, it's time for a Self Care Makeover!

To qualify as self care, an action must have three components. First, it's self-initiated. You have to do it; no one can do it for you. The doctor can tell you a dozen times to start exercising. Until you take the first step, it won't happen. Second, it's intentional. Self care requires you to make a decision and set an intention to put that decision in motion. Third, it's an act that promotes health. Eating donuts for breakfast doesn't count! Comfort food meets the criteria of being self-initiated and intentional, but it doesn't promote health.

If you want to start making that change, you're going to need a plan: A.P.L.A.N.

A: Attitude Adjustment. Any real change always has to start with a change in thinking. When you truly internalize the concept that self care isn't selfish, the choice is clear. While you may not be able to change your circumstances, you can change the way you think about them in a heartbeat. Self neglect has real, life-threatening consequences.

P: Prioritize. Carve out time for self care activities and put them on your schedule. Using a calendar is a handy tool. Make an appointment with yourself — and stick to it.

L: List. If you had to create a list of 10 things that nurture your body, mind or spirit, could you do it? It's not as simple as it sounds. If you've gotten in the habit of neglecting yourself, you may have lost touch with your joy. Also list those routine things that you know are good for you, but you haven't been making time for them (massage, walking, meditation, listening to music, etc.)

A: Activate. You can change your attitude, schedule activities and make a list of the things you like to do. But if you don't get into action, nothing changes. Get a self care buddy or even a posse, i.e., other people to whom you are accountable. It's easier to take that walk if you know your walking partner is counting on you to be there. And if someone on your crew is going to be asking about whether or not you actually spent time meditating like you said you would, you're more likely to stick with it.

N: No. Yes, no. As difficult as it is to say "no" to requests that leave you feeling drained, it's critical to make a beginning. It takes practice, but it's vital to your own survival. There are people in your life who need you. But unless you start making your own health a priority, you won't be able to be there for them.

Self care starts with baby steps, making small changes that have a big impact over time with persistence. Be gentle with yourself. Change takes time. If you've spent your whole life putting everyone else's needs ahead of your own, it isn't going to change overnight. The first and most important step in the plan is to change your attitude: Let go of the idea that self care is selfish — it isn't.

Eleanor Brownn, MA, CPG, is a self care expert, author, speaker and workshop leader. eleanorbrownn.com.

CHANDLER LODGE

-FOUNDATION-

Founded 1960



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

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

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

Call us today! 818-766-4534

Sober Living for Men

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

www.ChandlerLodge.org • 818-766-4534

That Piano Lady Music Studio



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

www.thatpianolady.com

House in the Hills

Transitional / Sober Living
for Women in Recovery

818.264.8545

Our core philosophy lies in the belief that recovering addicts/alcoholics must safely reconnect with the outside world, aided by a healthy, balanced, structured & secure environment as their Support System and Home.



www.HouseintheHills.org

SHARE!

SHARE! the Self-Help And Recovery Exchange
"Helping people pursue personal growth and change"

DECEMBER 2016 EVENTS

Christmas Dinner

Christmas Sunday December 25th, 2pm

Turkey Stuffing and Other Tasty Treats

Suggested Donations

Please sign up to bring a dish or to Volunteer.

Volunteers needed to help set-up, serve and clean up.

Hanukkah Potluck Dinner

Thursday December 29th, 6pm

Latkes, Doughnuts, Applesauce, Salad, Main Dishes & More!



Recovery & New Beginnings
Please sign up to bring
Volunteers needed to
and clean up.

6666 Green Valley Circle
Culver City CA 90230

(310) 846-5270
www.shareselfhelp.orgTM

SHARE!



The
Sober Living
Network

Supporting, protecting and expanding
quality recovery housing since 1995



co-founder,
National Alliance for
Recovery Residences

The best sober living homes in Southern California are Network-certified.

Anyone can open a sober living home, but it's tough to operate a good one. Network quality assurance means a sober living home is:

- Supportive of residents' recovery goals
- Safe, healthy, ethically operated
- Staffed by trained individuals
- Accountable to our independent oversight
- A contributor to its community

Network homes also earn NARR recognition for meeting national standards.

Affordable Network homes available throughout Southern California

Find quality homes at www.soberhousing.net
or call our referral line at (800) 799-2084

The Network is a volunteer-based 501(c)(3) nonprofit organization.

Donations are gratefully accepted.



SATURDAY, DECEMBER 3, 2016: Pancake Breakfast every 3rd Saturday at the Orange Friendship Club. All You Can Eat for \$2.50. 2191 Orange-Olive Rd. Orange, California. Call the Club for time (714) 637-9860

SATURDAY, DECEMBER 3, 2016: NSDYPAA-Broomball "Expect Miracles on Ice." Beginners workshop 6:30-9:30 pm. All North County Young People's Group 4003 Vista Way, Oceanside, California. 92056

SUNDAY, DECEMBER 4TH, 2016: Burbank Monthly Breakfast. Suggested Donation \$5. 3217 Winona Ave., Burbank, California. 91503

SATURDAY, DECEMBER 10TH, 2016: Color of Money Event. 7:30-11 pm Bowling \$20 includes shoes 18 and over. Open Bowling for Those Who are Not 18. LinBrook Bowling Center 201 S. Brookhurst st. Anaheim, California. 92804

FRIDAY, DECEMBER 9TH THRU DECEMBER 11TH, 2016: A Magical Journey Thru The Steps, Birmingham, Alabama. Ramada Inn Airport. Come join us for a weekend steeped in the 12 Steps with sides of fun and fellowship as AA and Al-Anon speakers lead us on a Magical Journey through the Steps. A weekend of recovery focused fun!. visit www.magiccityroundup.com

SATURDAY, DECEMBER 10TH, 2016: FCYPA "Speakeasy" Suggested Donation \$10. Speaker Meeting 7-8pm, Events 8-11pm. Custom Party Activities. Alono Club 1350 North 11th St., Fresno, California. 93703 Contact Ashley G. (559) 326-3744 Emily S. (559) 349-9230.

SATURDAY, DECEMBER 10TH, 2016: The Burbank Group Christmas Comedy Show. Raffling a Flat Screen TV, Bicycle, Gift Cards and Having a 50/50 Raffle 8pm-12am. 3217 Winona Ave. N. Hollywood Way, Burbank, California 91505. For more Info Contact Ernie C. (747) 888-2276

SATURDAY, DECEMBER 10TH, 2016: C.A. H & I Holiday Fundraiser Presents An Evening of Anonymity Masquerade Ball. Dinner and Dancing. Cash Prize for Best Masquerade Costume, Silent Auction. \$25 Adult Ticket (\$30 at the door) \$15 Child Ticket (12 and under) Lifehouse Church 18355 Roscoe Blvd., Northridge, California 91325. For Info. Contact Tony (805) 422-2732, Mr.TonyRamire2023@yahoo.com

SUNDAY, DECEMBER 11TH, 2016: GCRC Celebrating Sam's Life. 11am-1:00pm. Open Potluck event for Sam's NA 12 Step Family and all others family and friends. Just bring you, love & memories and a dish. 272 N. Olive st. Ventura, California, 93001

FRIDAY, DECEMBER 16TH, 2016: Bingo Christmas Party, Gift Exchange, and Raffle/Potluck. 7pm-10:30pm, Garden Grove Alano Club.9845 Belfast Dr., Garden Grove, California 92844

SATURDAY, DECEMBER 31ST, 2016: Club 202's New Year's Eve Dance. 202 W. Broadway, Anaheim, California. 92805. www.the202club.org, (714) 535-0900.

UPCOMING

FRIDAY, JANUARY 27TH, 28TH & 29TH, 2017: SFVAAC 2017 - Acceptance Was The Answer", Warner Center Marriott Woodland Hills, 21850 Oxnard Street, Woodland Hills, California 91367. Meetings & Events Include A.A., GSO, H&I, Young People, Longtimers, Marathons, Banquet & Spiritual Breakfast, Al-Anon - Workshops, Luncheon Alateen - Family, Workshops, Dinner & Dance -Saturday only, 8am - 11pm. Spanish - A.A. and Al-Anon Marathons

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



Healing the Family

by: Barbara Lodge

TRUTH TALKS

When my son, S, was a little boy I was his shelter from the storm. I helic和平ed above and below, protecting him from high winds and flying debris such as his addict dad, my own anxieties, and the sudden breakup of our family.

A few years ago, S became his own storm. The hurricane brewing inside of him unleashed, hurtling him every which way, beating his body, battering his soul, pushing and pulling and yanking him so that I had no clue how to protect him. We became strangers and a deep divide between us formed.

His struggles with addiction whipped him in and out of rehabs, sober livings, IOPs, into college, out of college, and to the funeral of his close friend who died of an accidental opiate overdose. When S became skinny, distant, and sharp, I was petrified I'd lose him.

So, I decided the only way to stay connected was to machine-gun questions "What did you do last night?, Who were you with?, Where'd you go?, Did you sleep ok?, Why?, Why not?, Are you hungry?, Why?, Why not?, Are your pants getting loose again?", And simultaneously, I'd be running medical evaluations by surreptitiously checking his eyelids, eyeballs, pupils, teeth, skin, hands, nails, neck, arms, I was no longer his mother; I'd become a military doctor working in the trenches.

His drug use escalated as did my denial that he didn't have a problem. He ended up in detox and I cried over the fact that I no longer knew him.

Enter C. C was a sober companion we'd hired for the time between detox and treatment. On mornings my son slept, C and I talked. I was curious and he was strikingly honest about his youth, his addiction, his family, and now, his blessed recovery. C had great wisdom and insight and explained to me what it was like to be a kid these days, growing up amid so much stress, so much technology, so much competition, materialism, and hurry. As we talked, I noticed similarities between C's described pre-recovery personality and my son, so sensitive yet tough, so handsome yet insecure, so close to family yet so masterful at manipulation. Simultaneously on top of the world and face down in the dirt.

Pain and insecurity, it turns out, were at the roots of C's addiction. And as our conversations continued, I realized that my son's experience was no different. By hearing directly from C about what fueled his addiction, I began to understand what might fuel my son's. And then I started to see through new lenses, rather than continuing to objectify S, I saw glimpses of his true sweet self. I contemplated his growing up with a brain ripe for addiction. I remembered when he'd subtly express fears, anxieties, and worry yet I'd miss the cues for connection and change the subject, doing my best to shield him from hard emotions.

Sometimes I wonder what would've happened if I'd said, "I know you're struggling, want to talk?" Or, "that must've been hard, tell me more." What would've happened if I'd simply met him where he was, in his truth, acknowledging his confused emotions, learning disabilities, and growing pains, rather than trying to make him into someone else? I still have time to learn this answer as S continues to battle addiction. While I hope and pray that he will find recovery, every day I move a little closer to seeing and appreciating who he is right now. He is finding his way.

This past year, 8 more young adults we've known have died from accidental opiate overdose. While acknowledging their anger, parents have universally said to me; "I wish I'd have told him how much I love him."

Too many tears. I couldn't bear hearing from another parent who, with words of love unspoken, had lost a child to this epidemic. I became determined to find a way to help parents connect with their kids, whether they were using, or not. Born from my continuing fear and pain, I put together a small meeting where parents of active substance abusers could talk to kids in recovery. Parents asked hard questions about addiction, and young adults answered honestly. I watched miracles happen, parents' faces softened as they heard stories about social awkwardness in middle school, struggles with learning disabilities, or being too short to make the high school football team. As these sober volunteers shared the underlying causes of their own addictions, parents humanized their own kids. They went home with new perspectives. These informal meetings have morphed into structured facilitated workshops for parents. I've named them TruthTalks™.

Knowing what I know now, if S walked into the room, I'd stand up and hug him long and tight. I'd say "I love you" and offer to make him some food (I'd have an urge to smell him, but I'm only human). We'd catch up a bit on subjects that have nothing to do with drugs. He has a lot going on and has more than his share of drama. Then, when he'd be ready to leave, I in my dorky mom-ish way, would remind him that he's made of all good things, that he's perfect in all his imperfections, and life is hard but doable.

I'd say, "I love you and I'm here for you." He'd say "I love you too mom" and I'd hand him this Rumi quote on a crinkled piece of paper:

"Do you know what you are? You are a manuscript of a divine letter. You are a mirror reflecting a noble face. This Universe is not outside of you. Look inside yourself; everything that you want, you are already that."

Barbara Straus Lodge is an attorney, essayist, and creator of TruthTalks™. Bringing The Conversation About Addiction To The Table. Her essays have appeared in many publications including Parabola Magazine, The Good Men Project, Literary Mama, The New York Times Motherlode blog, and the LA Affairs Section of the LA Times, as well as a variety of anthologies. Currently she is pouring all of her energy into expanding the reach of TruthTalks™ workshops and spreading the truth that hope, love, empathy, and connection are possible whether our loved one is using, or not. Miracles happen.

She can be reached at www.truthtalks.us and Truthtalksus@gmail.com.



#LNR 580311

Sam S. Usher
LAADC, CADC II, CEAP

ADDICTIONS CONSULTANTS
FOR INDIVIDUALS,
PROGRAMS
& EMPLOYERS

Call Now (818) 988-4183

Cell (818) 321-8637 • email: samusher@aol.com

5724 Stansbury Avenue

Sherman Oaks, California 91401

www.Compassion.com

Releasing children from poverty
Compassion[®]
in Jesus' name



AT THE CENTER OF A CHILD'S
HOPEFULNESS
IS YOU

Please call (800) 336-7676

Classified Ads

HELP WANTED

RIDGEVIEW RANCH TREATMENT CENTER IS ACTIVELY HIRING FOR THE FOLLOWING POSITIONS: Resident Technicians (part-time & full-time), SA Counselors (part-time & full-time) and Weekend Chef (part-time). Please send resumes and cover letters to jobs@ridgeviewranchca.org

WANT A JOB IN RECOVERY? SHARE! IS HIRING. To apply, please send your resume and a cover letter detailing your passion for self-help support groups, your personal experience attending self-help support groups and why you want to work at SHARE! to: jobs@shareselfhelp.org. See more info at www.shareselfhelp.org. Under Programs/Jobs.

SOBER LIVINGS

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

A STEP IN THE RIGHT DIRECTION Luxury Sober Living Homes, Pet Friendly, Gender Specific. Call 855-975-HELP (4357), www.AStepintheRightDirection.org.

ANGEL VILLA SOBER LIVING: Providing Quality Sober Living Homes Since 1997, Private & Semi-Private Rooms, Structured Sober Living, Executive Guest House, Luxury Accommodations with all the amenities, 12 Step Support Groups, Alumni Program, Family Counseling, 24 Hour On Site Staff Pet Friendly, Gym Access, Direct connection to local treatment & recovery experts, Transportation Coordination, Minutes from the heart of Encino Commons. (818) 571-8946, www.AngeVillaSoberLiving.com

HOUSE IN THE HILLS: Transitional / Sober Living for Women in Recovery. Our core philosophy lies in the belief that recovering addicts/alcoholics must safely reconnect with the outside world, aided by a healthy, balanced, structured & secure environment as their Support System and Home. Call (818) 264-8545, www.HouseintheHills.org.

MIRACLES IN ACTION SOBER LIVING: Sober Living at it's finest. We provide food and transportation to 12-step meetings. Located in Glendale, California. (818) 429-9130, www.MiraclesinAction.com

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

PROSPEROUS ROSE SOBER LIVING HOUSE LLC: Prosperous Rose Sober Living For Men: Structured sober living house. For men in Lakeview Terrace minutes from Hansen Damn. Residence includes laundry facility, gym, wifi, cable t.v. and nice spacious rooms. We offer transportation for grocery shopping and to 12-step meetings. Mellow house with a solid support network. Rent is \$600 per month which can be paid weekly or monthly. Move in today. Call Suzy for Info (818) 660-8070.

SOBER SOLUTIONS RECOVERY: Sober Living For Men & Structured Program. Based in Los Angeles, California. Sober Solutions Recovery is dedicated to providing newly sober men with the tools, resources and foundation needed to end the cycle of addiction and establish self-supporting lives with the goal of long-term recovery. For more information call (844) 762-7765. www.sobersolutionsrecovery.com.

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

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

You can email, or mail your classified ads to us. Please, no later than the 15th of the month prior to the month of publication. The Cost for classified ads is \$40 for 25 words or less Call us to confirm receipt of your ad.

Freedom From Bondage

CON'T FROM PAGE 8

Neither of these mind-parts wants me to Listen to my body. They want me listening only to them. Which I usually do. Which can be darn risky. Because mind tends to be, well, crazy. It absolutely believes in the illusion of control. It spends all its time trying to grab more. Behind this control-seeking are all the bad memories, scared projections, and false truths it has absorbed and hung onto since I was a baby.

In short, mind is full of it. But my body tells me the truth if I let it. Listening to what my body says is the only reliable way I know to figure out what I really need: when I need to rest, or eat, or pee, or take a walk, or take a hot bath, or meditate, or sit and talk with my wife.

I admit it. I really have to work at Listening. Like Resting, it takes practice, and more than a little guts. But I don't have much choice about whether I practice or not.

Because there's no recovery without it.

Steve Hauptman is a Gestalt-trained, Buddhist-flavored therapist who has practiced on Long Island for twenty years. Monkeytraps is his first book, and also first in a series that will include Monkeytraps for Adult Children, Monkeytraps for Couples, Monkeytraps for Parents, Monkeytraps for Therapists, Monkeytraps in Everyday Life and Monkeytraps in Cyberspace. Monkeytraps: Why Everybody Tries to Control Everything and How We can Stop (Lioncrest, 2015) is available at Amazon.com.

Matters of The Heart



CON'T FROM PAGE 9

And why we build our reliance on a power greater than self to guide us into well being regardless of how big the breakdown occurs. On the other side of every breakdown is a breakthrough, as long as we allow for that. As my good friend Judy Morris says; the bigger the breakdown, the bigger the breakthrough.

May we continue to break through. May we transcend inherited trauma-the gift that keeps on giving, into the gift of freedom, that we may move from surviving to thriving. Let this be what we leave imprinted in our future generation's epigenetic makeup. Imagine a world free of trauma, consciously choosing love. Truly, anything would be possible. We must stop looking to change things "out there." Ghandi so brilliantly stated "Be the change you wish to see in the world." When we change, the world changes.

God Bless you. Happy Holidays.

Let your light shine! Love only, Rudy and Kelly Castro



Conscious Partnership Coaching
Rudy is a therapist, and Kelly is a Certified Relationship Coach. They facilitate groups at exceptional treatment centers such as, The Villa Treatment Center, PAX House, and Inneractions. 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



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

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

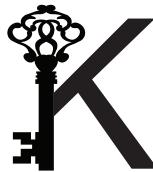
Billing Address: _____

Contact person: _____

Phone: (____) _____

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

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



KEYS TO RECOVERY

NEWSPAPER, INC.

Advertising Rates

	1x	3x	6x	12x
	ea.	ea.	ea.	
Full Page	1,700	1,600	1,500	1,400
3/4 Page	1,400	1,350	1,300	1,275
1/2 Page	1,200	1,175	1,150	1,100
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
Banner	Each advertiser can only run once a year			
Business Box	\$100 flat rate			
Classified Ads	\$40 for 25 words or less Each additional word \$0.50			

Additional Charges for

Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)

Ad Sizes

Full Page	10" width x 13" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
1/3 Page - Vertical	4.85" width x 9" height
1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/4 Page - Horiz.	10" width x 2.9" height
1/6 Page - Vertical	3.25 width x 5.95 height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38"height
Front Cover Banner	10" width x 1.5 height

Materials & Deadlines

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

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

Terms and Conditions

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

www.KeysToRecoveryNewspaper.com

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

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a 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
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Veterans Hospitals
- Sober Living

- 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.
CEA-HOW: Compulsive Eaters Anonymous- Honesty, Open Mindedness, Willingness Recovery for Compulsive Over Eaters. 5632 Van Nuys Blvd. # 401, Van Nuys, CA. 91401
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.cosarecovery.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: www.nasfv.com (818) 997-3822.

Nicotine Anonymous National & World Services: www.nicotine-anonymous.org (877) 879-6422.
Nicotine Anonymous So. California Intergroup: www.sci-na.org (800) 642-0666
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: SFV www.ncadd-sfv.org (818) 997-0414.
International Obsessive Compulsive Disorder Foundation: (OCD) 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: comprehensive 12 Step sponsorship informational resource website (512) 267-4707.
Secular Organization For Sobriety: (323) 666-4295.
Sex Addicts Anonymous: (SAA) www.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) 210-814.
SHARE: www.shareselfhelp.org (310) 846-5270.
Survivors of Incest Anonymous (SIA): (410) 893-3322. www.siawso.org
TEEN LINE: (800)TLC-TEEN (in CA) (310) 855-HOPE, Teens helping teens. www.teenlineonline.org
The Other Bar: FREE12 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. San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

MEALS SERVED & SERVICES OFFERED:

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: (818)785-4476.

ANGEL HANZ FOR THE HOMELESS, INC. Vegan non-profit: Last Sunday of Each Month 1pm North Hollywood Park, 11455 Magnolia Blvd., North Hollywood, Food Served, Care Packs, Barber, Pet Food, Pet Groomer and a VET for the animals. For Info Call (818) 358-3663.

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.

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 Con't

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 .
Salvation Army Glendale Corps: Monday -Friday Food Pantry. 320 West Windsor Rd., Glendale, CA 91204 (818) 246-5586.
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.

San Diego Sober Living Homes Assoc.: (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.calproblemgambling.org (800) 522-4700.

CENTER FOR LIVING&LEARNING - employment & supportive services (818) 781-1073 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.

TEEN LINE: Teens Helping Teens US & Canada (800) TLC-HOPE or (310) 855-HOPE www.teenlineonline.org

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 Dr., 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, Los Angeles, California

HIV/AIDS Hotline (800) 367-2437. Spanish (800) 400-7432.

Clean Needles/Harm Reduction 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.heptreatmentlosangeles.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 your "free" sand volunteer needs.

Organization/Company Name: _____

Services offered: _____

Address: _____

Phone: (____) _____ Cell (____) _____

Contact person: _____

What you would like us to print in the resource guide: _____

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



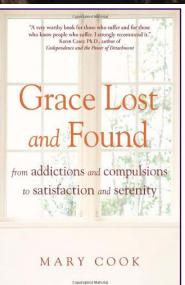
MARY COOK

ADDICTION SPECIALIST COUNSELOR

M.A. Psychology, R.A.S.
40 Years of Experience

310-517-0825

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



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

WWW.MARYCOOKMA.COM

email: MaryCookMA@att.net



Sun Signs as Holiday Songs:

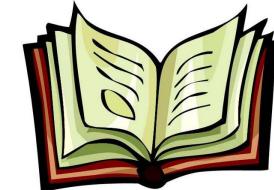
ARIES: Chestnuts Roasting on an Open Fire
TAURUS: Santa Baby
GEMINI: The 12 Days of Christmas
CANCER: Have Yourself a Merry Little Christmas
LEO: Santa Claus Is Coming to Town
VIRGO: Baby, It's Cold Outside
LIBRA: Jingle Bell Rock
SCORPIO: Winter Wonderland
SAGITTARIUS: Carol of the Bells
CAPRICORN: Silent Night
AQUARIUS: Jingle Bells
PISCES: All I Want for Christmas Is You

Sun Signs as Holiday Stories

ARIES: The Night Before Christmas
TAURUS: The Gift of the Magi
GEMINI: A Christmas Carol
CANCER: The Little Match Girl
LEO: Rudolph the Red-Nosed Reindeer
VIRGO: The Nutcracker & the Mouse King
LIBRA: The Three Kings
SCORPIO: The Legend of the Christmas Tree
SAGITTARIUS: At Christmas Time
CAPRICORN: Peace on Earth, Good-Will to Dogs
AQUARIUS: The Christmas Present
PISCES: A Letter from Santa Claus

Sun Signs as Holiday Ornaments:

ARIES: Pickle
TAURUS: "A Christmas Story" Leg Lamp
GEMINI: Frosty the Snowman
CANCER: Candy Canes
LEO: Angel Tree Topper
VIRGO: Handmade Art
LIBRA: Reindeer Pulling Santa's Sleigh
SCORPIO: Musical Instrument
SAGITTARIUS: Star Tree Topper
CAPRICORN: Glass Baubles
AQUARIUS: Tinsel
PISCES: Stars



Sun Signs as Holiday Traditions:

ARIES: Ice-skating
TAURUS: Ugly Christmas sweaters
GEMINI: Decorating the tree
CANCER: Visiting with family
LEO: Baking cookies for Santa
VIRGO: Putting food out for Santa's reindeer
LIBRA: Lounging by the fire
SCORPIO: Christmas pageants
SAGITTARIUS: Watching Holiday movies
CAPRICORN: Building snowmen
AQUARIUS: Christmas caroling
PISCES: Reading Christmas stories

Sun Signs as Holiday Movies:

ARIES: A Christmas Story
TAURUS: Elf
GEMINI: Home Alone
CANCER: The Santa Clause
LEO: A Charlie Brown Christmas
VIRGO: How the Grinch Stole Christmas
LIBRA: The Polar Express
SCORPIO: Rudolph the Red-Nosed Reindeer
SAGITTARIUS: Love Actually
CAPRICORN: Frosty the Snowman
AQUARIUS: The Muppet Christmas Carol
PISCES: The Adventures of Snowden the Snowman



Sun Signs as Holiday Trees:

ARIES: Fake tree
TAURUS: Palm Tree
GEMINI: Pink Tree
CANCER: Charlie Brown Tree
LEO: Tree that stays up all year
VIRGO: White Tree
LIBRA: Real Tree
SCORPIO: Tree goes up on Thanksgiving
SAGITTARIUS: Undecorated tree
CAPRICORN: Scented tree
AQUARIUS: No tree
PISCES: Mini tree



Sun Signs as Holiday Foods:

ARIES: Monkey bread
TAURUS: Egg nog
GEMINI: Fruitcake
CANCER: Ham
LEO: Mashed Potatoes
VIRGO: Turkey
LIBRA: Jello with fruit in it
SCORPIO: Pumpkin Pie
SAGITTARIUS: Candy Canes
CAPRICORN: Milk and Cookies
AQUARIUS: Peppermint Bark
PISCES: Giant Chocolate Santa

The SoberScopes are for entertainment only because we live by Rule 62.



Psychotherapist & Hypnotherapist

Dr. Nita Vallens, Lic# MFC25909

818.783.6258

www.DrNitaVallens.com

Enjoy a better life today by

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

I will work with you to

- Rebuild self esteem and integrity
- Be accountable and responsible
- Learn new life skills
- Release underlying issues that hold you back

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

call Dr. Nita Vallens **818.783.6258**

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



Your Recovery Begins with...

HARMONY
— P L A C E —

Call Now 855-995-0808

Recovery is just a phone call away

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

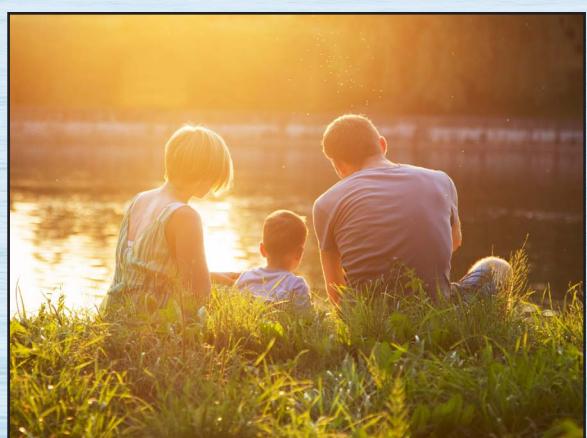
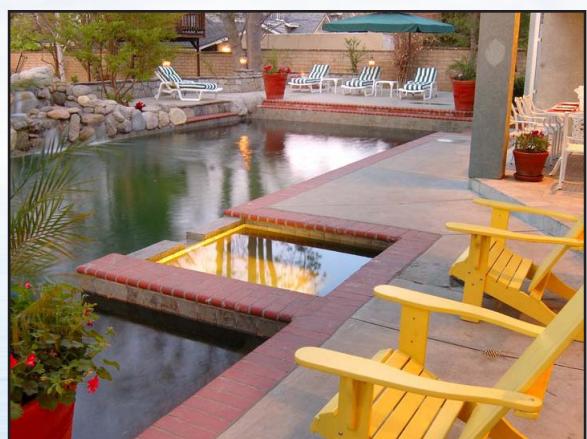
- One on One Therapy
- Family Therapy
- Neuroengineering
- Equine Therapy
- Cross Training
- Group Therapy
- Brain Recovery
- Gourmet Cuisine
- Yoga
- Massage

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

We accept most insurance
www.harmonyplace.com



HARMONY
— P L A C E —
855-995-0808





MUSICALES®

Taking care of music people...



...with our Healthy Essentials programs,
including addiction recovery assistance,
dental and medical clinics, hearing screenings,
vocal workshops, and more.

MusiCares East Region
1.877.303.6962

MusiCares South Region
1.877.626.2748

MusiCares West Region and
MusiCares MAP Fund®
1.800.687.4227

We're coming to a city near you.
Visit www.musicares.org
for more information.



For breaking news and exclusive content,
please "like" **MusiCares** on Facebook and
follow **@MusiCares** on Instagram and Twitter