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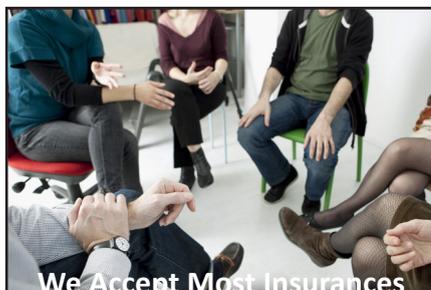
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Welcome to another "hope filled" issue of "Keys to Recovery Newspaper". September is National Recovery Month, which I love, mostly because it sounds very hopeful to me.

Our entire country is FINALLY talking about the Opioid Crisis. Although this is a conversation that has to be had, it can be scary. The statistics alone on drug overdose deaths are staggering. Then, when you break down the age percentage of deaths under 21...I must say I felt hopeless for a moment. But only for a moment. This newspaper was started on the belief, that recovery is possible for anyone, anywhere from anything. Our mission and purpose is to try and reach those who need recovery most.

Through this newspaper, we have met so many people who work day and night, to help those most affected by this epidemic. So many of us have been having this Opioid Crisis Conversation, long before it hit the news. Now that we have their attention we need to get people talking about the solutions. Help people move out of the fear and into faith. Faith, that there is a solution, a solution many of us have already found.

While others work on passing new laws, and changing outdated laws, we at "Keys to Recovery Newspaper", will do what we do best, "Carrying the message of recovery to those still suffering". Each of us has a role in helping those most affected by this epidemic. The first responders, the doctors and nurses who treat the affected, trying to save their lives. The mental health professionals who deal with the aftermath, helping to heal the families, and those finding recovery. The treatment centers and sober livings, helping people to find a way back to a normal sober life. The person who has already found sobriety, turning their past into a lifeline to those still suffering. I could list every profession and every personal situation, because each of us can help. No role is too small.

We at "Keys to Recovery Newspaper", get letters daily, from people who are grateful to hear the solutions, our various columns offer the reader. When we read those letters we know we are fulfilling our purpose and our mission, to carry the message of Hope and Recovery. This is a labor of love for us. Here it is Sunday afternoon, we have just returned from church (Spirit & Life Ministries), and we sit down to make sure this September issue is complete. We are committed to our personal recovery, as much as we are to letting people know that they are not forgotten. To remind them that THERE IS A SOLUTION, and that someone cares.

I am blessed beyond measure, I thank God each and every day for His mercy and grace.

- Jeannie Marshall, President & Cofounder

Hello to one and all, I hope that this editor's column finds you in good spirits. This being recovery month has made my reflection of self, very insightful regarding maturity. I have been measuring my growth along spiritual lines, against my past behaviors. I have been seeing noticeable progress in my spirituality, only because of my Higher Power's guidance, and my willingness to let go of the reins and let Him be in control.

I have been my worst enemy for as long as I can remember, and realizing that has helped my inner battle subside noticeably. Since being the Vice President and Cofounder of "Keys to Recovery Newspaper", I have experienced humility, appreciation and gratitude from a new level. I've become so thankful to God for guiding my steps on this road of recovery, my previous walk was detrimental to myself, and those around me.

I have a journey in front of me with its uncertainties, and anticipation of the possibilities that lie ahead. I have learned with the help of my Higher Power and the recovery family, that nothing is truly impossible when we apply ourselves. We here at "Keys to Recovery Newspaper" are so humbled to have been awarded four Certificates of Recognition, two from the California Legislature, one from the City of Los Angeles, and one from the State of California Senate.

It takes the recovery family as a whole, to truly help the helpless, clothe and feed the homeless, and to provide treatment and support for those seeking solutions for their addictions and disorders.

I look forward to being able to share my thoughts and gratitude with you next month, until then may God bless you and yours.

- Marcus Marshall, Vice President & Cofounder



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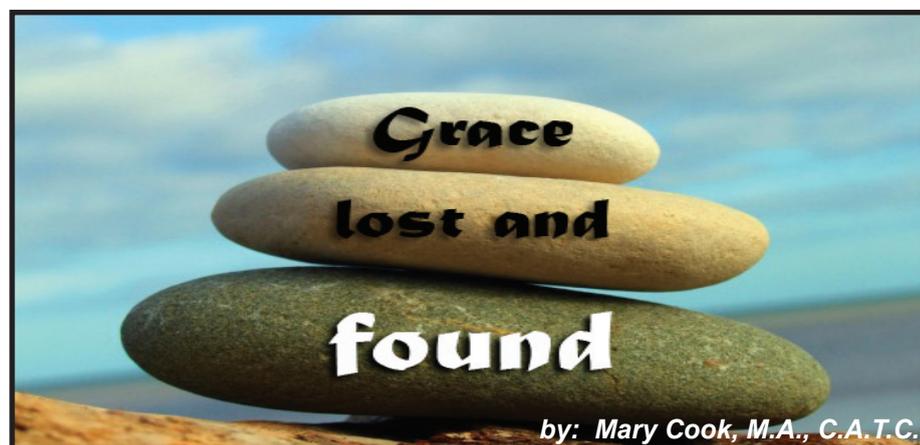
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STAGES OF DEVELOPMENT

Adult addicts are developmentally disabled, living in a cocoon of confusion and chaos, demonstrating unhealthy aspects of infancy, childhood, adolescence and adulthood. Recovery allows us to mature into healthy, happy, responsible adults by healing deficiencies and traumas in all of our developmental stages.

We can see the unmet needs of the wounded infant in the addicts' absolute dependency on alcohol, and other drugs. Addicts are utterly helpless in the face of a disease that hijacks the brain and internal guidance system, so that physical, mental, and emotional signals reinforce progressive addiction, rather than the health and safety of mind and body.

We can see the wounded child in the addict whose perception of self, relationships, life, and a Higher Power are deeply imprinted from the dysfunctional examples, and experiences of early years. Unhealed trauma and stress and their accompanying fear, and sadness have a huge impact on children, and add to the blueprint of what to expect in life. This is how familiar patterns are repeated.

We can see the wounded and defended adolescent in the addict, who lacks an authentic sense of self and therefore self-esteem, thus demonstrating defenses, and insatiable cravings for external "fixes" to compensate for these deficiencies. Arrogance, competition, aggression, denial, isolation, and selfishness are a sorry substitute for true identity and positive esteem.

We see the immature, lost adult in the addict filled with anger, shame, pain and grief. We see it in a life style of crime, violence, and homelessness; enslaved by addictions which give adrenalin, oblivion and insanity in increasingly lethal doses. Adult addicts typically feel that either life has betrayed them, or that they are unworthy of a decent life.

Recovery responds to the needs of the inner wounded infant with a safety net of people, who understand addiction and recovery, and who provide guidance and role models from which to build a new foundation for healthy, safe functioning.

Recovery responds to the inner wounded child with compassion, support, and tools for healing trauma and stress. This fosters curiosity, courage and positive feelings for learning and growth, beyond familiar themes.

Recovery responds to the inner wounded and defended adolescent, by seeing through the defenses and helping addicts exchange them for assertive, direct, honest communication, safe, healthy connections with others, and investigation and discovery of their authentic self.

Recovery responds to the immature, lost adult by offering fellowship, 12 step work and sponsorship, which encourages a life style of helpful service to others, personal accountability and amends, a sense of belonging and wholeness, positive esteem based on honorable actions, and an active, growing spiritual practice.

Our development is unlimited and larger than our human concept of self at any age. Recovery helps us to see ourselves and life, from a human and spiritual perspective. In recovery, our negative experiences motivate us toward positive growth, toward a better understanding and compassion for humanity, toward helping others and positively contributing to the well-being of life on earth.

Healing our developmental stages gives us the wonder, joy and curiosity of infancy and childhood, the exploration and discovery of our own abilities, problem solving and resilience of adolescence, the loving relationships, integrity and reliance on a God of our understanding of adulthood. In the difficult, painful struggle to leave the cocoon of woundedness and defensiveness, we acquire the strength to emerge better than we could ever have imagined.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 41 years of clinical and teaching experience. Mary is available for telephone and office consultations, and speaking engagements. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com.




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WHY I LOVE AFFIRMATIONS

The practice of engaging in affirmations allows us to begin replacing some of our stale, worn out, or negative mind chatter with more positive ideas and concepts. It is a powerful technique. — Shakti Gawain, Creative Visualization

Positive affirmations open pathways in the consciousness, that further the creation of that thought. They generate the space to succeed. Affirmations are powerful change agents. It's amazing how fiercely our thoughts play into what we do, or do not achieve. Both negative and positive thoughts create patterns that affect our behaviors. Most of us don't realize this and say negative affirmations, or statements regularly without being aware of it. Then we wonder why things aren't going so well.

Affirmations always seemed so mysterious and magical to me. It turns out there's brain science to back up how they work. Evidence-based research shows that affirmations actually change the brain on a cellular level. What you think about makes a huge difference physiologically. Constant repetition builds and reinforces connections in the brain. Affirmations, repeated consistently, have the power to forge new neural connections. Eventually these connections form a network that will be set off spontaneously when triggered. At that point our physiology has been altered; we have formed new habits and behaviors that can transform our lives.

Affirmations are one of the best ways to keep focused and on task. Louise Hay, in her book entitled *You Can Heal Your Life*, says that a flow of positive ideas can change consciousness, that thoughts can be changed, and that we can heal mind, body, and spirit by this kind of mental work.

Since I'm one who has always been easily derailed, and my mind likes to go in several directions simultaneously, I need help in this area. When I finally realized the value of affirmations and began using them, I found I could concentrate more easily and for longer periods at a time. For me it was like a miracle. This is one of the reasons I recommend affirmations as a tool to use in our lives and work.

It doesn't matter how long we've been thinking negative thoughts around an issue. We can begin to change those thoughts at any time, but it takes constancy and dedication. If you really want to change anything in your life, create an affirmation around it, fill your consciousness with it, and say it over and over again.

Simply imagine how you want something to be, and say it as a positive statement in the first person, as if it were already true. Affirmations should always be in the present tense, never in the future or past. Shakti Gawain, author of *Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life*, states the following: "It's important to create your desire as if it already exists. This is not lying to yourself; it is acknowledging the fact that everything is created first on the inner plane, before it can manifest in external reality."

Affirmations need to be short, simple, and specific. Wordy affirmations have less of an impact on the subconscious level. Also, much like physical exercise on the body, they need to be practiced regularly. I heartily recommend that you say at least one, preferably more, several times each day. The more you say them, the more the message prompts the subconscious mind and creates action to help you.

If you ever wonder how powerful the words you say are, try it. Every day, say at least one affirmation that you really want to be true. Repeat it at least three times throughout the day. Be sure to listen as you say it. Keep this up for a month or more. You don't need to believe the affirmation yet; you just have to want it to be true.

You can find samples of affirmations here, in other articles or books, and on the Internet, or you can create your own. Often creating your own is the most powerful approach, since you and only you know exactly how you want your life to look. To get you started, here are some examples of affirmations:

Each and every day I am getting closer to my goals • I have everything I need to do what I want to do. I am strong, healthy, and full of energy • I am a loving person who attracts love into her life. Each day my capacity to prosper grows and grows • I have a wonderful job that pays me well. My significant relationship grows more loving each day • My life is one of abundance, I am generous.

When saying your affirmations, try to leave any disbelief behind. Put as much energy and focus into them as you can. Say them with feeling rather than by rote.

Putting a metaphysical slant on your affirmations is also helpful. It calls on the spiritual world to help. Not a bad idea at all. Here are some examples:

God's love surrounds me as I live my life, giving me all the power I need to succeed.

The light of my Higher Power shines on me and through me to those around me.

The creative power of the universe gives me strength and hope in all that I do.

Affirmations can be an exciting tool, easy to use. They help us build an internal support system for ourselves—powerful and fertile, capable of birthing our vision and goals, and worthy of the investment in ourselves.

Marcia Ullett, MA Licensed Marriage & Family Therapist Certified Professional Coach Author of *Your Best Life Yet: A Journey of Purpose and Passion*. www.marciaullett.com, www.yourbestlifeyet-book.com



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by: Nita Vallens

Dr Nita,

I'm not sure why I can't reconcile with my girlfriend - I have apologized for all of my bad behavior over and over again to no avail. She won't let this go, and told me I'm the king of "yes, but" - what am I doing wrong?

Joshua

Dear Joshua,

Let's talk about what an apology really is and what it isn't, how best to deliver the words, and how to clean up the mess you seem to be in right now.

First, when you realize that you have made a mistake, or regret a behavior you have done, then an apology is appropriate. The first thing that you do at that point, is really think about what you did wrong, why you don't want to repeat the behavior, and how you want to say this to the other person. You also want to ask for forgiveness, did you do that with your girlfriend. That last part is pretty important.

That looks like an easy thing, but if that were the case, you wouldn't have written to me and many, many other people would not suffer from broken or fractured relationships. The moment of admitting that we screwed up, made a mistake, lost our temper, or simply forgot to keep our word is a tough thing.

Unless one is a sociopath, and incapable of feeling empathy for another person, we feel one another's pain and we don't like to hurt others. The ability to feel the pain of others is empathy, and acts as a barometer or feedback loop in our interpersonal relationships.

We need to be open to feedback from others on how they are experiencing us, and make adjustments. It takes swallowing our pride, and becoming humble to be able to admit our wrongs, and put our own feelings aside.

In 12 step programs, we learn that we must, and how to take responsibility for our behaviors, when to adjust behaviors that may be harming others, and "when we are wrong, promptly admit it" and make appropriate amends, and adjust our behavior accordingly. (source AA or 12 and 12)**

With this increased awareness we become better human beings; more empathetic, sensitive, humble, responsible and accountable. We become honest and with our growing level of integrity comes a maturity we might not have otherwise developed.

Then, we can say, "I'm sorry my behavior hurt your feelings." Or, "I was wrong" or "I'm sorry." Please don't give reasons or excuses that justify the "bad" behavior, as that negates the apology, and that is likely what your girlfriend meant when she said you say, "yes but."

Here is a common faux pas:

"I'm sorry I'm late - traffic was terrible." My thought is - traffic is always terrible around LA, so LEAVE EARLIER, OR allow more time! Or. I'm sorry I kept you waiting, but I was stuck in another appointment." I'll bet you're getting the picture - don't use the word "but" as it invalidates what you said before that. It's a common thing we do to say what might have been going on, or feel the need to explain extenuating circumstances. However, that is not how the other person will hear it. If you want to heal the relationship, stick to the simplest apology you can muster: "I'm sorry."

You can add, "I was wrong." And close with, "Please forgive me." As for the forgiveness part, sometimes people have to work through their feelings before taking that step, so if this is the case with your girlfriend, give her the time and space to come around.

In closing, remember to have eye contact, no distractions, and sincerity and authenticity in your tone of voice, and good luck!

I believe in you! Remember to celebrate yourself - September is National Recovery Month!!

Dr. Nita

You can hear Dr Nita on the radio at 1:00 pm on Tuesdays on 90.7 KPFK Los Angeles. The program is "Inner Vision" and focuses on health, spirituality and well being. Write to her at DoctorNita@gmail.com with your questions



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by: Jenni Schaefer

WHAT YOU "KNOW" ABOUT EATING DISORDERS IS WRONG

I didn't choose to have thyroid problems. Neither did my mom, nor either of my brothers. I also didn't choose to have an eating disorder. This, like other conditions, also runs in my family.

Even though research suggests that 50-80 percent of eating disorder risk is genetic and heritable, many people still believe that those who struggle are at fault in some way. But eating disorders are not a choice.

An invisible illness: Regarding hypothyroidism, no one ever said to me, "Why don't you just make your thyroid levels go back to normal?" But, in my eating disorder recovery, I often heard, "Why don't you just eat?"

With physical conditions, we don't usually blame the person for being sick. Even after I broke my foot, because I was walking too fast down the stairs while carrying heavy luggage on a moving train, no one asked, "Why did you break your own foot?", and certainly no one said, "Why don't you just walk?" as I hobbled with three broken metatarsals.

My mom and dad didn't choose to have the cancers that put them in two different hospitals at the same time. In regard to their lengthy treatments, people never asked, "Aren't they over that yet?"

But, with mental illness, friends and family can lose patience. Mental illnesses, including eating disorders, can be excruciatingly painful for all whose lives are touched. When I finally sought help at age 22, yet was still struggling in my late 20s, friends questioned my mom, "Isn't she better yet?"

My brain was hijacked: I wasn't better, because my brain was hijacked. If you've never had the experience of being taken over by a mental illness, then it's impossible to understand. Before I realized that I was prone to mental illness, I used to wonder why a certain friend didn't just quit drinking. Then, I entered my own recovery.

Eating disorders are brain disorders, and once the illness is locked in place, someone who suffers can't just stop, not any more than I could make my bones snap back together, not any more than my parents could just rid their body of cancer cells.

One day, we'll have the technology to see how mental health disorders really work, just as how we now know that cancer cells take over healthy ones. We already know so much about the mechanism behind hypothyroidism and how bones heal.

An eating disorder is a biopsychosocial illness. That's a big word for a large puzzle that no one could possibly put together, even if they tried. What I mean is that I can't cause myself to have an eating disorder, and a parent doesn't just create the illness in their child. With eating disorders, groundbreaking research is under way, revealing that the serotonin system, and possibly even gut flora may be involved. Someday, how we understand eating disorders will be one of those "the Earth is flat" conversations.

An eating disorder is the perfect storm of genes and biology, and yes, the environment. As part of the environment, we live in a society that is conducive to eating disorders, as made clear by Dr. Anne E. Becker's classic Fiji Islands study.

When Dr. Becker's research team went to Fiji in 1995, just as American television was introduced, eating disorders were virtually unheard of. In fact, robust figures were valued and being skinny was looked at negatively. But, after three years of watching American actresses in "Melrose Place", and "Beverly Hills, 90210," 11 percent of Fijian girls were vomiting in an effort to lose weight. Now, young girls wanted to look like the slender women on television, not like their moms.

Importantly, not everyone in Fiji developed eating disorders. This is the biology part of the conversation. Again, people don't choose eating disorders. It's not about simply rejecting societal pressures. What we know about eating disorders is this: Genetics loads the gun. Environment pulls the trigger.

What triggers recovery? With hypothyroidism, I take a small white pill twice a day. For my broken foot, I wore a pink cast to help it heal. To treat cancer, my parents underwent chemotherapy and radiation, among other arduous cancer treatments.

I assumed that if I had cancer, I could just lie in bed and let the doctors do their thing. I wouldn't have to do so much on my own.

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Freedom from Bondage



by: Marilyn Davis

DO I HAVE TO WORK ON MY RECOVERY TODAY?

“The arrogance of success is to think that what we did yesterday is good enough for tomorrow.” — William Pollard

Recovery Takes Work – Everyday: The success of our recovery depends on maintaining vigilance or awareness. We’ve worked hard to give up drugs and alcohol; that’s the getting into recovery. Unfortunately, some people get complacent or self-satisfied when they have accomplished a part of the whole, and decide they don’t have to do any more than stop using.

It’s rather like someone saying they want to eat some cake for dessert, and then stopping with only the eggs and flour in the bowl, but saying, “Look, I’m making a cake. I think I’ll take a break.”

No, you are not going to get cake until you mix the eggs with the milk, flour, sugar, and spices in a bowl, grease and flour a cake pan, pour the batter into the cake pan, and put it into the preheated oven for a set amount of time. Next, you can take it out, let it cool, on a rack, and ice if you choose.

Then you have cake.

Cakes, Brakes, and Moving Beyond: What about that grinding noise when you apply the brakes to the car, and you decide that you are smart enough to change your brake pads; how hard can it be? You get the car jacked up, the lug nuts loosened; then you find the slider bolts and expose the caliper, so far so good.

Now that annoying bolt will not come out, the caliper will not pivot up, and you have a mess. However, you were sure you could fix your brakes cheaper than taking it to someone and paying them, because you believed that you understood the conversation in the parking lot about how to change the brake pads.

Feeling like you’ve got it made because you are not using at 90 days, six months, or 1 year is premature. While not using is one of the more challenging components of recovery, it is not the only one.

You have simply accomplished not using. It is only the beginning; the eggs in the bowl, or the car jacked up.

Staying in Recovery: The next part of your job is staying in recovery, and you can’t let up or rest on your laurels. Resting on your laurels or accomplishments before fulfilling all the requirements is similar. Deciding that you know enough about any particular subject before you investigate all its parts, is both arrogant and foolish, and in many cases involving addiction, becomes the dangerous side of complacency.

How does getting complacent in our recovery set us up?

1. Without knowledge and awareness of many of your character defects, and the potential harm you will experience because you still use them, you set yourself up for disappointment from friends and family, if not a chemical relapse.

2. When you don’t review your past life, you set yourself up to repeat the same self-defeating patterns and experience the same results, only this time, you were not using. Thus, you do not have that excuse for the outcomes.

3. Not making concrete plans, with defined actions for attaining goals and sub-goals, you set yourself up to just keep wishing that things were different.

When You Stop Working on Yourself, You Might Go Back to Your Old Self:

The other drawback to becoming complacent in your recovery, is that you might make the mistake of labeling lulls as a boring time, start looking for some excitement, and find yourself relapsing. Recovery is the diligent, continued exploration of self, changing and growing in awareness. For instance:

- Did you only load the syringe, but not use it?
- Did you only fill the pipe, but not smoke it?
- Did you only get the prescription filled, but not take any?
- Did the bottle get dusty sitting unopened on the shelf?

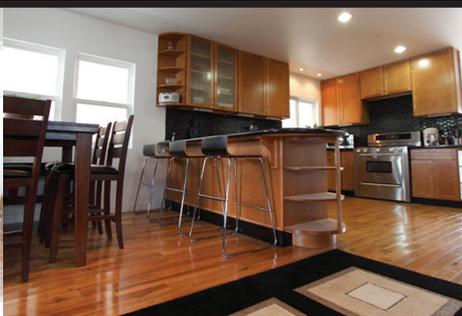
If you are like most of us addicts and alcoholics, then you probably used. But, in your recovery, you won’t use all the ways to learn about yourself and change.

Recommit to the Work of Recovery: There are simply times that everyone in recovery has to recommit to the process of recovery. Learn to view times of slow growth, or seemingly no growth as lulls where you are more emotionally steady.

Con’t Page 22




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KEEPING IT 100

Have you ever heard the expression, keeping it 100. It's a hip way of saying, "to be honest". Well our take on keeping it 100 has a different flavor than this. Keeping it 100 means owning the reality you created. It's your perception of the world that creates your life, period. Don Miguel Ruiz, in the four agreements, shared that we all live in our own dream. We are like the main actors in our own movie. In the Big Book it states, "Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way. If his arrangements would only stay put, if only people would do as he wished, the show would be great." The issue addressed in this part of the Big Book is this; our problems arise as a direct result of us attempting to control and manage our outside circumstances to feel safe. It simply doesn't work. Later in the process of the steps it becomes clear, that in order to maintain serenity I must be willing to take full ownership of my own experience. In the Twelve Steps and Twelve Traditions on page 90 it says, "It is a spiritual axiom that every time we are disturbed no matter what the cause, there is something wrong with us." This means I can no longer blame others for my experience. At first this may sound terrible, however, we assure you, it is an extraordinarily liberating truth.

How this relates to building deep intimate partnership is what excites us the most. If our reality is our perception, than that means we have control in shaping that world. We are responsible. How liberating.

Here are three simple steps to powerfully shift any relationship.

1. Pinpoint! First own what false sense of reality you are operating from. Identify the perceptions you are currently seeing a relationship through, or a situation from. Here is how to distinguish the difference between real and false. A false sense of reality is when we put responsibility for our lives, or feelings onto another person. For example, "if you didn't blah blahhh... I wouldn't blah blah blah..." When we make our internal state a reflection of our "perceived" external world, we automatically experience a loss of power. We are now at the mercy of our feelings, which are reflecting the past rather than our current circumstances. There's a great saying "If it's hysterical its historical." When we get super triggered it is because of us, not them. Ok, it is one thing to be able to identify these false perceptions, and its key to start understanding where they come from. Ask yourself when in the past you have felt this way before. See if you can connect to the root of the faulty perception, and then move to step two.

2. Feel! Now that you have identified your false sense of perception, which is no small feat - you may be wondering what to do with this newly found liberation. Continue to take ownership of it by identifying its impact on the relationship. Simple enough? Very. However, mastery around this takes lots of practice. Most of us do not pause long enough before attempting to take responsibility, and apologizing for our behavior. We usually just say we are sorry. To truly be powerful, we must pause and take stock of the impact these perceptions may have had on the other person, on ourselves and the relationship. Now that can be a powerful moment to have with oneself. In our partnership we have practiced this many times. Some have been very successful, and we have made mistakes along the way with this step. It will backfire if you skip this step, or unauthentically move forward. The other person will sniff out the BS like a hound dog. At least we have in our relationship. So be patient, be rigorously honest with self, and take the time to feel the impact this may have had. Own it!

3. Share it with the person. Easy? Yeah right! I'm sure now that you have reached this point, you may be feeling good and empowered, and ready to share. Pause again. Hopefully we can help set you up for success by inviting you to check your motives. In sharing, do you need the other person to change? Do you need them to understand? Do you need them to fix anything at all, including your feelings? Do you feel right? Do you feel better than them? If any of your answers are yes, pause. This is where the whole ship can go down after all that work Your purpose of sharing is not to cause enlightenment in the other, or for that matter to create any outcome. The sole focus should have only one purpose, and that is to share. To express clearly and powerfully what you have come to realize, and to invite that person into the vulnerability of your experience. If where you're coming from is truly clean, you'll be OK whether they except the invitation or not. Sunlight, is a natural disinfectant. When we bring these things out from underneath the shadows of our consciousness into the light, they naturally begin to unhook and disintegrate. This is what is truly meant by "the truth shall set you free." We free our ourselves from our own bondage, through the process of sharing responsibly and authentically. Take the risk and leave the rest to the magic of the universe.

God Bless us all on this journey of transformation, and healing. Responsibility and vulnerability are huge keys to success in long term recovery.



www.consciouspartnershipcoaching.com. Rudy is a therapist, and Kelly is a Certified Relationship Coach. They facilitate groups at exceptional treatment centers such as, Inneractions IOP, and The Villa Treatment Center. 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.



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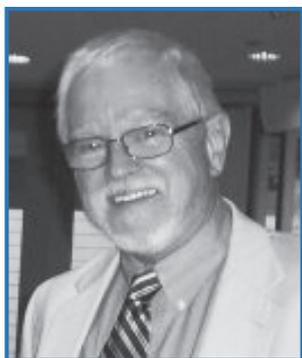


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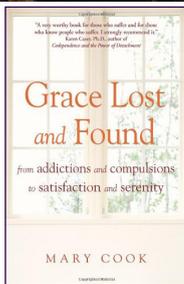
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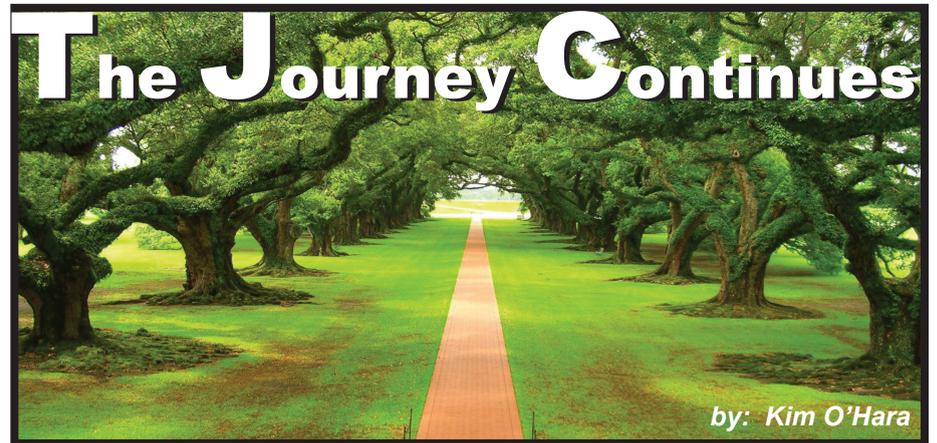
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WRITING IN RECOVERY, UNLOCK THE MAGIC

I used to think that I was so sophisticated with my glass of wine and cigarette, sitting on my porch stewing over my victim-hood. It was either personal or professional. You know the story. It all made us drink. I wrote in the same fashion. I attacked the page and then grumbled when it didn't deliver the results I wanted. I then gave up, smoked pot and decided there was some bar I would never meet, because of compare and despair. Instead of reaching for the stars, I made sure I was a unique failure in my writing by never letting go. There was zero surrender.

I journaled furiously about you and everyone else. Countless well-written volumes of the same dreck before I got sober. When I came into A.A. three years ago, I started the step work journaling. It was time to get better and stop blaming everyone else for why I didn't have a magical, creative prosperous life. I saw the 9th step promises start to come true, but every time I would self-will, the next writing career move forward, the Universe would have another life lesson waiting for me. Damn those defects of character! And how funny I had never even contemplated a defect of character before. Heck, I don't think I ever apologized to anyone including myself before I got sober. My life had to get really small to get sober and emotionally sober, and that included not knowing what my future would be as a professional writer. Writing anything with true heart connection for the consumption of others was too contentious to touch in early sobriety, because I had to find my heart buried under layers of armor. I had one simple tool box: a list of women for outreach, meetings and the steps. While I did commit to a wonderful Artist's Way writing group at one year sober, half the time I showed up with my notebook and pen, with no clue who I was as a creative. I was just happy I had showered, put gas in my car and stopped crying.

While sobering up, I was simultaneously in therapy over a forty-four year lie about sexual abuse. I was writing my way through the denial, and without knowing it, crafting a self-help memoir. I wrote about how the denial distorted all my intentions and oozed into addictions, rage, self-centeredness and self-loathing. Once I let the secret out, my life started to have a new sparkle, density and awareness. The sad little girl whose truth had been ignored was no longer in charge to rage about. I wrote through the pain of recovery on multiple levels, and along the way I realized I had a lot of writing knowledge to share with others. I started to include the writing exercises I had organically created to heal myself, and soon I had a 280 page book. In surrender to my Higher Power, I had written in recovery more than I had written in years, and I hadn't thought about it once.

I had made writing a service, not an Oscar win. When I began my career as an Intuitive Book and Story Coach in sobriety, something profound happened as I began to work with writers. Each client that came to me had a lesson for me to learn in the subject matter they were writing about. Whether it was money, love, health, travel or finding your artistry. The timing was so uncanny I was humbled once again by my Higher Power's direction. I was their best reader. They were my best teacher. They forced me to see as they stepped up and used their authentic voice, to tell the truth, that I had somehow stopped listening to mine a long time ago. We have the visions when we are ready, so shortly after my plea to HP to help me find my own heart-center with creativity, my boyfriend asked to watch a movie I wrote eight years ago. Watching the movie for the first time sober, I felt how passionate I had been about the connection of my words to the actors. I understood completely for the first time why I love to write. It was that heart connection, that deep love of words, and the actors' performance. I loved writing words that people said. It was suddenly so simple. It was suddenly so beautiful. I was moved at how easy it all could be when you want it from your heart.

Writing in any kind of space, whether it is a blog for your business, a speech, a screenplay, a song, requires you to surrender to whatever voice the creative muses give you. I love to write characters who screw up, but are also odd ball heroes. It was easy for me to write these characters when I was drinking and using, as I thought so little of myself. Of course I can write lost characters...I am one! When I got sober, I found out I am actually a very nice person and genuinely happy. I smile all the time for no reason. So how the hell can I write quirky wild characters who are not so nice? It's simple as long as it comes from the heart. That's what imagination and writing is for. I finally can embody my real heart centered self in service in AA and in my family, but I can let my crazy rip as a writer on the page if it calls me to be of service.

My sponsor has been saying to me since day one working with me. "Kim, you have incredible fantasies but, don't live them. Write them." Today, I have such a new perspective on what writing is, and who a writer is. I don't come to it from a high level of Hollywood superiority. I write just like anyone else who is willing. I may have put in more time and have more tools than some, but if you find where your heart is in your writing, the rest will fall into place. Write and turn it over one day at a time. There are no books or formulas for writing like the Big Book, yet the Big Book can unlock you as a writer. You simply can be willing to follow the steps to success, and inspire and lift up people along the way. If you don't sit down and write, there won't be product. If you don't go to meetings and do service, you won't feel better. It's all setting a foundation. If I knew the end game of sobriety, it wouldn't be any fun. I feel the same about writing. When it's over, we are dead. It's the ride we are on that matters.

Intuitive Book and Story Coach Kim O'Hara, guides writers of all levels through the transformative precipice between the old story and the new, as they turn their powerful life stories into books. Kim was a movie producer and screenwriter in Hollywood for 20 years, bringing together innovative directors, actors and writers to create stories in movies that would move audiences, and bring them hope. She brings that same talent to real life, working one on one and in small groups with men and women, who have amazing stories to tell. www.astoryinside.com or email kim@astoryinside.com. or http://lieswetellourselvesbook.com (213) 713-9820.



ARE SLOTS THE NEW “ELECTRONIC” CRACK?

I happen to be reading an article the other day, in my AARP magazine, I receive each quarter. Now I know you are thinking? “What does Gambling have to do with AARP right?” Well, there was a fantastic article, that called slot machines, “The New Electronic Crack.” It got me thinking about my old days, within my gambling addiction. What was the draw to slot machines for me? Was it all the lights, bells, and whistles? Or was it the disease itself with the constant racing thoughts, and triggers and urges abound? Do casinos really pump in oxygen to keep players alert? Well, I’m not sure, but anyone can become a gambling addict.

Through my 10 and half years in recovery, I have advocated, written blogs and talked loudly about this illness. I remember when I first started communicating about gambling addictions, I actually had people leave comments on “How Stupid” it was for a person to become addicted to slot machines, and not horses, cards, or sports betting. Now, in their favor, back in the day, the most common gambling problems talked about, were sports and horse betting. Sometimes you’d hear talk about “rolling bones”, which is dice games. I took offense to some of the comments as it proved to me first, how ignorant people can be when they are misinformed, or have no education about this addiction. And second, that the STIGMA of gambling addictions, was wide spread within this dependency.

Since moving to Arizona, from South Oregon a few years ago, I was shocked to see how many Indian Casinos are all over Arizona. Now I know Oregon and California have casinos everywhere as well, but here, IT IS LIKE a Drug addiction, and the Casinos are selling “Electronic Crack.”

I feel it is time for this “drug”, and the dark side of this addiction to be exposed. It is time for the conversation, and awareness of the personal and financial hardship this addiction causes. Not only is it attacking our seniors, but it also has reached our kids. There are currently 17+million problem gamblers in the U.S. alone, HALF of who are high school and college kids. This is another addiction parents have to talk to their children about, along with drugs and alcohol. WAKE UP, PEOPLE! Gambling addiction is the #1 addiction killing people...by suicide. True! That is over drug and alcohol deaths.

Anyone can become addicted to gambling. When a person walks into a casino, they have YOU. It’s why there are no windows or clocks around inside. Ever notice that? And they offer you free drinks and some free alcohol. They send you coupons for free play, and discount hotel rooms and meals to keep you there longer. Marketing for casinos is a ploy to get you there and keep your money. Slot machines have the highest odds to the house as well. Which means, you rarely win. And seniors are taking the hit. As the gambling industry booms, aggressive marketing tactics are targeting older patrons. Now, to be fair, not everyone is a problem gambler or becomes addicted. But the expansion and more access can make staying in recovery much harder for those who are.

In some of the past research I did, when I wrote a post on my blog, I learned how seniors are becoming the target of predatory casino tactics. I read recently, of the 101 million visitors to America’s casinos in 2014 (the last year for which information was available), nearly half were age 55 or older, according to data from the gambling industry. In 2014, American casinos reported over \$66 billion in gambling revenue, and much of that profit came from these older gamblers.

Shared in my AARP article I read, that a study published in the Journal of Gambling Studies, revealed that many older adults viewed the casino as a place where they can socialize and escape from loneliness or grief. When we retire, we seem to have more time on our hands. Long gone are the days that you had to go to Las Vegas, or Atlantic City to gamble. Thanks to the boom of the Indian Gambling offerings as of 1988, when the ‘Indian Gaming Regulatory Act’ legalized casino development on Indian lands.

That sparked a loosening of state prohibitions on gambling, and a nationwide casino building boom. Today, 1,400 casinos are open across 40 states so far. In those states, casinos are especially attractive to seniors who prefer to drive themselves. States with bigger populations of adults over 55, includes Florida, Pennsylvania, New York, Michigan, Ohio, Massachusetts, West Virginia, and where I lived Oregon previously. All of these states now have expanded Indian Casino gambling in recent years, and now State Lottery offerings on top of that.

For myself, I know what I felt when I would first walk into a casino seeing the lights flashing, and the noise and music. I got so excited that I was going to win, let alone what my brain chemicals were doing as I got so euphoric as if I did pop a pill, or stuck a needle in my arm. NOPE. IT WAS ALL my brain and body chemicals doing an inside dance of excitement! So, anyone can become addicted to gambling and for many different reasons. “Not All Addictions Are Substance Use Anymore.” If you think you, or someone you love, might have a problem, I would recommend visiting my friends at “The National Council on Problem Gambling and Gamblers Anonymous”, for support and resources for a good start and direction. “Quit to Win” and gain your life back.

Catherine Townsend-Lyon is the best selling author of her book “Addicted To Dimes, Confessions of a Liar and a Cheat.” She is a former columnist for In Recovery Magazine, freelance writer, recovery blogger, and literary consultant. She is currently co-writing a Memoir with former NFL Pro and Olympian, Vance Johnson due to release Fall 2017. She resides in Phoenix, Arizona. She can be reached at LyonMedia@aol.com



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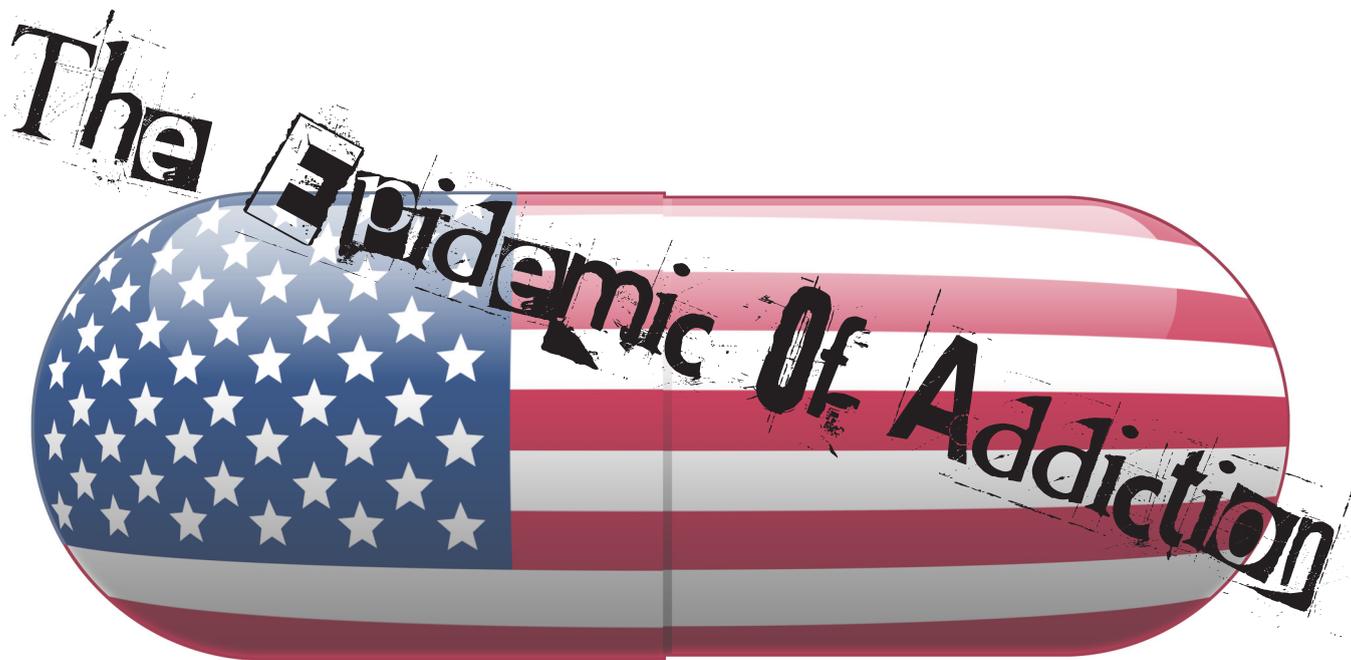
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As the World Cries Out “We have a Problem”

We can answer

“There is a Solution”

Here is one organization offering a solution of hope.

MusiCares®, Music industry's charity, provides help and hope for those who are suffering.

Written by: MusiCares® Staff

With addiction rates increasing, it is more vital than ever that the music community has a place to turn to in times of need. Just last year, addiction claimed the lives of approximately 55,000 individuals within the United States. As of 2014, 7.1 million people met the criteria for a drug disorder. Specifically, heroin addiction has doubled within the past 10 years amongst adults between the ages of 18 and 25 years old.

Since 1999, the death rate due to opioid abuse has quadrupled and today nearly 100 Americans die every day from an opioid overdose.

According to figures from the National Survey on Drug Use, and Health and National Institute on Alcohol Abuse and Alcoholism, roughly 17 million adults can be classified as having an alcohol problem. Unfortunately, addicts are not receiving the help they need. It was reported in 2013 that only 10.9% of those who needed addiction treatment actually received it. For those who are in treatment, roughly 40 to 60% of them relapse. Statistics have continually proven that addiction is a serious and threatening issue in our country, and more importantly, addicts are not receiving the adequate help and support they need.

Within the music industry, numerous music icons and legends have died prematurely due to their ongoing battles with addiction, or other circumstances, but at MusiCares® we are determined to prevent that by offering multiple avenues of support for members of the music community.

We are proud to serve as one of the leading organizations helping with addiction, and continually providing the support and tools that the music community needs.

***...nearly 100 Americans
die every day from an
opioid overdose.***

One of the incredible programs that we offer is our Safe Harbor Room®. Dating back to the 39th GRAMMY® Awards telecast, we established our first Safe Harbor Room® as a space for artists and crew members who are living with addiction issues, to receive the support and assistance they need. From there, the Safe Harbor Room® program expanded and is now located at various locations across the country. Each Safe Harbor Room® is staffed by qualified addiction recovery specialists who assist musicians, and crew members by offering a support network during televised music shows, festivals, and other major music events. These addiction specialists provide the necessary tools, and encouragement that members of the music community need during large scale music events.

Beyond our Safe Harbor Room®, we host free weekly addiction support groups at various locations across the country. These support groups provide our friends in the music industry a place to discuss how to

best cope with their issues surrounding the recovery process. Not only do we provide addiction support groups, but we also hosts our Sober Touring Network®, which is a database of individuals across the United States, who can take music people to recovery support meetings while on the road.

Although the Recording Academy™ is best known for its iconic annual GRAMMY® Awards, the entity goes far beyond Music's Biggest Night®. In 1989, the Recording Academy established MusiCares®, its charitable health and human services organization, which provides a safety net of critical assistance for members of the music community. As one of the most crucial non-profit organizations in the music industry, MusiCares® provides confidential services and resources that cover a large range of financial, medical, and addiction issues, and personal emergencies. We coordinate and facilitate nationwide educational workshops on a variety of topics, including financial, legal, medical, and substance abuse issues. In collaboration with healthcare professionals, we are able to provide preventative services such as flu shots, hearing tests, hearing protection, and medical and dental screenings.

MusiCares® provides our clients with the encouragement and hope they need. It is not enough to simply aid our clients with our programs and services; rather, we go beyond that, to ensure that our clients can trust MusiCares® as an organization that provides compassion, optimism, and individual support.

A client recently expressed to us, “I’ve been fortunate enough to be able to make a living playing my guitar in clubs and bars since I was 19 years old. I’m 50 now, and a few years ago my alcoholism almost killed me. I desperately wanted to stop, but my disease had progressed too far and I couldn’t.

MusiCares® hosts Healthy Essentials Wellness clinics for music people to get preventative care.



MusiCares® offers our Safe Harbor Room 12-step support meetings at various events throughout the U.S. all year long.

I needed help! MusiCares® helped me get into treatment [and] I'm sober today because MusiCares® cared enough, and for this I am eternally grateful. Thank you for helping this alcoholic break free from the prison of the disease of alcoholism."

Another one of our clients told us "When I was at my lowest point, MusiCares® reminded me that someone does care about me. It reminded me that musicians are a family, and my brothers and sisters are there for me." It is stories like these that we build our foundation upon.

Each client is treated with guaranteed integrity and respect; MusiCares® values its work, but more importantly, values each client's needs.

Each year, we host our MAP Fund® Benefit Concert, which recognizes a prominent music professional who has overcome addiction, and raises money to allow access to addiction recovery treatment, and sober living resources for members of the music community. This past June, the Recording Academy and MusiCares® honored the multi-GRAMMY award-winning musician Adam Clayton of U2, for overcoming his longtime battle with substance abuse. Prior to Clayton, renowned Motown singer and songwriter, Smokey Robinson, received the Stevie Ray Vaughan Award in 2016 for his dedication and support of the MusiCares® MAP Fund, as well as for his commitment to helping others with the addiction recovery process. The foundation has previously awarded other influential artists such as Dave Gahan, Ozzy Osbourne, and Pete Townshend.

Since 1989, across all of our programs and services, we have served more than 125,000 clients. In that same time period, we have distributed \$48 million to music people in need. Over the past fiscal year, our safety net of services provided more than \$5.8 million to more than 7,500 members of the music industry—the largest number of annual clients in our charity's history.

Over the past 10 years, MusiCares® has provided close to \$10 million in assistance to nearly 3,000 substance abuse clients.

As addiction rates increase, it is vital that we continue to offer our support, and programs to music people in need.

The first step in receiving assistance from us is just a phone call away. All each client has to do is dial one of our toll-free numbers, and then complete a very brief application. Eligibility consists of documented employment in the music industry for at least five years, or credited contribution to six commercially released recordings or videos.

We are adamant in helping our friends in the music industry with their addiction. Our commitment to providing assistance is unwavering, and we guarantee to provide all of our clients with unmatched support. To reiterate what one of our clients said "I don't think words can accurately convey my gratitude. MusiCares® did for me what I couldn't do for myself."

We promise to pick you up when you don't know where to begin. There is HOPE and we want members of the music community to know that they are **NOT ALONE**.

If you or a loved one is in need of assistance, please contact one of the MusiCares® s toll free numbers listed below, or visit www.musicares.org.

MusiCares® West Region and MusiCares MAP Fund • 3030 Olympic Blvd., Santa Monica, CA 90404 • 310.392.3777 • Toll-free Help Line: 1.800.687.4227

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MusiCares® East Region • 104 West 40th St., Suite 400, New York, NY 10036 • 212.245.7840 • Toll-free Help Line: 1.877.303.6962

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www.teens.drugabuse.gov/national-drug-facts-week/how-many-people-die-each-year-drug-usage
www.samhsa.gov/atod
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www.theskimm.com/skimm-guides/opioid-crisis?utm_source=email&utm_medium=story&utm_campaign=opioid
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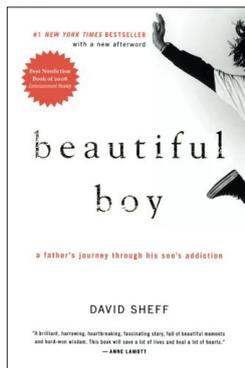


BEAUTIFUL BOY, A father's journey through his son's addiction. By David Sheff, a loving father, whose books include "Game Over", "China Dawn" and "All We Are Saying". Published by Houghton Mifflin Company.

This isn't your run of the mill story of an addicted child and the sorrow that their loved ones suffer. This is not only a true story, but an extraordinary journal of pain, perseverance and hope. It is painfully candid, yet equally powerful and optimistic. This is a book that you will not be able to read without becoming moved, a story that to many of us can relate to.

You may find yourself in these pages. Have you struggled to try to understand what motivates your child to turn away from you, his/her loving parent/s, and into non-stop use and misuse of alcohol or drugs? Here are some of the questions David Sheff asked himself, as I am sure many of us have asked ourselves: What did I do wrong? What happened to my beautiful boy? What happened to our family? Hopefully this book will help you understand you did nothing wrong, this is something we had no control over. So much of the knowledge in this book comes from actual experiences David Sheff went through with his son, Nic. Whether he was tracking Nic down while Nic was on the streets nearly destitute, gaunt, filled with sores and bruises, or while Nic was in and out of rehab. You will realize that this father has gone to great lengths just trying to get his head around the problem of his son's addiction.

David Sheff writes this story with a hurting heart hoping to help others. This is sure to save lives and heal hearts. I wish I had read it about twenty years ago, it would have saved me so much self-guilt. Available at www.Amazon.com.



RECOVERY ADDICTION TALK, Coming into Recovery, Perseverance. Oak Valley Productions. DVD and Workbook. by David McCauley.

David created this series of DVD's so that treatment centers and sober livings could enhance their client's experience of "Wellness in Recovery", with his new educational DVD series.

His fresh approach to living an authentic well-balanced life from addiction, is easy to follow while watching this DVD. We know how important teaching individuals the skills, and tools needed to reach long-term recovery, David also feels it is just as important to give them the tools to break free from addictions, and nurture their mind, body, and spirit. Giving them "the lift up needed" by using his series to teach them how to start the inner work necessary to process past shame, address underlying issues, and exchange them with self-worth, resilience, and inspiration to continue that momentum when leaving your facility.

Give your clients the best of both, learning and education while sharing recovery skills to begin the inner work to a lifetime of well-being and a beautiful new life in recovery! Although these DVD's are marketed towards facilities, I think this can also be used by the individual seeking to further their knowledge of self. David has a very easy, direct teaching style. His passion and knowledge come through, as you listen to his years of experience flowing out. I can't wait to review "Recovery and Relapse, The Unwanted Intruder", next month.

Available at www.oakvalleyfoundation.com/oak-valley-recovery-media-llc-sales.html

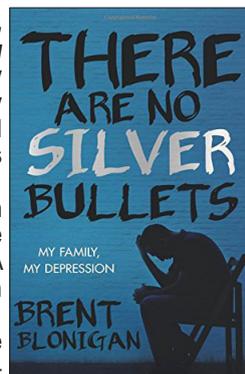


THERE ARE NO SILVER BULLETS: MY FAMILY, MY DEPRESSION, Written by Brent Blonigan. Published by Brown Books Publishing Group. This is a book where Brent Blonigan, is very open and candidly outlines the progression of the clinical depression, which derived from family dynamics engraving their lasting effects on the psyche. The environmental affect's on both the social development, as well as the psychological limits which are placed on us through experiences, dictates our outcome.

Brent Blonigan, is clever in his delivery of the underlining ills, which creates the causes and conditions that molds our behavior. I truly appreciate the way he incorporates from the beginning in Part 1 "I AM WHO I AM FOR A REASON", the influences that our families transfuse within us, coupled with social economic stresses which forges our perceptions.

Then in Part 2 "I NEEDED SERIOUS HELP", Brent explains about the probable genetic transference, which could have contributed to his first nervous breakdown, if not transmitted through untreated psychological wounds carried over to family members, and those around them.

When any of us overcome our addictions, disorders or any character defects, there can be a toil-some journey trying to "PICK UP THE PIECES". Through our trials and tribulations, we can rise like the Phoenix out of the ashes, and soar unto a new height to become renewed and whole. 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.



EVERY SATURDAY NIGHT: New A.A. Open Meeting. "The Back Up Plan". 1 hour speaker meeting. 7:30pm to 8:30pm, Faith Presbyterian Church, Fireside Room, 5000 Colfax Ave., North Hollywood, California. Together We Recover.

FRIDAY SEPT. 8TH TO SUNDAY SEPT. 10TH, 2017: The 39th Annual Ventura County Alcoholics Anonymous Convention (VCAAC) will be held at the Hyatt Westlake Village, Westlake California. Meetings & Events for A.A., Al-Anon and Alateen (both in English and Spanish) Young People, Newcomers, and Long Timers! Marathon Meetings, Speaker Meetings, A.A. Banquet, Al-Anon Luncheon. Visit our A.A. Archives Room and Al-Anon Country Store. There will be Raffles, Drawings, Prizes and Gift Baskets, Memorabilia sale items with T-Shirts, Personalized Mugs, Recovery Items and Much, Much More! For more info go to www.vcaac.org

SATURDAY SEPTEMBER 9TH 2017: FREE 4th Step Workshop, hosted by Spirit of Studio 12. Free donuts, bagels and coffee 8am. Speaker starts at 9am. Instructions from 9:30-10am, then the room is open for writing. 4th Step Right out of the Big Book. Guidance by experienced members. Please arrive having worked the first 3 steps as this will help. Spirit of Studio 12 - 6006 Laurel Cyn Blvd., North Hollywood, California. www.sos12.org for more information.

FRIDAY SEPT. 14TH TO SUNDAY SEPT. 17TH, 2017: 11th Annual SIS (Seniors in Sobriety) International Conference, Van Nuys, California. Rediscovering Life. Airtel Plaza Hotel, 7277 Valjean Ave., Van Nuys, California, 91406. Hotel Phone: (800) 224-7835. Hosted by A.A. with Al-Anon Participation. For more information go to www.SeniorsInSobriety.com or call Michael K. (818) 923-7008

SATURDAY SEPTEMBER 16TH, 2017: Meeting from 8-9:30pm followed by DANCE PARTY (Music by DJ Nicole) 9:45PM - 1:30AM @ the Windsor Club. \$5 club members, \$7 Non-members, Platinum members FREE, Snacks, refreshments, and 50/50 available, Call (818) 242-1350 for more info. Windsor Club 123 W. Windsor Rd., Glendale, CA 91204.

SATURDAY, SEPTEMBER 23RD, 2017 at 9 AM until 3 PM, H&I Chili Cook-off. We will be posting up lots of cool stuff for the auction and event. This is our literature fund raiser. Every \$10 we raise we put a big book in a newcomers hands. Forward this invite to any of your friends so they can attend. Bring your family and friends. City Of Long Beach Recreation Park, 4900 E. 7th St., Long Beach, California, 90804.

SATURDAY, SEPTEMBER 23RD, 2017 at 11AM-6pm Sober Day Celebration Block Party, presented by SoberLink, 18007 Ventura Blvd., Encino California. Call (818) 623-0945 or visit www.SoberDayLA.com

SATURDAY, SEPTEMBER 23RD, 2017 at 8 AM HEROES in Recovery 6k Walk / Run. Paramount Ranch, Malibu, California, Register at www.Heroes6k.com

FRIDAY SEPTEMBER 29TH THRU OCTOBER 1ST, 2017: Southern California A.A. Convention, "Get Your Kicks at SoCal 66". Held once a year since 1952, the Southern California A.A. Convention is one of California's longest running conventions. The SCAAC features speaker meetings, marathon meetings and Alanon meetings, golf tournaments and much, much more. Find the fellowship you crave. This year the SCAAC will be held at the Westin Mission Hills Golf Resort & Spa. Located at 71333 Dinah Shore Drive, Rancho Mirage, California, 92270. For Info <http://www.aasocal.com/registration.asp>



SATURDAY DECEMBER 2ND 2017: A.A. Area 93, 5th Annual Literature Workshop: Topic Panels with Q & A. Noon to 4pm, St. Innocent Church, 5657 Lindley Ave., Tarzana, California, 91356. For more information www.area93.org.

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

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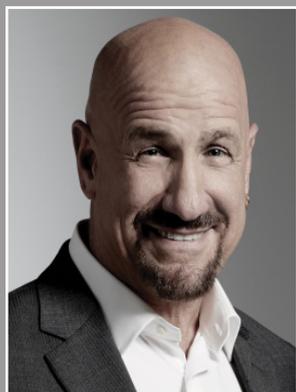
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A LETTER FROM HEAVEN

Dear Mom and Dad,

Words can't describe how sorry I am. I put you in a position no parent should ever face. I left – before you. It wasn't supposed to be this way. The natural order of things was skewed by my addiction. I can only imagine the agony you must be in. I know you're angry, despairing and sad, all at the same time. If only you could reach back in time and pluck me from the path I'd chosen, but you can't. You never could. God knows, you tried. I wasn't completely oblivious, to all you did for me. I always believed I had time and the truth is, I was too darn smart for my own good.

I underestimated the power of my disease.

I know you tried to tell me this. But I wouldn't listen. After I began using drugs I became desensitized. I thought I was immortal. I liked living on the edge. I felt so alive! Drugs filled a place in me that nothing else could. With them I was King. Without them, I was just, well, me.

Maybe that was part of the problem.

I never did feel right, about being me. I always needed something more. I felt entitled to nice things. I wanted the best. I hated waiting for anything. When I wanted something, it was all I could think about, until I got it, and then, I wanted something else. There were times I felt guilty for the stress I created in our family. But it was fleeting. The burning need inside of me was greater than anything else. This need had no conscience, integrity, or morals.

This need, was my addiction.

I know I hurt you. I rejected your love. I rolled my eyes at you. I called you names. I stole from you. I lied to you. I avoided you and finally, I left you, for good. I was so smug.

There wasn't anything you could have said, or done, to prevent this from happening. I thought I knew it all. Death by overdose was something that happened to other people. Foolish people – people who didn't know sh.. about using. It wouldn't happen to me, no way, no how, not ever.

You begged me to stop. I tuned you out. Your words were like wasps in my ears. Although they stung, they were nothing more than an annoying buzz. When you cried, I cringed. When you put your arms around me, I wanted away from you.

And now, I want back.

But there is no back. There is only forward.

Please bring me forward.

This Father's and Mother's Day say my name. Tell my story. Talk to me. Include me in your celebrations. Rejoice in the time we had together. Cry, if you must, but not all the time. I know you're sad. I know you miss me. I know you love me. I know you did your best. But you were never stronger than the disease of addiction, and sadly, neither was I.

Please don't blame yourself, or me. It will only make things worse. We did the best we could. You must believe this. If you don't, it will be like me dying all over again, each and every day. We will all stay stuck and that would be a tragedy.

Take the love you have for me, and put it into the rest of our family. Every time you want to hug me, grab one of them. Then it will be like I'm part of the hug. Give us a great big squeeze and I promise, I'll feel it – all the way up in heaven.

I hope you find peace in knowing I'm free, in a way, I never before was.

Up here, there is no addiction. There is only love.

The kind of love that is greater than any of us will ever know, below.

You might tell yourself that I am gone. But you're wrong. I'm right here.

I'm the wind on your face, and the stars in the sky. I'm the raindrops, falling, outside your bedroom window. I'm the song of a bird, and the dawn of each new morning. I'm the clouds and the sun, and the waves in the ocean.

We will never truly be parted from one another. For love breathes life, even, in death.

I am flesh of your flesh. Standstill – and you will feel me. Love always, your child.

Lorelie Rozzano, is a recovering addict, author and advocate. She works in the field of addiction helping patients and their families regain their freedom and health. Lorelie hopes the honesty found in her books - Jagged Little Edges, Jagged Little Lies, Jagged No More, Gracie's Secret – and blog www.jaggedlittleedges.com - will inspire people to reach out for help.

In recognition of Worldwide Suicide Prevention Day,
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8-9 a.m.
Registration and Continental Breakfast

9-9:50 a.m.
The Language of Suicide and Talking with Suicidal Persons
Kevin Briggs, CHIP Golden Gate Patrol

10-10:50 a.m.
Helping the Suicide Survivor Recover
Shawn Silverstein (Didi Hirsch)

11-11:50 a.m.
The Role of Sexual and Gender Identity in Depression and Suicide
Robert Gamboa (LA LGBT Center)

12-1 p.m.
The Journey to the Suicidal Gene
Victoria Arango MD, PhD
Columbia University

1-1:40 p.m.
Lunch

1:40-1:45 p.m.
Introduction: The S Word
Lisa Klein, director

1:45-3:10 p.m.
The S Word Movie – The Visual Journey into the Mind of a Suicidal Person

3:10-3:30 p.m.
The S Word Q&A
Lisa Klein, director



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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. will hit the streets on the first week of each month. Camera ready artwork is due the 15th of the month prior to publication.

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

www.KeysToRecoveryNewspaper.com

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

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a 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 100,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we are distributing our recovery newspaper to:

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

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

Vital Services Resource Guide

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

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.lacocaa.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 Department 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 - HOW www.ceahow.org. World Service Office (323) 660-4333.

CEA-HOW: Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484.

CEA-HOW: Compulsive Eaters Anonymous - HOW: San Fernando Valley Intergroup, (818) 667-6722 or e-mail: sivalleyhow@aol.com or Bryce at (818) 621-2130.

CEA-HOW: NEVEDA Compulsive Eaters Anonymous: 12-Step Recovery for Food Addiction. Las Vegas, Reno, Laughlin/Bullhead City. www.ceahow.org (702) 393-6570.

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 & family of Sex Addicts: www.cosa-recovery.org (866) 899-2672.

Crystal Meth Anonymous: (CMA) (855) 638-4373

Debtors Anonymous: www.SocalDA.org (310) 822-7250.

Eating Disorder Support in Recovery Groups are free and open to the public. Thursdays at 7 pm. Center for Discovery. 21650 Oxnard St. #2375 Woodland Hills; 8484 Wilshire Blvd., #510, Beverly Hills; 4281 Katella Ave #131, Los Alamitos; 1000 Quail St., #290, Newport Beach; 11455 El Camino Real, Suite 360, Del Mar. for more locations & info visit www.centerfordiscovery.com

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.s

Nicotine Anonymous So. California Intergroup: www.scina.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.slaalosangeles.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: (410) 893-3322. www.siaawso.org

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

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

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

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.

HOMELESS HEALTHCARE LOS ANGELES: 2330 Beverly Blvd., Los Angeles, CA 90057, www.hhcla.org, (213) 744-0724.

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.

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.

MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

THE MIDNIGHT MISSION meals 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., Canoga Park, California. Once a month, or on emergency basis. Food recipient must register (818) 340-2050.

Children's Hunger Fund 12820 Pierce St., Pacoima, CA (818) 899-5122.

Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474.

First United Methodist Church 18120 Satcoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135.

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

Los Angeles Food Bank (323) 234-3030.

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

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

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

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

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

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 Vanowen St., Van Nuys, CA (818) 988-7682.

West Valley Pantry, 7304 Jordan Ave., Canoga Park, (818) 887-6101.

West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554.

INFORMATION & REFERRAL SERVICES

www.SunshineCommunity2015.org Social Services, (626) 600-9392, Resource Services to Children in Foster Care, Emancipated individuals, Single Women age 18+ with children & much more.

www.Foundation2recovery.org, Prevention, Education, Treatment (561) 981-6214.

24 Hour DayCare, Referrals and Crisis Intervention Services (310) 669-5933 or (310) 427-4022.

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 & Family Services (661) 949-1069.

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

CADCA Community Anti-Drug Coalitions of American (800) 54-CAD-CA.

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

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.

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.

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.covenant-housecalifornia.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.

HOMELESS SHELTERS & RELATED

S.P.Y. Safe Place for Youth: Supportive Services for Homeless & At Risk Youth. Drop in Services, meals, hot showers and clothing. 2469 Lincoln Blvd., Venice, CA 90291 (310) 902-2283.
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.

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) (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) (562) 864-3722.
House of Ruth (909) 623-4364.
Human Services Assoc. (walk-in center) (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.

DOMESTIC VIOLENCE

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.

RAPE HOTLINES

RAINN Hotline (victims of sexual assault) (800) 656-HOPE.
Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org
S.A.F.E LA www.safela.org/rape-and-sexual-assault
Rape Hotline (800) 978-3600 (So.California): 24 hours a day, seven days a week. Callers can get help in eleven languages (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).
Rape Hotline (213) 626-3393 (Central Los Angeles)
Rape Hotline (310) 392-8381 (South Los Angeles)
Rape Hotline (626) 793-3385 (West San Gabriel Valley)
Stalking Hotline (877) 633-0044 (Stalking Hotline)
National Domestic Violence Hotline: (800) 799-SAFE (7233) (800) 787-3224 TTY

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

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - **HEP C - APLA**, 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.
HepCHope: www.hepchope.com Hotline (844) 443-7246
On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

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

Organization/Company Name: _____
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Contact person: _____
What you would like us to print in the resource guide: _____

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The fact that I even had this thought speaks to how exhausted and hopeless my eating disorder had led me to become.

Years later, watching my parents lie there seemingly helpless, I thought how horrifying that must be: to know that one of the biggest actions you can take in saving your own life, is to just lie there and let a doctor pump you up with chemicals. After witnessing the horror of cancer, I remember feeling awful that I had once, struggling in early recovery, wished that I had cancer instead of anorexia.

My parents desperately wanted to live. Even though they kept their minds strong with prayers and positivity, there was never an actual time when they could simply make a solid choice to get better. They were, in many ways, left helpless to the latest research and knowledge of specialists.

But, in my eating disorder recovery, there did come a point when I wasn't helpless anymore. After awareness and years of gaining tools and knowledge, there came a time when I had to make a decision to get better. And then I had to make it over and over again. There was nothing easy about that. To heal, I had to become accountable for my own recovery.

A choice to get better: In the early years, when my brain was hijacked and my biology was off, I could not make this choice. It's only with awareness, time, patience, professional help, and lots of support that I can finally wake up each day, and realize that food is like the chemo that helped cure my parents. Therapy is like my pink cast. Doctor appointments are like my little white pills.

No one chooses to have an eating disorder, but people can choose to get better.

Jenni Schaefer is a singer/songwriter, speaker, and the bestselling 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. She is a National Recovery Advocate for Eating Recovery Center's Family Institute. In partnership with Insight Behavioral Health Centers, Eating Recovery Center provides specialized treatment for eating disorders as well as related disorders, including PTSD. Visit EatingRecovery.com/Jenni and JenniSchaefer.com.



These are the times where you are not going to lose sleep, with dramatic phone calls in the middle of the night, or you finally experience some serenity in your life.

I have one friend, with double-digit years, who refers to these times as vacations, where the work done in recovery is not as difficult. Approaching lulls this way can mean that you get ready for the next adventure, setback, or life. You are authentically grateful for a peaceful time in your life and understand that life, and your recovery are subject to change.

However, just as with a vacation from work, we know that the predictable "Monday" will come around, and we will report back to work. Just as life is not permanent, neither is recovery. There will be times of furious activity, and periods of little movement, times when life is difficult, and times of ease, and that is life and recovery.

Is My Work Productive and Fulfilling?: Therefore, if you find that you are wondering if you can stop working on yourself now, ask yourself if what you might be getting out of your recovery is less than it could be. Is some of your complacency because you have too much time on your hands?

Go to a meeting early, make the coffee, or better yet, finish that cake and take it to the meeting, and let some newcomers see a peaceful person, or become grateful that your life is now orderly, structured, and predictable.

Writing, and recovery heals the heart.

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



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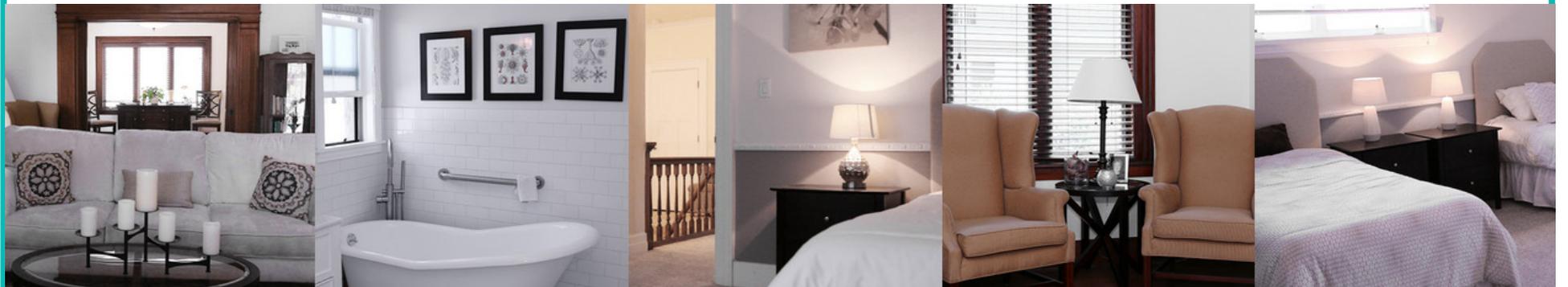




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