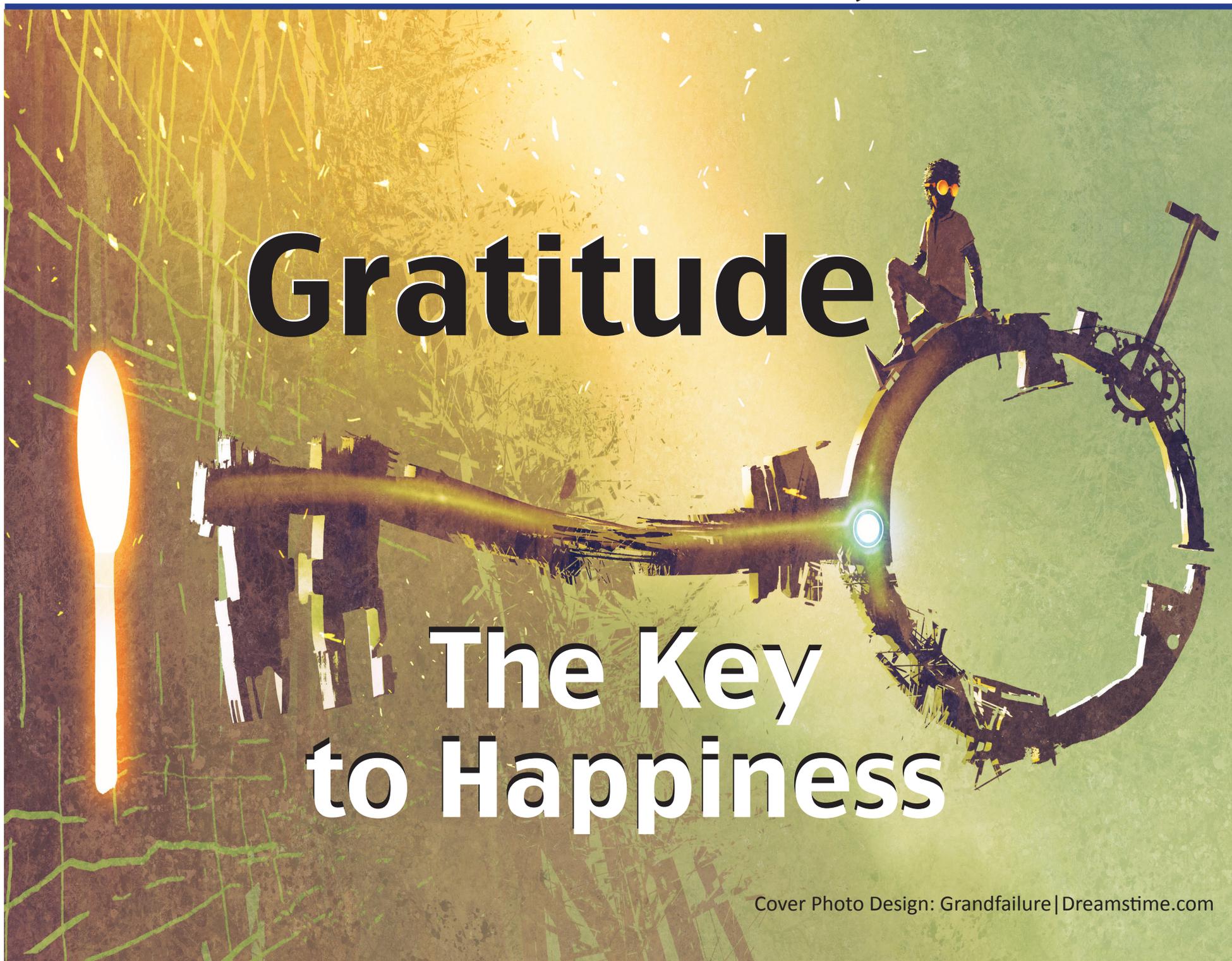


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Liberation

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and Truth**

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**Miracle of
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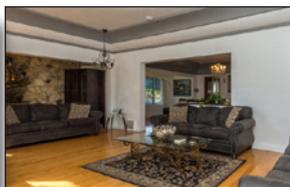
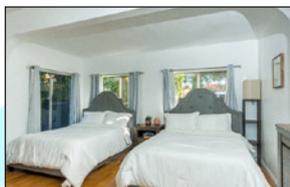
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Welcome to the November issue of Keys to Recovery Newspaper. The holidays are here and bringing with them profound joy, and many other feelings for those of us in recovery. In the program they call this time (Thanksgiving, Christmas and New Years) the Bermuda Triangle, because we lose members of the program into the abyss of addiction and alcoholism. The best way to make it through the holiday season is to be prepared. Prepared for the office parties. Prepared for the family visits. Prepared for the feelings. Prepared for the unknown.

Being around family and loved ones can be some of the most beautiful moments in our recovery. We can FEEL the love in a new way without the darkness of drugs and alcohol blocking our hearts, minds and souls. We can also feel the regret, shame, guilt and anger in a more profound way as well.

Have a plan for both the wonderful and not so wonderful feelings that may arise over the holidays. Believe it or not, just as many people drink over the "good feelings", as they do over the "bad feelings".

Many of the A.A. Club Houses have marathon meetings around these holidays. Check with your local central office to see what is happening in your recovery community.

This past month was a whirlwind of activity for us here at Keys to Recovery Newspaper. First my daughter had a birthday, gave birth to my granddaughter and moved into a new home. I am so grateful that Marcus and I (along with my village of people) were able to step up and be there for my daughter, and help with everything that was needed. It still amazes me that we became grandparents. We are truly blessed beyond measure. When I look at my granddaughter Zoe, it brings tears to my eyes, and joy to my heart.

We were also blessed enough to attend the Peggy Albrecht Friendly House 29th Annual Awards Luncheon at the Beverly Hilton Hotel. The luncheon was hosted by Amber Valletta and awards were given to Demi Moore, Louise Stanger, Angela Davis, Barbara Bach Starkey, and Marjorie Bach Walsh. The speeches were so inspiring and heartwarming, the food was incredible and we all got to dress up and celebrate the life of Peggy Albrecht, while supporting The Friendly House. What a great way to end the month of October.

God bless you until next month! - **Jeannie Marshall, President & Cofounder**

Hello to one and all, we here at "Keys" truly appreciate you embracing our recovery newspaper for the pertinent information, which helps to educate about drug and alcohol addictions, as well as prevalent disorders. It is hard outside of the walls that house each of us, especially with the chaos that shrouds the true beauty of this remarkable world we live in.

My wife and I became Grandparents this month, we actually allowed ourselves to focus on something other than the plight of those addicted to substances. The joy and awe of having a new life to become part of our family, is phenomenal and wondrous in so many ways. It is amazing how once Jeannie and I disengaged with all of what's happening in the world of addiction, and have had the opportunity to witness the miracle of life; the world now seems to be momentarily more orderly.

We now are once again devoting our energies into helping bring awareness to the masses, about the devastation that addiction has caused worldwide. The time that we had from directly being away from the heartache and sadness of those lost in addiction, gave me a better perspective to become even more appreciative for all of the dedicated professionals that give their love and time, in the pursuit of being a channel of hope and recovery. I am very proud to be in a very long line of incredible individuals as addiction advocates raising awareness of substance abuse, and providing resources and solutions.

Until we come together again for reasoning, may God bless you and strengthen you daily. - **Marcus Marshall, Vice President & Cofounder**



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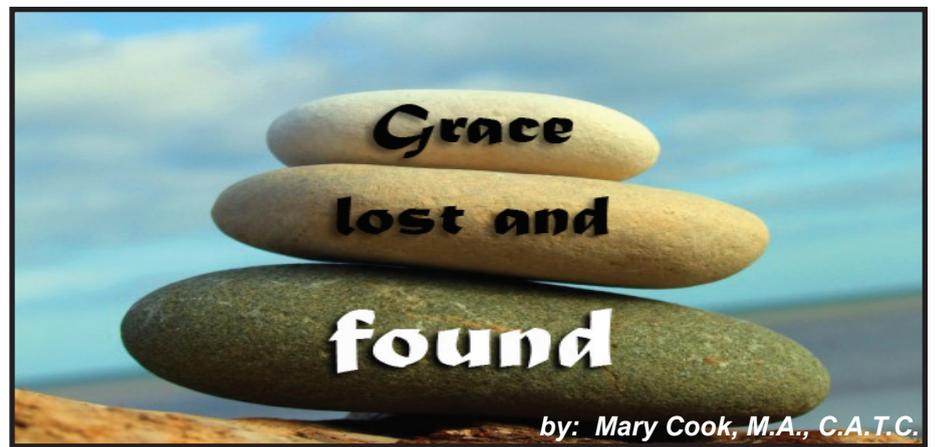
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LIBERATION

We can become enslaved to our addictions – whether they be drugs, money, materialism or power, thereby blocking our hearts. We can become slaves to fear, hate, anger and depression, and thus forfeit our faith. We can become slaves to pride, prejudice, arrogance, self-righteousness, and violence, and sacrifice awareness of our soul. These are all examples of perceived impoverishment and consequent selfishness, resulting from conscious separation from life on earth and a Higher Power. We see the world as divided between victims and aggressors, and we are terrified to become the former. Ironically, it is our own fear and its defenses, which victimize us.

When we treat ourselves and others as commodities to use, abuse, exploit, neglect or endanger, we dishonor and deny divine heritage. When we feel empty, broken, damaged and demeaned, we have forgotten the spirit within us. The tyranny of cravings and excessive willfulness dehumanize and despiritualize life, leaving us without satisfaction or serenity.

Retaliation, over-controlling and entitlement deepen and lengthen suffering and wounds. Symptoms and cravings do not define a person or a life. They are merely messages from parts of us that need attention, understanding and healing. Obtaining what we think we need from others or life, is not what creates health and happiness, for we are no longer infants. Waiting until our ship comes in or winning the lottery is not what will fulfill us. The solution lies in what we give, and what we give up right now, to promote health and happiness.

We can learn to compassionately contain pain, as we would hold a precious, crying child. We can practice active solutions that engage the healing power of love and focus on what we can positively create, rather than what we fear and hate. We can cease enabling, cooperating and participating in negativity, and commit to healthy, responsible personal care-taking and stewardship. We can demonstrate clear boundaries with anyone who would harm us, and pray for them as we pray for ourselves. Forgiveness and faith liberate us from the endless cycle of past shame and suffering.

We can relinquish greed for gratitude, chaos for serenity, and self-righteousness for humility. We can exchange anger and blame for personal examination and understanding. We can transform violence into peace and reverence for life. These are the promises of surrendering negative energies and defenses, and living in solution. We are meant to not only give up our unhealthy habits, but to awaken to the realization of all that we were created to be, and to share that with the world. This is how recovery liberates us.

It is helpful to identify our highest reasons for living, and what forces within us interfere with their fruition. We can discover our healthy talents, interests and dreams, and commit to supporting their evolution. We can increase our awareness of deep inner guidance and notice how it communicates with us; whether from feelings, visions, intuition or external signs. When we override higher consciousness and defer to habits, external pressure, laziness or fear, we lose integrity. Integrity is the foundation for self-esteem.

The recovery of wellness and integrity does not occur from demonstrating occasional acts of kindness, and expressing gratitude when it is convenient or self-serving. It is rather a permanent alliance with a sense of wholeness and divinity. We must allow ourselves to fully feel what we love in ourselves, others, nature, animals, the planet, life, and our God. We can experience awe and wonder at any age. We can determine what we most wish to communicate with the world, and what we wish to learn from our world. When we become still and quiet, we can see deeply into the essence and the interconnectedness of life. We can pay closer attention to the ways in which we experience holiness, miracles, blessings, divine intervention, guidance and love from our Higher Power.

Liberation from external "fixes" allows us to live with open, loving hearts. Liberation from negative emotions enlarges and deepens our faith. Liberation from unhealthy behaviors lets us live from our soul's purpose. Remembering that in our core, we are all magnificent miracles, propels us to demonstrate the highest humanitarian and spiritual values. Liberation arises from full recognition of our highest self, our unique purpose, and how we serve others in this life. The more that this recognition becomes a reality, the more of Heaven we bring to earth. This is the ultimate liberation.

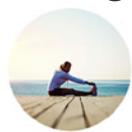
WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 42 years of clinical and teaching experience. Mary is available for telephone and office consultations, and speaking engagements. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at www.Amazon.com



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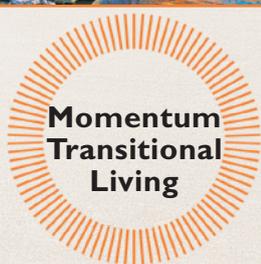


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by: Darrell Fusaro

CREATIVE RECOVERY

A young artist in recovery recently asked me, "How do you do it?" Having been in her shoes myself, I understood what she meant by her question and I had an answer. What she meant by her question was, "How do you motivate yourself on a regular basis like you do?" And the answer I had was ready, and is always ready because I must remind myself of it daily. The answer is, let it be easy.

The key to getting started is to lower the bar. This may seem outrageous to some who believe that great accomplishments come at great sacrifice and perfection. That erroneous belief has killed off more creative endeavors than death itself. There is only one sacrifice to make and that is the one of talking yourself out of getting started.

"But what if you have so many inspired ideas that you don't know where to begin and you're stuck?" she asked. I explained that letting it be easy takes skill and that skill is composed of the five most valuable things they don't teach in art school, which I will share with you.

Coincidentally, I began when I was the same age as her, some thirty years ago. I told her how drinking, drugs and doubt removed me from art school. And I told her that I joined the military for the discipline I imagined I lacked. Soon I had hit bottom with my using and sought recovery. As my consciousness began to improve so did my circumstances. I was assigned to the Honolulu Police Department as a military liaison. The desire to create followed me there. I couldn't shake it and it began to gnaw at me. I could have easily made excuses such as, I had no time, no place to create, no decent art supplies, etc. Instead I kept it simple.

In 1985 we used an ink roller to fingerprint at the police department. One day during a break I had the silly idea to ink up my fingers and randomly place my fingerprints onto blank 3 x 5 cards. The intention was to transform the fingerprints with my pen



into little people interacting with one another. I allowed the impromptu arrangement of the fingerprints inspire the circumstances I'd put these little characters in.

After they were done, I'd write a friend's address on the back and mail it off as a postcard. This fueled me to continue to make more and send more. It became a creative habit.

When I was transferred to the prosecuting attorney's office, without access to fingerprinting, I was challenged to create characters from scratch. Now my postcards had new characters to surprise my friends with.

Whenever I'd hear the thought, "You're not doing anything legit with your cartoons." I would dismiss it with, "Yes I am. I'm having fun and the Universe is arranging things on my behalf. All I need to do is to keep enjoying what I'm doing." And I did.

I was having fun and gaining confidence. Not long after, I was asked to contribute illustrations to be used in the U.S. Coast Guard's local newsletter. I still continued to make postcards for friends. A recurring character I created and enjoyed drawing on these postcards was a happy-go-lucky surfer I named, "Poki." I could never have foreseen that Poki would become the 14th Coast Guard District's cartoon mascot in print ads. At the end of my enlistment I applied and was accepted back into art school. Incredibly, I received a merit scholarship based on those examples in my portfolio.

Today there are five simple principles that I rely on to knock out resistance and propel me forward. You can remember them with this silly slogan, "It takes skill." Using the word S-K-I-L-L as the acronym for them. They are the five most valuable things I've found that keep others and myself on the path of creative recovery. Here they are:

1} Swim with the current. I've learned to never argue with a hunch. Go with it, they'll take you places more remarkable than reason would allow. "Don't be afraid of silly ideas." – Paul Arden

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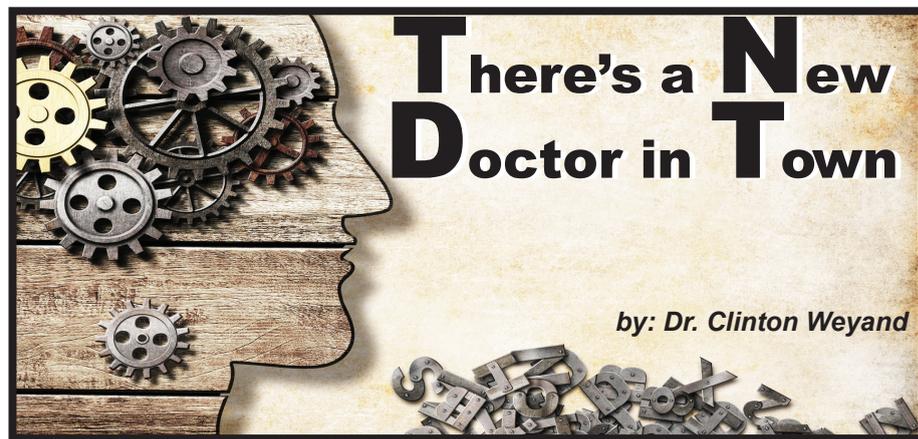
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Promise-keeping is when the honest person wishes their words to concur with objective reality.

Intellectual honesty is an inquirer's willingness to follow evidence and arguments wherever they may lead, even if they threaten to sabotage cherished opinions.

Sincerity is expressive honesty, honesty about how one feels. The sincere person does not express grief unless she really feels it, nor does she give the impression of wanting to help if she does not want to help.

Self-transparency is honesty about oneself, especially about ones emotions, desires, values, and preferences; and this is basic to self-realization and mature selfhood.

The truthful word should sometimes be withheld And sometimes there are better ways to speak the truth. If a wayward brother or sister is in a fit of rage and defensiveness, the truth may be best postponed for a calmer, more receptive moment. But we have to be careful. We don't want to always avoid this person.

Many people believe that politicians have no honor or integrity. The scandals of politics: men in high places lie; and they do so with such apathy and indifference, so endlessly; and still expect to be believed. We are familiar with the contempt inherent in the political lie.

The pathological liar lives in fear of losing control. He or she cannot even desire a relationship without manipulation, since to be vulnerable to another person means the loss of control. The liar may have many "friends" and live a life of severe loneliness.

Life is both simple and complex. We know from recovery meetings that many people unduly complicate their lives. The creativity of our dreams comes from the deep complexity of our personal growth in the Program.

If we use the word "love" in a relationship, we know we are also in a process of refining the truths we tell each other. We want to get it right with our significant other. We want to tell the full message. We know that being false or superficial is just not good enough for our lover.

Many of our unhealthy family members are experts in gaslighting. Our experience is mystified and invalidated by a critical parent who is undermining our ground, our sense of reality. As we grow, a primary obligation is to not gaslight, mystify, or invalidate the subjective reality of our friend or ourselves.

Our own emotional truth is good enough. Even if others misunderstand it or cancel it out, our truth, feelings and personal view of the world is our own whether or not others accept it.

The liar fears emptiness and the void. The dark core, the empty core, as Virginia Woolf identified it writing of her mother, the dark core is beyond personality, beyond who loves or hates us.

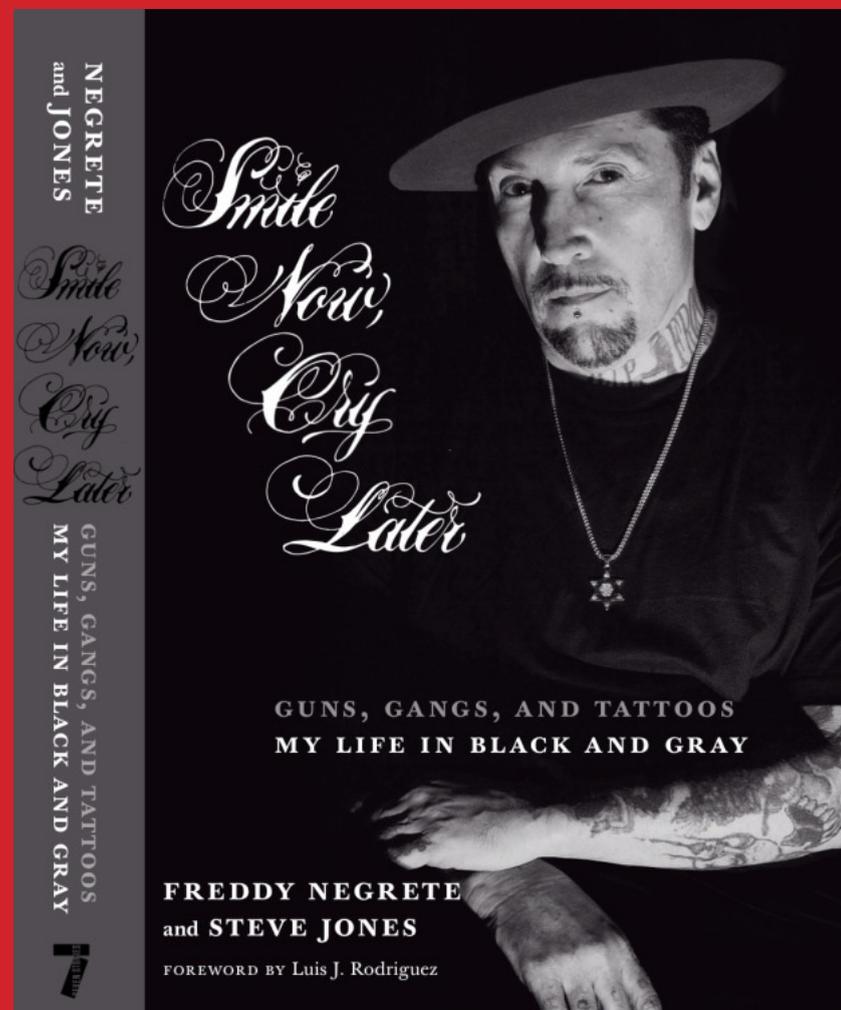
We begin out of the void, out of death, rebirth; out of nothing, something. The void is the creative, the matrix. We can cultivate our courage to go down into the darkness of the core. If we have the courage to risk and go deep, we witness the beginning of our substantial truth. It remains our spiritual awakening, not easily understood by strangers or mere acquaintances.

Truth telling and honor must be created between people. The quality of our politics is largely dependent on our understanding of honor. It is disrespectful to not honor another person.

"Speak the Truth, and all nature and all spirits help you with unexpected furtherance. Speak the truth, and all things alive or brut are vouchers, and the very roots of the grass underground there do seem to stir and move to bear you witness." Ralph Waldo Emerson

Dr. Weyand studied Community Clinical Psychology at the baccalaureate, and graduate level at CSUN where he graduated Magna Cum Laude. He then studied Counseling Psychology at the Doctorate level at USC. He is also a graduate of the Addiction Studies program at Pierce College. Dr. Weyand has 30+ years of experience working in recovery and behavioral healthcare. He began his career at Woodview Calabasas Psychiatric Hospital as the Asst. Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years, where he worked with troubled adolescents and adults. For Appt. or Consultations, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net

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by: Jenni Schaefer

13 WAYS TO HELP YOUR LOVED ONE MAINTAIN HOPE

I'm never going to get better. I'm the only person in the world who won't recover.

I said this about my eating disorder, and, later, I said the very same thing about post traumatic stress disorder, PTSD. In my experience, part of having a mental illness by definition, means that at times, we believe we can't get better.

Needless to say, I lost hope a lot. My family and friends never did, and in fact, they helped to ignite hope within me, even in the darkest times. These were the times when I was laying flat on the ground, literally, kicked facedown in despair.

Here are some ideas to consider when supporting your loved one in standing back up again:

1. Listen, listen, listen. As in, put down the smart phone, stop multi-tasking and truly listen. My older brother listened over the phone while I cried. I didn't need for him to say much of anything, but rather, I just needed someone to hold space for me to grieve. Often, he simply said, "I know I don't understand what you're going through, but I'm here for you. I love you."

2. Stop trying to understand so much. Instead, believe.

"From the outside looking in, you can't understand it. From the inside looking out, you can't explain it."

This quote from my first book, Life Without Ed, has resonated with families as a helpful description of just how confusing mental illness can be. My family has never fully understood my eating disorder, and I have written three books about it! The truth is that my family never needed to grasp every detail of the illness, but instead, they needed to believe my experience. It helped a lot when my mom said, "I believe that you feel like you will never get better. Still, I think you can. I love you."

3. Yes, be a broken record: "I love you." Looking back, I can see that one of my family's stealth, super-recovery moves was being a broken record with, "I love you." They said this all of the time. And, while the words might not have always registered with me on an intellectual level, on a deeper emotional and spiritual level, I know that they did.

4. Be a hope holder. Do whatever it takes to maintain your hope. Even though you might be frustrated with the slow pace of the recovery process (and for good reason), do your best to stay positive and connect with the truth. Loads of research shows that people can heal from eating disorders as well as PTSD. These illnesses are treatable. Encourage your loved one to continue on with treatment even when they have lost faith that anything will help. I have seen many so-called "chronic cases", or even "lost causes" reach recovery. Never take someone's hope away.

5. Help connect your loved one with those who "get it." Nothing built my hope up more than connecting face-to-face with others who had been there. Help your loved one to meet others in recovery, especially those who have come out on the other side. In my eating disorder recovery, I was lucky to attend a local therapy group as well as twelve-step meetings. To find this kind of support for PTSD, I had to get creative: I traveled across the country and lived in a hotel for a few months. (I attended treatment out of state, which is where I finally met others with PTSD.) Connecting with others helped me to see, with both PTSD and my eating disorder, that I wasn't alone—I wasn't going crazy. Indeed, I even witnessed people who, through their recoveries, had become stronger and found more fulfilled lives. Think posttraumatic growth. Recently, we created our Life Without Ed® weekend retreat at the Rio Retreat Center as a way for people to get connected.

6. Connect yourself with those who understand. Just like those of us who have been there can provide your loved one with unique hope, our family members can inspire you. At family week at The Meadows Ranch, the various patients' family members get the opportunity to interact with one another. Sometimes, this is the first instance where these families realize that they aren't alone in their personal struggles. If available, participate in your loved one's family week. Find local or online support for families.

7. Get additional help for yourself, too. Supporting someone through a life-threatening mental illness is exhausting, and possibly one of the most challenging things you will ever do. Mental illness doesn't make sense. It's ruthless, and at times, seems impossible to surmount. As you know, mental illness impacts everyone, not just the patient. Sometimes, the best thing that you can do for your loved one is to get professional help for yourself. Like they say on airplanes, put your oxygen mask on first. Then, you can better support your loved one.

Con't Page 22

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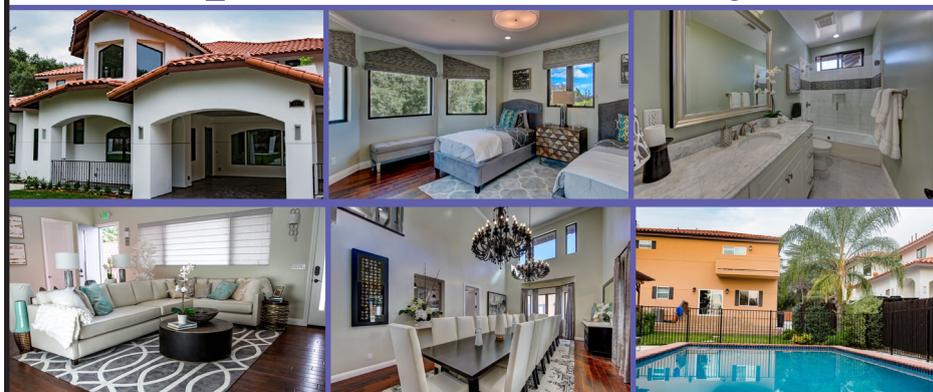
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by: Doug Bopst

THE TOP TEN

October 21st 2008 was a day of transformation for me. It was the last day I would ever touch drugs as I entered into the Harford County Detention Center. The last 10 years have been not only challenging but inspiring and rewarding at the same time. I've had a lot of ups and downs, but the important thing is that I am still here and I haven't touched any drugs since that day.

While I have shared my story here previously about how I got sober in jail, I would love to share the top ten lessons I've learned in the last decade of my recovery.

1. Hang out with people that bring out the best in you. Try to surround yourself with folks that are pushing you: further in your recovery, closer to your goals and helping you grow in all areas.

2. Exercise to the best of your ability. Working out is a love hate thing. But, I can promise you, that it is a life saver for recovery. Whether it's taking a brisk walk, going for a run or pumping some iron, try to do something physical four to five days a week, and it will make quite a difference.

3. Eat healthy. Nutrition is very overlooked in recovery. What we eat controls our blood sugar, mood, energy, sleep and body composition. Whenever you are eating something, be sure it is working to improve one of those things. This is not to say you need to be perfect, but challenge yourself to try to do it 70% of the time.

4. Remain grateful. Write down one thing each day you are thankful for and share it with a friend, it will change your life.

5. Focus on yourself and don't worry about others. We seem to spend quite a bit of energy and time comparing ourselves to others. The only person you should be comparing yourself to is the person you were yesterday. Remember, one day at a time.

6. Set some goals. They don't need to be extravagant, but set some that challenge you. Your self esteem will thank you for it. Be sure to set goals that are specific, achievable and realistic. It could be as simple as staying sober for 90 days. Once you have a goal, you can then come up with a plan on how to achieve it.

7. Spend time outdoors. There is nothing more refreshing for your soul than going on a hike, kayaking, a walk or anything that puts you close to nature. You will feel rejuvenated, fulfilled and relaxed after doing so.

8. Get a dog. I am half kidding. I have a dog and he is like a son to me. He has taught me things like commitment, sacrifice and unconditional love which are important in recovery.

9. Learn to forgive more. Forgiveness and forgetting aren't the same at all. When you forgive, you take the burden off yourself and you don't let shame or guilt or negative feelings bring you down anymore. Take some action and call one person that you need to forgive, it might even be YOURSELF.

10. Remember how far you have come. We always put way too much focus on the things we haven't accomplished, instead of what we have. Do your best to pay more attention to the wins in your life and not the losses. Take time to reflect every few months and jot down the things you have completed. It might surprise you and also inspire you.

Hopefully you were able to take a nugget or two out of these ten lessons. I share these as a beacon of hope that a lot can change in a decade if you allow it to. Give it your best and always remember how far you have come, and not how far you have to go.

Doug Bopst is an award-winning personal trainer, author, and speaker and business owner. He is a former felon and drug addict, sentenced to years in jail due to his poor decisions. He is the author of two books: "From Felony to Fitness to Free" and "Faith Family Fitness". He has appeared on WBAL, WJZ, ABC and FOX 45, as well as being a recurring guest on National Substance Abuse Expert Mike Gimbels "Straight Talk", show discussing fitness for addiction recovery. He's also been featured in the Baltimore Sun, PFP Magazine, Towson Times and voted as one of Baltimore's 12 Fitness Heroes in 2015. www.dougbopst.com, www.facebook.com/dbopst.



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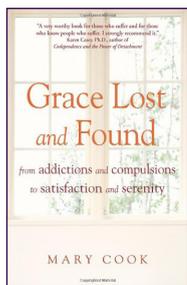
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The Hope Interviews

by: Steve Jones



MIRACLE OF MIRACLES

Kaveh Akbar founded and edits *Divedapper*, where he interviews major voices in contemporary poetry. His poems have appeared in *The New Yorker*, *Poetry*, *Tin House*, *APR*, *PBS NewsHour*, and elsewhere. He is the author of the chapbook *Portrait of the Alcoholic* (Sibling Rivalry Press, January 2017) and full-length collection *Calling a Wolf a Wolf* (Alice James Books, September 2017).

Your poetry collection 'Calling a Wolf a Wolf'—dealing with the themes of alcoholism and addiction—is full of powerful imagery that makes the poems bubble with vibrant, visual energy. In 'An Apology' there is a line: *I charged into desire like a tiger sprinting off the edge of the world*. Would you say that this exemplifies the life of an addict?

It certainly exemplifies the life of *this* addict, the life that I had been living and the life that recovery has slowly and sometimes painfully pulled me toward.

In 'Portrait of the Alcoholic Three Weeks Sober' you write: *With drinking however I've always been prodigious...when I say thirst, I mean defeated, abandoned-in-faith, lonely-as-the-slow-charge-into-a-bayonet thirst*. Can you talk about your relationship with alcohol and how it started?

I was in love with drinking and using the second I started. I went from zero to sixty in the blink of an eye. Within a week I was a different person. I didn't start until I was eighteen but I made up for lost time very, very quickly.

At what point did you realize that your using had gone beyond the point of being 'social' and 'recreational' and had now become a problem.

I broke a lot of bones drinking and using. I shattered my pelvis and cracked several vertebrae. I had all of these physical crises, and none of them really communicated to me that there was a problem. I was living in this run down, freezing, tuberculin trash house with nothing in it. I was getting robbed. And even that didn't communicate to me that there was anything wrong. I was obsessed with this idea that I would be able to use like a gentleman. It wasn't until I had the clarity of going through withdrawals and looking at it from the other side that I thought: *I guess normal people don't go through withdrawals*.

Was that your rock bottom, the time when you were living in that run down house?

I don't really know. There was some shot of clarity that rang through at some point that told me to seek help. So much of my writing is invested in investigating the source of that clarity as to whether it was bodily, physiological, psychological or cosmological. Trying to identify the source, trying to identify what I now owe to that source, how to behave gratefully in this life that I haven't earned but was given all the same.

In 'Unburnable the Cold is Flooding Our Lives' you wrote: *the addictions that were killing me fastest were the ones I loved best*. Can you talk about the progressive nature of alcoholism and where it took you physically, emotionally and spiritually?

That's a big question. So much of the process of recovery for me has been about repairing relationships that my addiction eroded, or that my former mode of living was corrosive to. Those relationships are human, familial, social, and professional. There's been a lot of damage done in those areas, caused by my addiction, which I'm still slowly and painfully working to recover from.

I love these lines from your poem, 'God': *I am ready for you to come back. Whether in a train full of dying criminals or on the gleaming saddle of a locust, you are needed again*. Was your relationship with a higher power in recovery a first-time, gradual awakening or was it more a re-discovery of the faith that you were brought up in?

I think that my relationship with a higher power today is a much bigger part of my consciousness than at any point in my life, which includes prior to my using. When I was a year and half sober the poet Gabrielle Calvocoressi posted that she needed a ride from North Carolina to Virginia. I hadn't published any poems, I didn't know her at all and I asked if I could drive her. It was the first time that I felt a hero talking to me as if I was a peer. She was talking to me about poetry the way that you talk to someone whose thoughts you are interested in, about something that you love. I was driving back home the next morning. The sun was rising over the Blue Ridge

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Mountains and I saw the light start to come over the mountains and they actually looked blue, and it was this shock of: *Oh, that's why they call them the Blue Ridge Mountains*. It's hard to talk about this, but the simplicity of realization, and the beauty of what had just happened to me, that I was living this life that had allowed me to spend a weekend just being a poet became really overwhelming to me and I literally had to pull over the car. I was quivering with gratitude. I had nothing like that in my old life that wasn't chemically induced. And it felt like everything that I had been working towards, if it had made a moment like this possible, then there was something to it. Because nothing in my self-willed directed life had ever felt like that. Now that I had turned over the reins, I got to feel that. It meant that there was something *there*.

You've experienced tremendous success with your poetry since coming into recovery. What advice would you give to people who want to explore this art form but are in challenging environments such as correctional facilities and/or in early recovery?

Poetry is a place to put yourself. When I got sober I had no idea what to do with myself and I could work on writing a poem for one hour, two hours and it got to be that I could work on writing a poem for ten hours at a time. That was time when I didn't have to worry about using or what to physically do with myself, my mind. I think writing is incredibly potent for people in early recovery just for that reason. You don't need anything more than a pencil and paper. Anna Akhmatova, the great Russian poet, would write her poems and then memorize them because she didn't want them found in her house. There are all these instances of great poets for whom poetry affirmed the sanctuary of the imagination. No matter what physical shackles are thrust upon a person, nobody can shackle the imagination.

In 'The New World' you wrote: *The soul is a thirsty antelope nervously lapping up water from a pool in the hunter's backyard*. What is that thirst for you today?

I'm still an addict. I'm still an alcoholic. Some of the obsessions have been removed but I'm never going to be someone who is safe around drugs or alcohol. A lot of those compulsions and obsessions sublimated into my thinking about poetry. I wake up and the first thing I think about is what I am going to do with poetry. I have fashioned a life—miracle of miracles—that allows me to spend every moment of every day in poems whether writing them, talking about them or teaching them at universities. These are all places where I get to spend time obsessively but it's in a healthier body.

Kaveh has received a Pushcart and a Lucille Medwick Memorial Award from the Poetry Society of America. In 2016, Kaveh was a recipient of the Ruth Lilly and Dorothy Sargent Rosenberg Poetry Fellowship from the Poetry Foundation. He was born in Tehran, Iran, and is currently a professor in the MFA program at Purdue University and in the low-residency program at Randolph College.

Steve Jones is an author, screenwriter, and playwright. He's the co-author of the addiction/recovery memoir 'Smile Now, Cry Later' published by Seven Stories Press, New York. (www.stevejoneswriter.com.)

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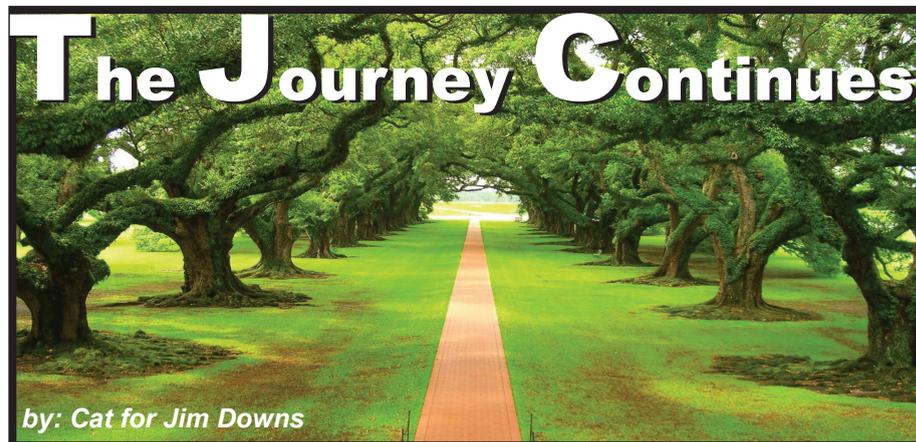
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by: Cat for Jim Downs

BIG JIM'S RIDE AROUND AMERICA

Jim Downs was not born into wealth, fame, or an athletic family. Quite the contrary. His hard life began at birth as a child of God. Sadly, he was the product of an unwanted pregnancy and was given up right after his birth. When Jim turned three months old, he was adopted. His new parents welcomed him and he grew to be "the apple of his father's eyes." Then, tragically at three and a half years old, his father passed away, leaving him with only his mother. A year and a half later his mother remarried, and his new adopted father never embraced him. Jim did not feel loved and he felt a sense of profound abandonment. He felt like he was a constant burden to his second father and that lasted for many years until his father's passing. This may be an underlying root as to why he may have turned to addiction while growing up. He had a need to numb the pain, and he was haunted by and hurt during his childhood. Unbeknownst to Jim, his 'Father Above' was watching and waiting for him.

Jim began looking for anything to fill that void and feelings of emptiness. At 12 years old he started drinking and smoking weed. It progressed and at 14 years-old he turned to hard drugs. Meth became his demon. All the while, God had been walking next to him. Side by side, God traveled Jim's road with him through the years of destruction and self-sabotage. God never left him, but Jim didn't know who he was. As addicts, we feel massive shame and guilt for turning our backs on God as Jim had. We think, "How can God love or care about a man who lies, cheats and causes pain to others and a hopeless drug user like me?"

Then, a 'Miracle,' in homelessness occurred, Jim saw a sliver of light that God had opened up for him. He reached out to that light, and he entered a treatment program in Panama City, FL. This was when his life transformation and conviction in Christ began. At that moment he chose life and walked into a recovery program at The Panama City Rescue Mission. This was his first blessing and miracle from God. Jim began treatment. He learned the recovery tools and skills that still aid in his recovery today. Another test and trial came by way of losing his best friend Alex Peters only four months into his treatment. At a crossroad, Jim not only felt God's spirit in him but the stirring for his second miracle was also building that included losing Alex! This lit a fire in Jim as God revealed to him his real mission and life purpose. And so it began, "Big Jim's Walk Across America."

After 16 months in the addiction recovery program, Jim left The Panama City Rescue Mission at 7am, Feb. 1, 2017, and embarked on an 8-month hike. He left through the front door of the center. He went from Panama City, Florida, to Canada by walking "The Appalachian Trail" beginning in Georgia. Because it would be his aftercare program like no other to keep him stable in his recovery and to strengthen his faith. Jim says it best, "I want anyone who is in the final phase of their recovery program to remember this event and to be empowered to not return to their 'old life' when they leave any recovery program" Jim said. "We need to step out with faith and let God guide us to a new way of life. There is life after addiction."

Jim shares; "this hike and walk will be a spiritual journey for me, bringing me closer to God. I'm out here to find out who I am and what I stand for." Jim did complete his walk and even got off the trail as God asked him to. "God wanted me on the road, not a trail to talk to others and raise awareness of addiction." He did in honor of his best friend Alex who died of a drug overdose. He did it for Alex's heartbroken family. Jim carried a large wooden cross part of the way on his walk. Jim said; "since God asked, I will witness and testify to anyone that will listen to me about how I turned accepted Jesus Christ into my life as my Lord and Savior. He changed my life."

As Jim's walk continued a third miracle was coming as God had a big one in mind for Big Jim that would knock him off his feet! Before his walk, God had chosen an "Angel" who was watching him on social media. This angel told her mother she was watching Jim's walk because she wanted to see how God, through Jim, was using him and guiding this "Big Guy" to share hope, and to witness, and educate those he met along the way.

This angel's name is Marisol Lozano. They slowly began a penpal friendship that of course, later on, turned into a beautiful relationship and a marriage along the walk. An extraordinary one as a prophet married them. Their beautiful prophetic ceremony solidified them to one another and had brought them even closer to their 'Heavenly Father.' Jim completed his "Walk Across America" ending in Canada with God and his "Angel" Marisol Lozano by his side.

Today, Big Jim and Marisol along with an amazing team that is already in place, work hard before Jim embarks on the next "Miracle and Mission" God has called upon them to accomplish. This one is already shaping up to be bigger than the walk, more significant than we could ever imagine!

Announcing "Big Jim's Ride Around America" ~ Big Jim Bikes America for Addiction Awareness. Jim will bike around America to raise awareness of the addiction epidemic. Big thanks to "Performer Cycles." On Jan 1, 2019, Jim will leave from the steps of FT. Meyers Florida City Hall on a bicycle and pedal addiction awareness to all the lower 48 state capitals. Almost 14,000 miles in one year!

The event will be filmed courtesy of Bethel Film Productions while Jim encourages thousands to enter recovery, to bring communities together and to fight for those struggling with any addiction to share their stories and voices. Jim will talk to State Capitol Politicians in the hopes of changing the way they approach and pass legislation of addiction bills and issues.

There are several ways you can help. Help us help others who are suffering and need help. Start by donating on their website - www.BigJimsWalk.com/- using the "Contribute Button." Become a sponsor for an entire state or for one section of the ride. Any business, recovery group, church, and individuals, are welcome! Jim, Marisol and Big Jim's team hopes everyone will support and sponsor this vital mission and event. Everyone can help us saves lives from addiction together in unity & fellowship. Collectively through faith and hope, we can help end this addiction epidemic for good.



THE ANSWERS WILL COME...

...If our own house is in order. We have all heard this one million times in 12-step recovery. We may think at first, what house? My HOUSE, house? If I clean my house the answers will come? Maybe... But only because you would be focusing on something, getting your mind out-of-the-way, long enough to make space for some other kind of information to inhabit it. Regardless, that's not quite what that statement is referring to. "House" is another word for temple - our mind, body, and spirit - the organization of our consciousness as it exists in this form. It represents our thoughts, feelings, relationships and life in general. It is our experience that when there is order - meaning harmony - we are more likely to hear or recognize the answers we have been looking for.

The reality is that all the answers we will ever need will always be available to us when we need them - the variable in the equation is whether or not we will be available to hear them. Part of the mastery is to remember that most of our answers will not come from our minds. They will come from inspiration, intuition, others or maybe even signs. When our house is in order, we are in spiritual alignment, and have the capacity to recognize these immediately and easily.

It is possible that answers will also come when our house is not in order. How many of us push things till the very last moment of unbearable suffering? It was in that last moment of darkness that we surrendered. Our answer was there, though we were still completely out of order. It doesn't necessarily have to be this way. We can surrender without suffering as we continue on this path. Once we have had that initial surrender it is our responsibility to stay on the path of our own spiritual development.

It's not to say that things won't be messy sometimes, and at some point maybe we can observe all of those messy moments when we seemed to be "out of order", as actually us being in perfect order with a plan far greater than ours. When we look at all the various bottoms and surrenders that each one of us experienced along the way, we recognize absolute perfection. Had any of us surrendered ANY AREA of our lives even one month sooner, they wouldn't be what they are today. We may not have had our children. We may not have met. Yet, it being exactly the way it was and is allows for everything that we are creating today. One of the most important things for us to remember is that the big picture isn't just about us as individuals. It is the part we play in the collective. So, in our experience, all of our dis-order was preparation for order that would serve far beyond ourselves. It was part of the greater plan.

As we are approaching this Holiday of Thanksgiving, maybe we can pause for a moment to take inventory of some of the painful moments that felt like catastrophes, which ended up being treasures in the making. We encourage you to be thankful for all of your blessings. Some are easy to recognize, while others require a deeper look. Wonderful gifts sometimes come in funky wrapping paper. Many of our moments of feeling completely defeated have resulted in profound healing, and liberation from trauma.

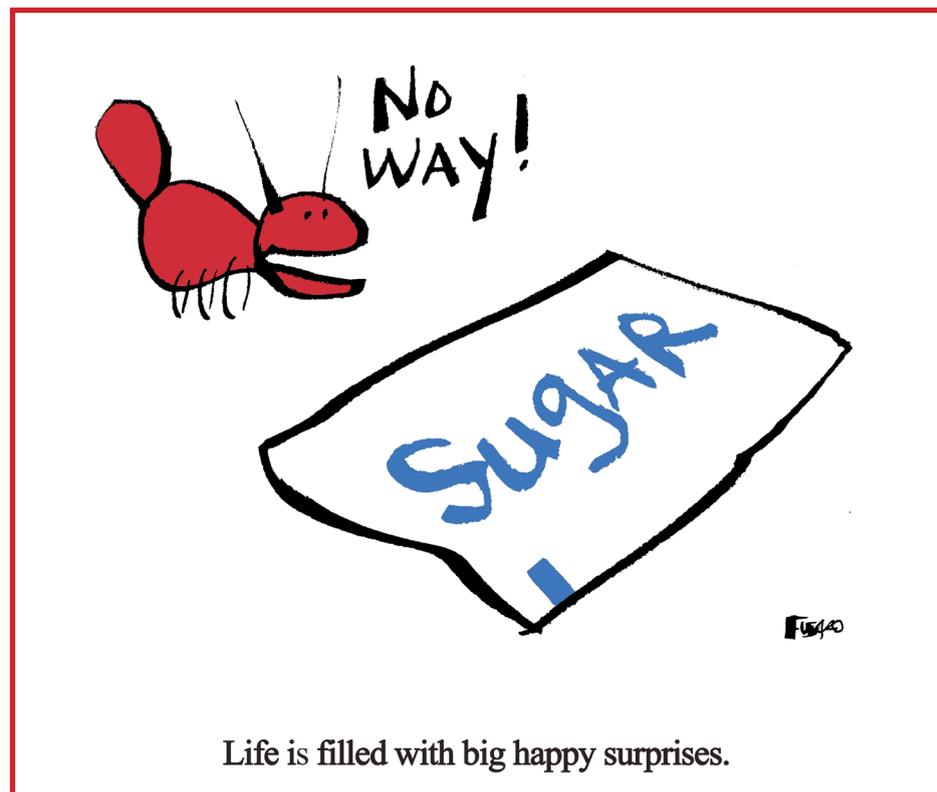
Take some time to write down some of these scenarios that have played out in your own life. Take some quiet alone time to see that your Higher Power was creating a masterpiece out of what felt like a horrible mess. Having these lists and being able to see experiences in this way will give all of us some ground to stand on when we have to walk through our next transformation.

Happy Thanksgiving!

Love only, Rudy and Kelly Castro, Conscious Partnership



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Gratitude

The Key to Happiness

The Attitude of Gratitude, The Key to Happiness

Maybe the simplest and most effortless habit for living a happier life is to take a few minutes every day to focus on what is already here, and what you can be grateful for in your life.

It can be difficult to think of things you are grateful for when everything in your life seems to be going wrong. Countless studies show that finding a bit of thankfulness each day, can actually increase our happiness level and decreases depression. By developing the Attitude of Gratitude, we can feel more fulfilled and joyful each day.

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” - Melody Beattie

Gratitude can:

- *Lift your mood and boost motivation very quickly.*
- *Help you find the things in your life that you want to focus even more of your time and energy on.*
- *Help you not take things for granted and to find joy even during the toughest times.*

The Attitude of Gratitude is a positive habit that helps you to express appreciation for all the different parts of life, no matter how small. This habit demands little but gives much back.

“If you concentrate on what you have, you’ll always have more. If you concentrate on what you don’t have, you’ll never have enough.” -Lewis Howes

So how do we develop an Attitude of Gratitude? There are many ways to develop this habit, here are just a few ideas to get you started. Find what works for you and mix it up.

Count Your Blessings: Make a list of all the ways you are blessed. Don’t just think about them in your head, actually write and count them. Start with the big things and work towards smaller things.

Create an A-B-C List: If you are struggling to think of things you are thankful for use the alphabet as a guide. Go down each letter and come up with a blessing for each one.

- A- animals
- B- bed
- C- chocolate to Z-zippers that work (you get the idea).

Three Things: Think of three things you are grateful for each day. You might choose something that is a constant in your life, something specific to that day, or something as simple as the sun shining that day.

Gratitude Journal: Start a journal to keep track of all the things you are grateful for. During tough times, go back and read through your previous entries and focus on the blessings you indeed have.

Be Grateful for Yourself: Don’t just look outward.

Take a look at yourself too. A habit of being appreciative and grateful towards yourself is a simple way to improve self-esteem and self-confidence. Take the time to recognize all the unique things that make you, you! Think of the things you have accomplished (big or small), your talents, and people who you may have helped because you stayed true to yourself. Once you can appreciate yourself, your ability to see things more positively will grow.

Ask yourself What are 3 things I can be grateful for about myself?

It could be that you were a good parent in a moment of crisis this week. It could be that you finally got done with that task you had been procrastinating on.

Your self-gratitude does not have to be all about achievements at work or in school for example; You can simply be grateful for your good sense of humor, or that you help people out a lot by being a good listener from time to time.

“When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.” – Kristin Armstrong

All Things Big and Small: Take a closer look at the smallest things or what you may take for granted. Don't just focus on the big and obvious things you can be grateful for.

Think about what very small things you can be grateful for too.

Like the plant in your window. It may not be a remarkable plant, however its simple beauty in the vibrant green color, how it keeps growing on just a little water and sunshine, and the faint smell of nature is something simple to feel grateful for.

One thing that I am grateful for today – that I may sometimes take for granted – was my lunch. It was just a sandwich, but it was delicious. And, more importantly, I don't have to go hungry. I am in the very fortunate position of being able to eat lunch every day.

Ask yourself:

- What is one very small thing that I can be grateful for today?
- What is one thing that I may usually for granted that I can be grateful for?

Opening your eyes to the small and daily things you can appreciate, lets you truly see more of the simple beauty in life.

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”
- William Arthur Ward

Do it early or late in your day, but do it daily.

But how do you get the gratitude habit to stick, and not just become one of those things you forget about or abandon after a few days.

Two things that I have found effective are:

- Take 1 minute in the morning to get a good start to your day, by finding 3 small or big things you are grateful for in your life.
- Take 1-2 minutes each evening and use a journal to write down maybe 3 or 5 things you are grateful for about your day, about yourself or about your life.

Try one of these tiny time commitments every day for a week and see how it impacts your life.

Express your gratitude: Don't just keep the gratitude on the inside. Express it. Make other people happier too – and help them to perhaps pay it forward later on – by expressing how you are grateful for having them in your life. Plus, their smile and the joy in their eyes when you tell them this will make you happier too.

Gratitude could just be a small sentence, but it can have a big impact on someone's day, week or even their life sometimes.

So tell the people in your life. Tell them in person tonight. Or write an email or a letter to someone a little further away in the world. Or send a small text message right now.

Helping others: Helping someone who has less than you. This is the best way to get and stay grateful. Find a way to give back on a daily, weekly or monthly basis. When we help someone who has less we are reminded of how much we have, all year long.

Ask around the neighborhood. Is there a single mother or father that needs help with shopping, cooking or cleaning?

Visit your local food bank and volunteer to do a food drive for them.

Whatever you do, try to meet a need. We all want to do something that is fun or rewarding while helping others, but sometimes the help they need is taking the trash cans to the curb, cleaning up the back yard or something else that is labor intensive, and perhaps not that enjoyable. The joy comes in knowing that we have helped someone less fortunate than us.

Treat each day like it is Thanksgiving, being thankful and grateful.

When we train ourselves to look at life through the lens of gratitude rather than disappointment, we find ourselves happier and more at peace. There is so much to be grateful for if we just learn to look for it.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” - John F. Kennedy



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explores creative, evidence-based solutions for teens and their families who are struggling with mental health issues. Participating mental health and healthcare professionals will experience dynamic, interactive workshops on how to help teens create authentic connections with self, peers, and family.

Amedco is co-sponsoring this event with Newport Academy and is approved as a provider by the APA and ASWB. The event has been submitted to CCAPP for review. Industry professionals may earn up to 7 credit hours of continuing education. Please see the registration site for additional information.

December 4, 2018
SAN FRANCISCO, CA

REGISTRATION AND INFORMATION:
rethinking-teen-mental-health-SF.splashthat.com

December 6, 2018
LOS ANGELES, CA

REGISTRATION AND INFORMATION:
rethinking-teen-mental-health-LA.splashthat.com

December 7, 2018
IRVINE, CA

REGISTRATION AND INFORMATION:
rethinking-teen-mental-health-OC.splashthat.com

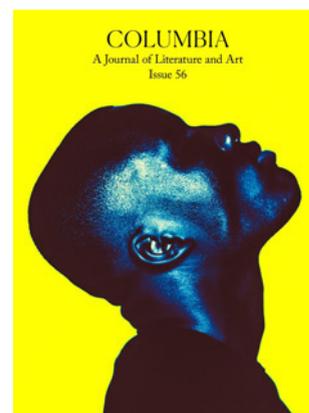


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An Invitation - Call for Submissions to: Incarcerated Writers

Columbia: A Journal of Literature and Art, Issue 57

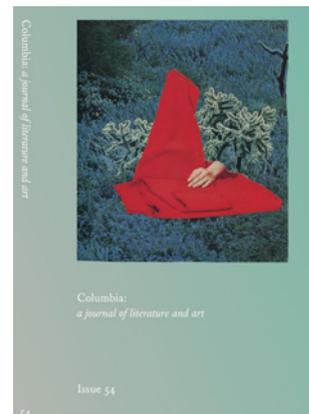


Submissions open August 15th & close Nov. 15th, 2018

Accepting Entries in Poetry, Fiction, and Nonfiction

For Submission Guidelines & Questions Contact
Chelsea S. Roberts - Community Outreach Manager
Columbia: A Journal of Literature and Art
415 Dodge Hall, Mail Code 1804
2960 Broadway, New York, NY 10027

The Incarcerated Writers Initiative encourages incarcerated writers to submit their work to the Columbia Journal for publication.



Be sure to include a Submission Cover Sheet that includes: Full Name, Which Category you are submitting to 1} Fiction 2} Nonfiction or 3} Poetry. Include your Primary Return Address, and a Secondary Return Address as well as a Brief Introduction.

Entries in Poetry, Fiction, and Nonfiction that are selected by the Journal's editors will be considered for publication in the print journal, online at columbiajournal.org, and entered in the annual Winter Contest.

Every writer will receive personalized feedback about how to develop their work. By submitting, you give Columbia Journal permission to publish your work in print or online. All submissions will receive a response.

Incarcerated Writers



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**Thanksgiving Dinner Served at Noon
Gratitude Meeting begins at 1:00pm**

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GIVING THANKS IN RECOVERY THROUGH SERVICE

While maintaining recovery, many like me move into different phases of longer-term recovery. Come Jan. 29th, 2019 I will celebrate my 12th-year from gambling addiction, both before treatment and toward the end of it, this included abuse of alcohol. Currently, my phase has been about 'recovery service to others' and deep feelings of gratitude daily. There are many blessings and amazing opportunities in my life that have come from my advocacy work, and my book/memoir; "Addicted to Dimes". In my memoir I share my experiences, which include why I turned to addicted gambling and how I am recovering. I share this through the blogging of my journey.

Of course, it all comes first from my higher power, God. As we celebrate this month of November where many of us are grateful and give "Thanks," I felt it was an appropriate time to share the things I am thankful for, and how I try to pass those things on to others who still struggle with addiction, or those needing inspiration and hope to keep moving forward in their recovery journey.

One of the most critical areas is 'being of service to others.' As we do this, it helps us stay away from "selfishness" within recovery. Being of service to others is vital and can be done in so many ways. For instance, my dear friends and advocates 'Big Jim Downs' and his wife Marisol, will begin Jim's second event for raising awareness and shattering the stigma of addictions beginning January 2019. His event is called; "Big Jim's Ride Around America." The first successful event that started his "Big Jim's Walk Foundation" was when he walked from Florida and finished in Canada in 2016/2017, which was awesome! He did this in order to share awareness of addictions with a dash of his "love of Jesus Christ." So, Jim and Marisol, asked if I would volunteer some recovery service as my talents are marketing and promoting books, authors, and events throughout many forms of media. I came on as their social media manager for this event "Big Jim's Ride Around America", here www.BigJimsWalk.com/board-members/catherine-lyon/ is taking shape and well organized and promises to be even more significant than the walk was! And a big 'Thank You' to this publication and charitable work Jeannie and Marcus of the Keys to Recovery newspaper will be doing for us by advertising "Big Jim's Ride", to reach and possibly save more lives from addiction. It is how I will kick off my 12th-year of recovering and giving back while ushering in a brand New Year!

Having gratitude for all things we do while maintaining recovery is also vital, because it is a way to keep us humble for all the goodness our higher power provides us. Let's face it when addicts come seeking help and a "better way of life" then we had been living, we are sick, broken, and often have nothing. That is the disease of addiction. It will take you and strip you clean to the bone. We then begin the process of getting well, learning the tools and skills to recover, putting them in place, beginning to clean the "inner closet of self," and hopefully starting to pass that on to others as we accumulate days, months and years bet free, sober, and clean!

My service just happened to come in the "literary" form of writing. I know I have said this many times, ...if someone told me years ago I would be a two time published author, a recovery columnist for a magazine and now for this important publication, freelance and ghostwriter, media and literary marketing, and a recovery advocate? Yes, I would have laughed in their face. These are the many things I am grateful for that have come from my long-term recovery. ALL of it is what helps keep me on my path of recovery while I am still learning, healing, and sharing it with others. I even sponsor others and my name today is still on several 'Support Phone Lists' for anyone to reach out as I will pick up that phone and help. I get emails and comments on my blog too from those looking to talk, ask a question, find a resource, or find comfort in knowing someone is there, who is listening, and who cares.

That is what recovery service to others is all about! So, this "Thanksgiving," and throughout the month of November, give thanks with a big heart of gratitude and share it by way of recovery service to help a new person learn how to "QUIT To WIN!"

Catherine is a former columnist for InRecovery Magazine, the author of her debut memoir; "Addicted To Dimes," a gambling recovery coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, Facing Addiction.org and Heroes in Recovery.com. She is currently co-writing a memoir with former NFL pro-Vance Johnson, former Denver Bronco due out late Fall 2018. She resides in Arizona and So. Oregon.





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November Events

WEEKLY BREATHWORK SUPPORT GROUP: The Recovery Circle. Check www.breathworkforrecovery.com for times and locations. \$5 donation but no one turned away due to lack of funds. 888.690.BREATH (2732) Call or text.

FOURTH FRIDAY OF EVERY MONTH: EAPA SFV at Foundations, 17167 Ventura Blvd., Encino. 2 continuing education credits to MFT, LCSW, LPT and CEAP attendees. The educational presentation is conducted from 9 – 11 am, after networking at 8:30am. David, Twin Town, (310) 629-9669.

THURSDAY NOVEMBER 1ST TO NOVEMBER 4, 2018: The 57th Annual Hawaii Convention. The Family Afterward. Hilton Hawaiian Village in Honolulu, HI. Mainland Speakers: Ben K. (Ladera Ranch, CA), Sharon B. (Los Angeles, CA), Nanea R. (Venice Beach, CA) Thursday Night Hawaii Speakers: Bonnie W. (Hilo), Kunane D. (Hau'ula) For More Information visit www.annualhawaiiiconvention.com.

FRIDAY NOVEMBER 9TH TO SUNDAY NOVEMBER 11TH 2018: 31ST ANNUAL INLAND EMPIRE CONVENTION, The Courage to Change. Inland Empire AA Convention with Al-Anon & Alateen Participation Double Tree (By Hilton), San Bernardino, California. This Convention is self-supporting. No group monies are used to pay for this event. The costs of this convention are met through Convention Registrations and Events. No baskets are passed. Attendance is voluntary, and as responsible AA members, 'We pay our own way.' for more information please visit www.ieaac.org.

THURSDAY NOVEMBER 22ND TO NOVEMBER 25 2018: Serenity in the Sun Convention; 37 Hosting Service Body: Palm Coast Area, Box 20984; West Palm Beach FL 33416-0984. Hilton Palm Beach Airport 150 Australian Avenue, West Palm Beach Florida. Event Registration: dorishj66@gmail.com. <http://webserver@palmcoastna.org>.

FRIDAY FEBRUARY 1ST TO FEBRUARY 3RD 2019: the 44th Annual San Fernando Valley A.A. Convention. "Just Stay, Its the Easier Softer Way", Warner Center Marriott, Woodland Hills, California. Speaker Meetings, AA and Al-Anon Speaker Meetings, Friday through Sunday. Meals, Ceremonies and Entertainment, Friday Opening Ceremony, Al-Anon Luncheon, Saturday Banquet and Entertainment, Sunday Spiritual Breakfast. Warner Center Marriott 21850 Oxnard St., Woodland Hills, CA 91367. Email: info@sfaaconv.org. www.sfaaconv.org

FRIDAY FEBRUARY 1ST TO FEBRUARY 3RD 2019: Symposium on A.A. History. The Broad Highway. Los Altos, California. By learning from our past, we hope to insure the future of this fellowship, so that the hand of A.A. will always be there when a suffering alcoholic reaches out for help. info@aahistorysymposium.org, www.aahistorysymposium.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.

To find local meetings and events all year long call

Alcoholics Anonymous San Fernando Valley Central Office

16132 Sherman Way,
Van Nuys, California 91406

Telephone: 818-988-3001

Mon.-Fri. - 9:AM - 6:PM
Sat. & Sun. - 9:AM - 5:PM

VOLUNTEERS ARE ALWAYS NEEDED

Book & Video Reviews



EKKA RITUALS, Ritual based self-care recovery subscription box.

I met Yvette & Nuria (the co-founders of Ekka) at the SheRecoveryLA Conference in September. They were exhibitors at the conference, and I was immediately drawn to their display, so I introduced myself and started chatting with them. They offered me full sized samples of the products they put in their monthly subscription boxes. I love the concept of creating recovery rituals! EKKA is the world's first ritual based self-care recovery subscription box.

I signed up right away for two reasons, 1) the products were of high quality and 2) they had a conference special offer, and frankly, who doesn't love a good deal.

I got my first box a few weeks ago. It was amazing! I received nine items in my box. It was so exciting. Here's what was in my box of goodies:

1) Hum Glow Sweet Glow a vegan gummy for skin hydration - super yummy. 2) Primal Kitchen Collagen Protein, Collagen Fuel, Chocolate Coconut flavor. I swear after a week I think my hair, nails and skin look better. 3) NCLA Nail Kit, a great little kit for the car or desk and the bright gold cover makes it easy to see. 4) Aquis Hair Turban that actually covered all of my hair and I have waist length hair. I have never been able to use any turban before this one. 5) Soul Stamps Sticker, I love stickers! 6) Kitsch hair ties, I can always use extra soft beautiful hair ties. 7) Yu-Be Skin Care, this lotion worked great on every part of my body. 8) Art Naturals Shampoo was the only item I was unable to really test as I have way too much hair for the samples that I received. 9) to top it off a Self Love Mirror Sticker. I repeat... I love stickers.

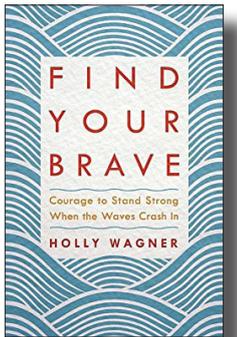
The entire box was filled with so many great items, I cannot wait until next month's box arrives! This product has great value and I highly recommend it. Check out the website www.ekkalife.com and find out how you can start your own subscription or they have an option to "Gift a Box" to someone else.



FIND YOUR BRAVE, Courage to Stand Strong When the Waves Crash In. By Holly Wagner. Published by Waterbrook Publishers.

Holly Wagner the co-pastor of Oasis Church in Los Angeles, CA., and she is also an international speaker and a very talented author. In FIND YOUR BRAVE, she has outdone herself. With biblical wisdom and personal understanding, Holly will show you what it looks like to fight back against life's challenges during the hardest and lowest times. She shows you how to access your courage and how to grab hold of your inner-strength, in order to stand strong as the waves of disappointment seem to crash in on you. You learn to "Find Your Brave", and you'll be inspired and at times find yourself laughing out loud.

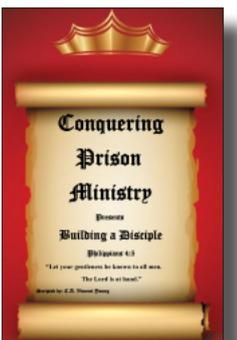
This book has the potential to be a game changer in the way that you respond to the challenges we all face in life. Holly does not talk about finding Your Brave along the side-lines of life: She found her Brave as she pioneered a church in Hollywood, CA., while fighting and beating cancer. She writes about her battle from her heart and shows you how to pull Your Brave from deep within. Because she is such a power of example and lives out her message daily, she can help you to understand that you too can "Find Your Brave". She helps us understand that the journey can be exhilarating, and when we do it together, "We are Stronger". We all face dark and challenging times. In this book Holly reminds us that it is in our strength that we find purpose, and that it is only through God that we find our strength. In "Find Your Brave" Holly Wagner will show you how to find the courage to rise up, press through your storms, and triumphantly get to the other side of your difficulties. This book is a must read. Available at www.Amazon.com



CONQUERING PRISON MINISTRY PRESENTS: Building a Disciple. By Vincent Young, Christian Analyst. Thomas Nelson Publishers. The unique way Vincent structured this remarkable book, allows the reader to see specifically how to apply the knowledge that God gives through each scripture. This is a must read for those seeking a personal relationship with God, and for those of us who wants to rededicate our lives to God who loves each of us unconditionally.

Vincent shares that the Bible explains that our own devices get us to where we are, yet there are always provisions provided that gives each of us accessibility to God's graces. Each page is filled with revelations showing that the path back to God is leading us into His rest. This book invokes inspiration and the promises that are readily available, when we allow God to be in control of our lives.

The Daily Bread Devotional readings from Vincent's Grandmother, helped inspire him to become who he is today. Vincent shows how God imparts through certain people and spiritual literature, the tools to help us find our way into the graces of our Heavenly Father's arms. Each page in this book is filled with information designed to help us elevate our appreciation, of the heritage we have in the body of Christ. 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.



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12STEP SOBER LIVING.ORG: Sunland Area, men's, shared rooms, \$150 week / \$20 day. Phone, Cable, Internet, TV in every room and all the coffee you can drink! www.12StepSoberLiving.org. Joel & Lisa Moss (818) 293-2222.

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1/2 Page	1,200	1,175	1,150	1,100
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
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1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
Front Cover Banner	10" width x 1.5 height

Materials & Deadlines

Terms and Conditions

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

Advertising Deadlines: Keys to Recovery Newspaper, Inc. 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
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- 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
- Sober Livings
- Transitional Housing
- Therapist Office

- Universities
 - Veterans Hospitals
- Recovery Conventions & Conferences,
Industry Networking Events & many more
locations each and every month.*

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

Alcoholics Anonymous (A.A.) World Services: P.O. Box 459, New York, NY 10163, www.alcoholics-anonymous.org (212) 870-3400.

A.A. San Fernando Valley Central Office: (818) 988-3001.

A.A. LA Central Office: 4311 Wilshire Blvd., #104, Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722.

A.A. 8752 S Broadway, Los Angeles, CA 90003, www.aa.org (323) 750-2039.

A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.org (626) 914-1861.

A.A. Santa Clarita Central Office: 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 6pm 8742 Mulberry Dr., Sunland, CA. 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.

Breathwork Support Group: Weekly. The Recovery Circle www.breathworkforrecovery.com for times & locations. \$5 donation, no one turned away due to lack of funds. (888) 690-BREATH (2732) Call or text.

California Depart. 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: sfvalleyhow@aol.com or Bryce at (818) 621-2130.

CEA-HOW: NEVEDA Compulsive Eaters Anonymous: 12-Step Recover. Las Vegas 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.

COMMUNITY REFLECTIONS INC.: Prison Outreach, Homeless & Veteran Care, LiveScan, Pop 47, Legal Services, Etc. 10020 S. Western Ave., Los Angeles, CA 90047 (323) 674-4376

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 Recovery Groups are free & open to the public. Thurs. 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 info. visit www.centerfordiscovery.com

Greysheet Anonymous: Recovery 12th Step for all eating disorders. Greysheet.org, (310) 245-6441, cell (310) 445-7709, Linda L. Meeting Saturday, 8:45-10am. Farmer's Market Community Room.

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.

Families Anonymous: www.familiesanonymous.org (800) 736-9805.

Family Support Group: FREE of charge. Have a loved one suffering with mental health and/or substance abuse? Parents & spouses invited to join support group, Wed. 6:30pm-7:30pm. At Awakenings, 28720 Roadside Dr., Agoura Hills, #200. For info call (805) 574-0936.

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

Food Addicts in Recovery Anonymous: (FA) www.foodaddicts.org (781) 932-6300

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

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

LifeRing Secular Recovery, Lifering.org, (800) 811-4142

Love Addicts Anonymous: (LAA) www.Loveaddicts.org

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

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

Marijuana Anonymous: www.marijuana-anonymous.org Los Angeles (310) 494-0189.

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

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

Narcotics Anonymous: www.nasfv.com (818) 997-3822.

Nicotine Anonymous National & World Services: www.nicotine-anonymous.org (877) 879-6422.

Nicotine Anonymous So. California Intergroup: www.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 for listing of 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.

HARBOR RECUPERATIVE CARE (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, CA. Thursday 10:30am to 4:pm, (213) 201-1600.

As You Are Church, 7855 Lindley Ave., Reseda, CA. Wednesdays & Fridays, call for hours, (818) 758-1700.

Catholic Charities/Guadalupe Community Center 21600 Hart St., Canoga Park, CA. 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 (310) 791-3064.
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.
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.
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.
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.
National Domestic Violence Hotline: (800) 799-SAFE (7233)
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
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)
S.A.F.E LA www.safela.org/rape-and-sexual-assault
Stalking Hotline (877) 633-0044 (Stalking Hotline)

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
Clean Needles/Harm Reduction LA (323) 857-5366.
Friends of Aids Foundation (310) 401-4755. Referrals to **HIV/AIDS Hotline** (800) 367-2437. Spanish (800) 400-7432.
HepCHope: www.hepchope.com Hotline (844) 443-7246.
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.
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: _____

Services offered: _____

Address: _____

Phone: (____) _____ Cell (____) _____

Contact person: _____

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

Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400
 Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



2} Keep it simple. Let yourself off the hook. You do not need to wait until you have the right pen, brush, pad, or canvas to get started. Simply put, "Do what you can, with what you have, where you are." —Theodore Roosevelt

3} Inspire others. The best way to get into the creative current is to make something simple as a little gift for a friend. If you're an artist make a postcard and send it, if you're a musician sing a ridiculous song as your voicemail message to a friend. That's what I do. Somehow by making something with a friend in mind I'm motivated. And the idea of creating something simple "just for a friend" frees me from the negative commentary of my critical mind.

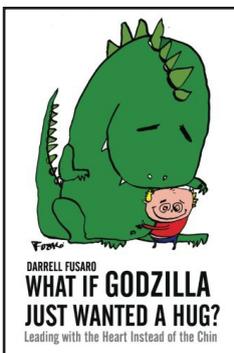
4} Lower the bar. Self-imposed perfection is stifling, relax your demands and your creative spirit will naturally rise to the surface. "Anything worth doing is worth doing badly." —G.K. Chesterton

5} Let it be easy. What you desire to do is possible. Give yourself permission to let it be easy. Whenever stuck ask yourself, "How would I be doing this differently if I were willing to let it be easy?" —Alan Cohen

In summary, listen to your creative leads. Trust your intuition; don't let reason slip you a roofie. Let it be easy; there's no virtue in fighting against simplicity. Hunches always lead you to the creative current that will carry you to better-than-expected outcomes; swim with the current.

Each morning I start out by making a silly little drawing on a 4" x 6" piece of cardstock then I write a friend's address on the back to be mailed out. It always lifts me up and into the positive flow of life.

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, author of *What if Godzilla Just Wanted a Hug?*, and promotes mental health through creative arts. To learn more about Darrell visit www.ThisWillMakeYouHappy.com.



8. Attend a therapy session with your loved one. If invited, agree to go to a therapy session with your loved one. If you haven't been invited, express your willingness to attend a session if that might be helpful. Timing matters, so try not to be discouraged or offended if your loved one, or their therapist doesn't think this is a good idea yet.

9. Ask, "What feels supportive to you?" Your loved one might or might not relate to the ideas mentioned here. So, it is always imperative to ask them what they find helpful and what they don't. To get an idea of what your loved one relates to most, consider reading recovery books that they've found particularly helpful. You might even try an exercise from *Life Without Ed*: ask your loved one, if they are willing, to highlight specific ideas that they relate to within a recovery book before you read it. Then, when you read the book, noting their highlights, you will have a better idea of which parts resonate with them. It will be like reading a self-help book written just for your family.

10. Learn as much as you can. Even though you will never fully understand mental illness unless you've experienced it yourself, you can still learn and grow. Not to mention, the effort that you put into learning might mean a lot to your loved one. I remember when my mom, pre-Internet days, went to the library to check out books on eating disorders. Even though most of the books were filled with outdated information, just knowing that she made that kind of effort meant a lot to me.

11. Have patience. Your loved one might be doing their best (even if it doesn't look like it).

As you learn more, you will probably read a lot about the slow nature of recovery, and the necessity for patience. Research is even beginning to illuminate that, especially in early recovery, it isn't so much that your loved one "won't" take the actions needed to get better, but it is more like they "can't"—not yet. Eating disorders as well as PTSD change the brain. Recovery rewires it. In the beginning, your loved one can't "just eat" nor "just get over" their trauma. One of the most frustrating parts of my recovery was knowing what to do, but not being able to do it. My mind was hijacked.

12. Sometimes, just have fun and don't talk about mental illness. Mental illness takes our lives hostage. We forget how to have fun. We forget how to laugh. Anything that you can do to help pull us into life and joy might help. At first, your fun might not seem fun to us at all. But, don't let that stop you. As the saying goes, "fake it 'til you make it," is key.

13. When in doubt, pray. Sometimes, I think my parents' prayers were the X factor that kept me going. They prayed every day that I would get better. They encouraged me to lean on God, too. Often, I didn't know how to do this, because mental illness has a way of knocking out all things spiritual. Regardless, seeing my mom and dad model their reliance on a higher power was beyond helpful.

In closing, I want to give a big shout out to families, especially mine. Without their continued love and support, I wouldn't be here today. Thanks to recovery, I am more fun and connected than ever before. We hear a lot about how mental illness can tear families apart, but we don't hear enough about how recovery can bring families together—stronger than ever.

Jenni Schaefer, is the bestselling author of *Life Without Ed*, *Almost Anorexic*, and *Goodbye Ed, Hello Me*. She is a Senior Fellow with *The Meadows*. Chair, Ambassador Council, National Eating Disorders Association For more information and resources related to eating disorders as well as PTSD, visit www.jenschaefer.com.

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- Learn new life skills
- Release underlying issues that hold you back

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RIDE AROUND AMERICA 2019

**BIG
JIM'S
WALK**

**“Big Jim’s Ride Around America 2019”
to Raise Addiction and Recovery Awareness.
The Biggest Addiction Awareness Event of 2019!**

- Starting Jan 1st, 2019 on the steps of The Fort Meyers Florida City Hall
- Ending at the State Capitol steps in Tallahassee Florida
- Jim’s bike route will stop in 48 states
- Planned speaking events, rallies, and maybe even a concert or two along the way
- We invite everyone to be a part of this fantastic recovery strong event to stamp out ADDICTION
- Local businesses, churches, treatment providers, rehab and detox centers, and recovery groups can sponsor Jim
- Become involved in solutions and action by becoming a Sponsor
- Sponsor a State Section of Jim’s Route
- Purchase the bike gear Jim needs
- Organize an event in your State

Jim’s Walk Foundation raises awareness and funds to help those suffering, find treatment options and resources. Especially those without insurance, the foundation offer grants and scholarships, and to begin building a family camp and treatment program.

Together in Unity, we can make a difference through “Big Jim’s Ride 2019” and save lives from addiction.

Become a Sponsor by contacting Marisol Lozano
lozanomarisol2627@gmail.com

call **423.364.7856**

For More Information or to Contribute visit
www.BigJimsWalk.com

