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December 2018

KEYS TO RECOVERY

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Navigating the Holidays



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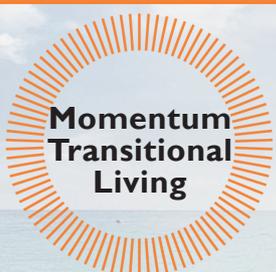
In Recovery

by: Dr. Danielle Delaney, Th. D.

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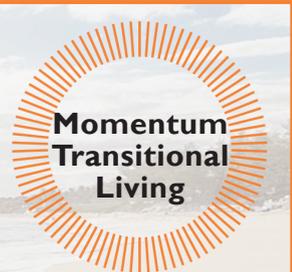
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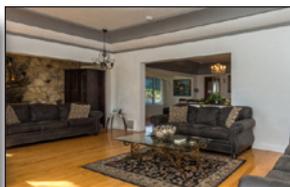
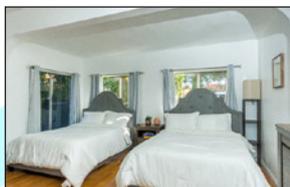
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Welcome to the December issue of Keys to Recovery Newspaper. This month's issue is filled with articles about hope, love, restoration, giving and so much more. I want to take a moment to thank Rudy and Kelly Castro (*authors of Matters of the Heart*), for writing such wonderful and humbling words about Keys to Recovery, and about Marcus and me. When I first read the article it brought tears to my eyes, because I had been asking God to give me a sign that our mission of carrying the message of hope and recovery is still what He wanted us to do. Moments later I opened the article "The Heart of Giving", and I knew once again that God was the true publisher and editor of Keys to Recovery Newspaper.

December is a beautiful month, the lights, the decorations, the parties, but mostly celebrating the birth of Christ with friends and family. For me December is a month of giving and finding freedom. A month of growth and preparing for a new year.

My freedom came this month in knowing that I am not perfect (actually nowhere close). When I stop trying to be all things to all people, stop trying to get everything done in a day... that is where I find my peace. Because I am human I will continue to make mistakes and fall short of my expectations. Thinking that I can or should live an error free life is a sign of my pride. I am perfectly imperfect.

My failures and mistakes are a blessing because they allow me to humble myself, and through that humility I find more empathy for others. The hard moments in my life teach me why humility is so important, these moments teach me to rely on God and not myself. To humble myself to God and give Him full control over my day, my week, my life. When I turn my life and will over to the care of God, I see how all things can be viewed as a lesson and a chance for growth. And let's face it, doing it His way is just so much easier, for me anyhow.

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

Hello to one and all. It is already December and we here at Keys to Recovery love to share good tidings at this time of year. I have dear memories of times past, when my beloved mother would express her love for Christmas' origin. Even though my mother passed away 23 years ago, the joy and happiness that she instilled in us continues to this day. As a family we reached out yearly to friends and strangers alike, providing what we were able to give. It was heart warming to be able reach out to those around us. The spirit of giving should not be limited to holidays, special occasions or events.

This time of year usually brings out the best in most people, and for others it causes anxiety, loneliness, regret and hopelessness. This is why we as recovering alcoholics and/or addicts, should make an extra effort to extend a helping hand to those that are in need. Sometimes we can bring a bit of joy to someone with just a simple smile, a hello, a hug or even a handshake. When we take time to express to another that we do care how they are feeling at that moment, it could possibly be a deciding factor to how they act or react to others, or themselves for the rest of the day.

Enthusiasm during the Christmas seasons can be expressed all year round. Daily we can focus on being able to help those in need around us. Even though this past year may not have turned out the way that we wanted it to, spiritually, financially, physically, morally or ethically, future opportunities give us new avenues to set things straight. We should not be controlled by our past. The past should not dictate our future, but instead, it should be enlightenment and a guide for a better tomorrow.

We know the old saying "It's no use crying over spilled milk," clean it up and pour yourself another glass." Simply put, we should not get upset over certain things, like spilled milk, it's not going to fix it. Let's not waste any more time complaining about what had happened, we should focus on what could be, and that is being of service to others! This New Year may be the best one yet, if we direct our time and attention to bettering ourselves. Life is a progression of accomplishments and failures, yet when applied correctly they can propel us to become closer to being the person we were designed to be.

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



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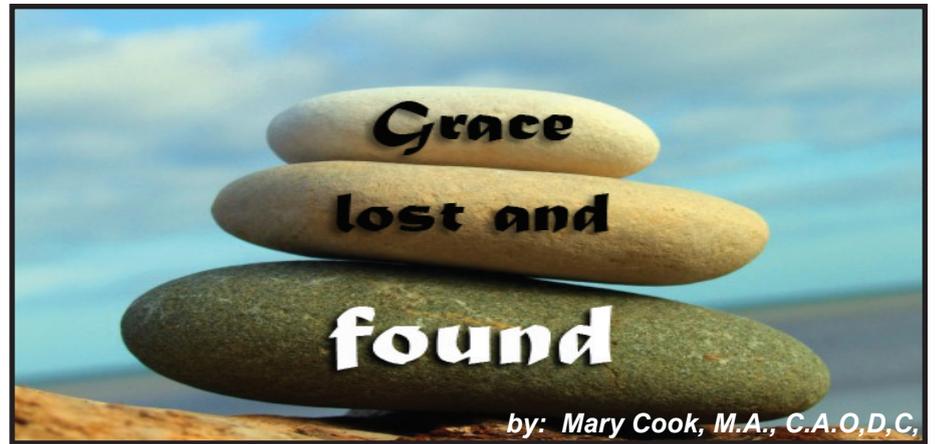
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by: Mary Cook, M.A., C.A.O.D.C.

THE PATH TO COMPASSION

Suffering and struggling are intrinsic to the human experience, and as recovering adults we can choose a healthy response to pain and hardship. Instead of morbid reflection, defensiveness, or harmful actions, we can look deeply into the nature of suffering, to learn the nature of helping and healing. If pain defines us, we are defeated. Unlike pity, which contains the negative emotions of the problem, compassion encompasses the pain of the problem, and the positive emotions and possibilities of the solution. With compassion, we can find purpose in pain, solace in sadness, and truth in tragedy.

In childhood we learn certain pathways in response to our circumstances, and important role models in our life. We may learn a pathway of perfectionistic striving, where our destination is an increasingly distant delusion. Fear of rejection can lead us on a path devoid of vegetation. Aggression can lead us on a path of thorny bushes and poison oak. A feeling of unworthiness can lead us to a series of dead-end paths. Oppression can lead us to a path where rockslides trap us.

Experiencing compassion allows us to pause and reflect on what we might learn. Might there be strength and support in the midst of fear and failure? Might there be hope in the midst of hostility? Might there be calm in the midst of chaos? Might there be sovereignty in the midst of subjugation? Manmade disasters occur when the worst qualities within us arise, and diminish when the best qualities within us arise.

Our external experiences stimulate similar energies within us. When what occurs is painful, this exacerbates problems. If someone hurts us, we often respond with hurtful thoughts, feelings, or actions toward ourselves or others. If someone is angry with us, it stimulates anger within us. This hurt and anger is not just from the current situation, but carries past experiences with these feelings as well. Additionally, our negative internal energies often manifest in external problems, because energy attracts and is attracted to similar energy. So, if we feel undeserving of kindness and love, we have more experiences with people who lack these qualities, which reinforces the original belief. To identify the areas in which we lack compassion for ourselves or others, and begin a practice of experiencing and extending compassion, allows us to enjoy healthier relationships and develop our full human potential.

Walking a compassionate path lets us be like the water that softens sharp edges of pebbles, and brings spring wildflowers to the desert. Water always finds a path forward, going over, under, or around obstacles. Compassion accepts circumstances as they are and says I'm here, I support you and your journey, and we'll get through this. Compassion embraces imperfection in people and life, and focusses energy and attention on insight and personal growth, rather than blaming or victimizing.

Compassion fosters curiosity rather than rigidity, and lowers stress so that we can think clearly and creatively. When we are forceful or pressured, we trample the answers and guidance on our path. When we are compassionate, we have patience and awareness to see all that helps us. The compassionate path allows us to respond to suffering and struggling with acts of goodwill, and wisdom from our heart, so that we can enjoy a more fluid, evolving sense of self and life.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 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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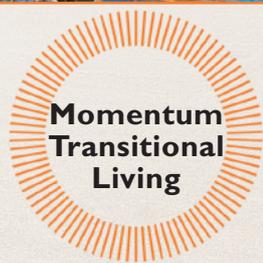


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by: Darrell Fusaro

JUST SEVEN MINUTES A DAY

Just seven minutes a day can transform your life. It's true; the good you seek is seeking you. It is said that the Rabbi of Berdichev once saw a man running down the street. He asked the man, "Why are you hurrying so?"

"I'm rushing to find my livelihood," the man answered.

"And how do you know," the rabbi asked, "that your livelihood is running ahead of you? Maybe it's behind you, and all you need to do is stop running and it will catch up to you."

Within my first year of enlistment in the United States Coast Guard I was having a horrible go at it. I had just finished telling my new friend Mike, how much I dreaded what punishment I might receive for a recent drunken debacle. He responded by saying, "Well, it sounds like you need to include that in your morning routine."

"Morning routine? What's a morning routine?" I asked.

Mike continued by telling me that the most important thing I can do each day is to practice what he referred to as a "morning routine". He suggested that I start immediately.



Each morning upon awakening, before putting on my uniform, even before showering, I was to enjoy a few minutes in positive contemplation with my morning coffee. This included reading a few pages from inspirational books he recommended, saying a few familiar prayers, turning any concerns over to God and mediating on all that was good in my life.

Before I could react about not having enough time for all of that, Mike added, "and it only takes seven minutes, I timed it just for you."

It seemed absurd but without any other options I heard him out.

"Life isn't about jumping out of bed and racing into your miserable day. When was the last time you woke up just seven minutes earlier to be kind and loving to yourself?"

I was caught off guard. Was he really asking me if I was ever kind and loving to myself? This was a man's man. We were standing on an Army base for goodness sake. All my defenses were up, but I had no defense against kindness.

"Never," I said.

"I promise that if you do this consistently for thirty days you will be amazed at how much your life will have transformed for the better. But if you can't wake up just seven minutes earlier to be kind and loving to Darrell, there is nothing anybody can do to help you."

I wanted to believe that what he said was true. Primarily because the thought of conning and manipulating my way out of the mess I was in, felt too overwhelming. I was in over my head. I began the very next morning. I did it exactly like he prescribed.

Within fifteen days, I had an outrageously optimistic thought. "If I continue doing this and following whatever other helpful suggestions are offered to me, my life will continue to get better!" This thought felt so good that I can still remember exactly where I was when it hit me.

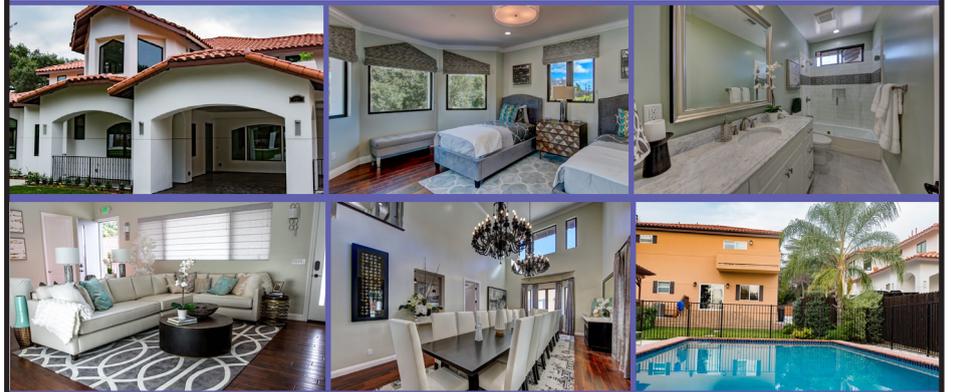
Something shifted in me. In that instant it became clear to me that life worked from the inside out. All my life I had struggled to improve my external circumstances. I was convinced that once I got everything arranged perfectly (i.e., right relationship, right career, right home, right car, etc.) then I'd be happy. Living this way was unbearable. I could never get it all together, so I believed I was a loser. What a thrill to discover that this was not the case at all.

Life is simpler than I had imagined it to be. All I had to do was to switch from striving to believing. This simple seven-minute morning routine was taking me from a hopeless state of mind, to a hopeful state of mind.

We live in a spiritual universe. It runs according to spiritual law. Simply put; as our consciousness improves so will our circumstances.

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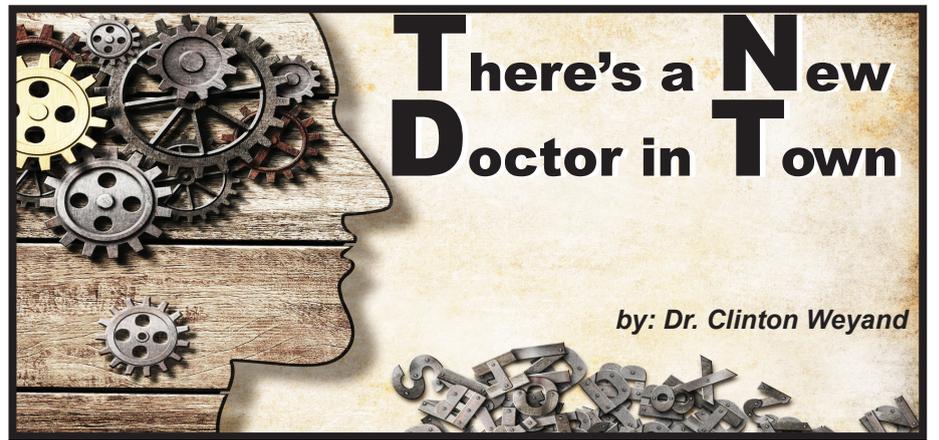
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There's a New Doctor in Town

by: Dr. Clinton Weyand

Dear Dr. Clint: Why aren't joy, delight, and enchantment discussed more in recovery?

Recovery is both painful and delightful. Maybe we tend to not talk about the delight and the joy, because we see it as an avoidance of doing the real work. Each person's problems are more a mystery to be honored and understood. We resist the urge to quickly run in and fix the person. That type of advice they have usually gotten plenty of. We learn to cut through the image of emotions, relationships, words, and obstacles that give life its shape. The spirit is invited in, and given a place free from any threat of adjustment, normality, diagnosis, or even propriety.

We sit in our "conflicts" with ourselves and others, going deep into the pain but, also balancing with laughter that does not have to be forced. Sitting without judgment and with deep appreciation for every word the other is saying, helps to build the foundation for enchantment.

When you are not trying to make feelings appropriate, the magic and charm of the other person is revealed. Laughter is a common response, because it outwits me and my "clients." Many of our best therapists are spiritual teachers who advance a comic sense of life. We also learn that honest failures are often worth the trouble.

Deep humor arises out of genuine piety, and a bighearted affirmation of the tragic comedy we call life. This humor is a sign of spiritual faith, not belief in any one story or leader, but the faith that comes from standing on the edge of your own existence, and in the face of absurdity, courageously allowing life to happen. When we discard unrealistic expectations about therapy and recovery, we can understand the power of just being with ourselves and others. We cultivate a large world view and we "let the butterfly go free."

The other is not someone we pigeonhole with a diagnosis or label. We have a partner in this dialogue and enchantment is leading us deeper into life. This attitude of compulsively fixing ourselves is transcended by the quality of our relationship. I don't want to sound naïve and "pollyannaish" about recovery. It's full of tears and struggle on everyone's part, but life's charm is sometimes revealed only through the initiation of suffering.

Pathologizing language, diagnoses, theories, moralism's, authority, training, and sometimes even treatment plans and insurance requirements, keep the job of recovery and therapy at a distance.

During moments of delight, we stop talking and the soul speaks, we stop doing and the soul acts, we stop guessing and the soul is revealed. Allowing the soul to have room to play itself out, is cultivating, and the soul teaches and initiates. Anything that nourishes the breath of life is taking care of the soul, and this can happen anywhere at any time.

When we get over our narcissism, the world can sing and we can enjoy its song. We must leave the seduction of the mirror and stop focusing on only the shiny objects. Real sponsors and therapists are not shrinks—they do not help people adjust to a boring job or world. Real healers understand change, and invite you into creative eccentricity, so you don't snugly fit into a boring world, you don't place conformity over your own creativity.

We usually think our mission is to fix what is broken, but soul-energy asks for a different kind of attention, because its role is not to "therapize", but to charm and enchant us with the Present Mystery.

The most enchanting places on earth are especially subject to bad weather, earthquakes, and severe firestorms. They are perforated with constant problems and still retain their ability to inspire.

There is lightness about the idea of charm, but maybe our typical notions of therapy are too heavy. As several poets have lamented, the gods have departed and we live in a time when God and Adam no longer walk together in the cool of the evening; or as Jung said, "the gods now appear as our diseases." When a sense of the sacred leaves a people, enchantment disappears and all forms of therapy become ineffective. Our medicine kills us, and our philosophies of change prevent us from real transformation. Put another way, there must be a spiritual awakening to taste the joy of life.

The sacred takes us away from the sad, one-dimensional life. We must service the soul and restore the joy of a sacred way of life, which happens to be, ultimately, the only therapy that really works.

There are signs that things are getting better. There are signs that we are waking up. One is laughter. Another is tears. Compassion begins to replace fear and hatred. We are filled with the desire to help others. For me, two things happened almost simultaneously. I began to be aware of the presence of what some people call God. As this presence began to fill my days, I felt that I could no longer participate in violence against another human being. I was 26 years old when this happened. I was a military officer whose specialty was missions that entailed a high degree of violence, but there was no conflict in my heart. Violence had once been consistent with my sense of duty to my community. It was no longer. Being kind was now my duty.

Dr. Weyand studied 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. For an appointment or consultations, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net. Dr. Weyand is now writing a new book, "Existential Recovery". If you have any thoughts or ideas about this book, please send them to decoop@att.net We welcome your input.

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WHAT IS THE RELATIONSHIP BETWEEN SEXUAL ABUSE AND EATING DISORDERS?

A Conversation Between Jenni Schaefer and Tian Dayton: Current events have brought sexual abuse onto center stage, so I wanted to drill down on the relationship between sexual abuse and eating disorders. Jenni Schaefer and I, both senior fellows at The Meadows, saw each other at Meet the Masters in New York City last week, and we thought that a conversation between us might be a friendly, accessible and helpful way to do this. I asked Jenni some questions, and here are the highlights of that exchange.

Tian: Jenni, in my own work, I have regularly found that clients who struggle with emotional eating have often experienced some form of sexual abuse. Do you see this?

Jenni: While not everyone with an eating disorder has experienced sexual abuse, for those who have, eating-disordered behaviors can act as a way to cope in the aftermath.

Bingeing, purging, and restricting can all numb feelings of guilt, shame, and depression. In essence, an eating disorder can be an anesthetic to soothe the pain of sexual abuse. I know this from personal experience, as I was raped in my late twenties. Already stuck in an eating disorder at the time, I began to binge and purge more frequently and in more violent ways, to cope with the emerging symptoms of posttraumatic stress disorder, PTSD. Bingeing and purging helped me to lessen those high-alert, or stuck-on, feelings of PTSD.

I have also learned that some engage in eating-disordered behaviors as a way to unconsciously punish the body, that seemingly didn't protect them during the abuse. In this way, an eating disorder can be anger turned inward.

Restricting food might serve as a way to exert control over the body, power that was lost during abuse. The list of why people might turn to eating-disordered behaviors after sexual abuse goes on and on.

Importantly, healing is possible. I know from personal experience as well as meeting countless others, those who have both moved past their past, as well as fully recovered from their eating disorders.

Tian: I often see overeating used as a form of mood management, because certain foods release a reliable "dose" of dopamine into the bloodstream, which is soothing; therefore eating certain foods, when depressed or anxious, feel "comforting." What do you see?

Jenni: Interestingly, restricting food can serve a similar anxiety-reducing function. Food restriction appears to reduce anxiety in those with anorexia nervosa. Dietary-induced reduction of tryptophan, which is a precursor to serotonin, seems to be associated with lessened anxiety in these individuals. I can relate: when I struggled with anorexia, eating less was a way to feel better. For me, restricting food seemed to simplify the world and make life easier to handle. Of course, that backfired in the end, as my eating disorder most definitely complicated everything. I battled the binge/purge type of anorexia, so I can also relate to the soothing effect of eating that you mentioned.

Tian: I also hear a lot about weight feeling like "protection", that gaining weight can reflect an unconscious urge to hide from predators, to not attract attention. Can you comment on this if you see it as well?

Jenni: An eating disorder can surely be a protector. Some feel safer in a smaller body while others do so in a larger one. Many people have shared with me that essentially wearing weight can be like a shield or armor. In fact, recently, I read an article about Marie Osmond, a survivor of childhood sexual abuse, who explained how gaining weight was a defense for her. On the opposite end, some restrict food and lose weight for similar reasons. Losing hips and breasts, as well as menstruation, serve as unconscious ways to avoid being sexual and to possibly thwart off attention and predators.

Tian: What is working for you at The Meadows? What in the programming is facilitating change? I ask this because I work with your population using experiential therapy RTR (Relationship Trauma Repair) to be exact....when I am at The Meadows and they seem happy, cared for and upbeat.

Jenni: In the eating disorders field, we are learning that PTSD must be addressed in order for people to fully recover from their eating disorders. One reason is that PTSD seems to significantly predict poor prognosis in eating disorder recovery. Unlike most treatment centers, The Meadows Ranch specializes in eating disorders, trauma, and PTSD. In fact, we even have four therapists certified in EMDR (Eye Movement Desensitization and Reprocessing). EMDR, which is an evidence-based treatment for PTSD, helped me to recover.

Prior to tackling the challenging work of trauma, our patients need safety and stabilization.

This, of course, includes nourishment. Importantly, malnutrition can happen in all eating disorders and in people of all shapes and sizes. Uniquely, at The Meadows Ranch, we even have a commercial kitchen where our patients learn to cook and nourish themselves.

The cutting-edge Brain Center at The Meadows Ranch also sets us apart. Our patients love going to the Brain Center for biofeedback and neurofeedback, which help to decrease their oftentimes debilitating anxiety.

I had the chance to try out the Brain Center, while attending the incredible Survivors I workshop at our Rio Retreat Center recently, and I was blown away by how calm I felt after what felt like having alpha waves pumped into my brain!

Tian: I tend to use psychodrama to move clients towards deep healing, I know you've experienced psychodrama, would you share how it helped you in your eating disorder?

Jenni: As long as I have been in therapy myself (a long time), I have found psychodrama to be very helpful. For those who aren't familiar with psychodrama, it is a role-playing method of therapy. As an example, when I was struggling with an eating disorder, someone in my group might play the role of my eating disorder, which I called "Ed." I dialogued with Ed, ultimately helping me to distinguish between my eating disorder and myself. I realized that I had my own thoughts and personality separate from Ed. I am not Ed. That was a huge realization for me. In my PTSD treatment, psychodrama helped me to face my trauma. An experience with psychodrama actually helped me to break out of denial, and accept the fact that I had been raped.

One day, I hope to attend your THRIVE workshop at the Rio Retreat Center, which I know uses psychodrama to help people move toward posttraumatic growth, and a more actualized life. I have heard that people are having breakthroughs in your workshop! I am always open to experiencing a breakthrough: I often say that I am fully recovered from my eating disorder—but not from life.

Tian: Is there anything you'd like to say that I haven't asked?

Jenni: Over the past several years, I have presented a lot about the comorbidity of PTSD and eating disorders. Some key facts that might interest people reading this are:

- Research suggests that it is PTSD, not the trauma itself, which contributes to the development of an eating disorder.
- Higher rates of lifetime PTSD exist in combination with bingeing and purging. The lifetime prevalence of PTSD is 37-45 percent in bulimia nervosa and 22-26 percent in binge eating disorder—compared to 5-12 percent in those without an eating disorder. Individuals with anorexia nervosa who binge and purge, (like I did,) also have a higher lifetime rate of PTSD.
- Individuals with both PTSD and an eating disorder share significantly greater comorbidity, and are more likely to engage in multiple forms of purging than those with eating disorders, who don't have PTSD.
- A hurdle in treating patients with a sexual abuse history, (or any trauma history), and an eating disorder is the fact that relatively few clinicians are trained in both trauma as well as eating disorder therapies. Again, The Meadows Ranch leads by treating both.
- The majority of eating disorder therapists are not familiar with evidence-based treatments for PTSD. While eating disorder clinicians believe trauma-related symptoms are a key obstacle to recovery, and that it is important to address PTSD, they are also concerned about integrating treatment. Many fear that trauma therapies will worsen the eating disorder, prevent eating recovery or lead to an increase in self-harm. Yet, findings from a 2017 pilot study support the opposite: integrated treatment works—without decompensating patients. At The Meadows Ranch, we find great success with integrating treatment. I sought PTSD treatment after I was fully recovered from my eating disorder. Even though trauma therapy was possibly the hardest work I have ever done, I did not—not even once—relapse into eating-disordered behaviors.
- Most clinicians receive little training on how to assess and treat eating disorders, and thus, are not equipped to manage life-threatening illnesses. Anorexia nervosa has the highest mortality rate of any psychiatric illness.
- Clinicians who are not specialized in eating disorders often have negative reactions to the illness. They feel frustrated and hopeless; they worry they lack competence. Conversely, clinicians who do specialize in eating disorders love their jobs, enjoy their patients, and know firsthand that recovery can and does happen.

I want to emphasize that although obstacles exist along the road to recovery, there is indeed a road to recovery. I have walked it—with many others. Healing is possible. Reach out for help. We are here for you. Never give up.

Tian: Thanks for bringing in the intersection between PTSD and eating disorders. In my own experience working with addiction, we have gone through many evolutions on when to pay attention to trauma, and we observed the same thing that the study you mention finds. While treating PTSD issues could be evocative, it was also deeply relieving and helped to prevent relapse.

Tian Dayton, MA, Ph.D., T.E.P is the director of The New York Psychodrama Training Institute. She served as Caron's director of program development and at Breathe. She was a professor at NYU teaching psychodrama, and currently sits on the Scientific Advisory Board for NACoA. She is a fellow of the ASGPP, and is the winner of their scholar's award and the President's award. She has served as Editor in Chief of the Journal of Psychodrama, Sociometry and Group Psychotherapy. She is also the winner of The Mona Mansell Award, and The Ackermann Black Award for her contributions to the field of addiction. She is the author of 15 books. For more information about Dr. Dayton, visit www.tiandayton.com.

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.jennischaefer.com.



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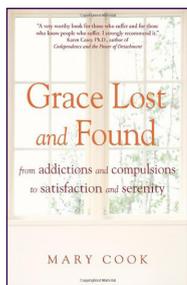
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by: Doug Bopst

THE "G" WORD

We hear it all the time, don't we? The "G" word is almost like saying the "f word" or any other swear words at times. You know what I'm talking about. It's big and scary! I am talking about Gorilla!

Kidding, just breaking the ice a bit to get you ready for me to talk about God. Whoops there it is, the "G" word, GOD!

People have no issue saying things like God this and God that, but can't talk about how great He is or what He has done in their lives. I find it hard to believe. But, hey I get it, I've been there. I used to have no belief whatsoever in God. Heck, I would laugh at those that did. I loved taking credit for the great things I did, and blaming others for the mistakes I made. From the drugs, greed, money, and women I would fill anything in my life to try to make me happy. But something was always missing, and I began to question myself and my consistent lack of hope, doubt and pride.

It wasn't until I got a nudge from a client to take a knee. I was hurt and spiritually empty. I had to realize that I am not in control and give my life to the ONE WHO IS. I gave my life to Jesus on September 30th 2014. I sincerely felt like a monkey had come off my back. Seriously!

The first thing I did was call the person I blamed a lot of my problems on my Mom. I simply called her to tell her how sincerely sorry I was, and that I loved her. Something I hadn't done all my life. Sincerely tell her so. It was at that point that I started to believe this God thing might be real.

I began praying daily. Reading the bible daily. Going to church and small groups weekly. Things I never thought in a million years I would do.

Shortly after that, things started to fall into place. I found a deeper purpose in life. I began finding peace with my past and hope for my future.

I had to surrender. I needed to let go of the pride that I held onto, and had to realize that's it not about me. It's about living my life for someone else. That's purpose.

God, Higher Power, Jesus and many other forms of spirituality get a bad rap at times. We try to get too technical about it and talk out of turn. We need to learn that having Faith or believing in something greater than yourself, isn't as complicated as we make it seem.

Here is a great way to start:

1. **Serve others.**
2. **Be grateful.**
3. **Don't take things personally.**
4. **Let go of pride.**
5. **Treat others with respect.**
6. **Love unconditionally.**
7. **Be genuine.**
8. **Forgive.**
9. **Work hard.**
10. **Seek wisdom.**

Now don't you think if we all could follow these ten things, the world could be a better place? That is what I have learned from following the "G" word... I am not saying you will or should learn every one of those things. But, I encourage you to check it out for yourself, and see what lessons you learn to apply to your life and make someone else's life better. You must learn to let go. Be content with the way your life is going, and know that it's God's life and He is proud of you!

Your life is a blessing each day and remember that you ARE living on borrowed time. Don't be afraid to use the "G" word to better your life and watch what will happen along the way. Remember, you don't have to be religious to believe in something greater than you.

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.



The Hope Interviews

by: Steve Jones



FROM TRAUMA TO TRANSFORMATION

Luis J. Rodriguez, Poet Laureate of Los Angeles 2014-2016, is the best-selling author of *Always Running: La Vida Loca, Gang Days in L.A. and It Calls You Back: An Odyssey Through Love, Addiction, Revolutions, and Healing*. He is the founder of *Tia Chucha's Centro Cultural* and the *Chicago-based Youth Struggling for Survival* non-profit organization. (Websites: www.luisjrodriguez.com and www.tiachucha.org)

In *Always Running* you write about your experience with solvents: "carbono, clear plastic, paint or gasoline...The world became like jello, like clay, something which could be molded and shaped. Sounds became louder, clearer—pulsating...I was transported away from what was really there—yet it felt soothing." Could you talk about how you were drawn to experiences like this as a way of escaping the violence, racism and poverty that you experienced in the barrio?

I was trying to find a way to not be in the pain of the world: the family not being there, the pain of racism and of being poor. I think it was just part of *La Vida Loca*: the three dots people tattoo on their faces or hands to symbolize death, prison and addiction. And I was prepared for all of it.

Your solvent abuse took you to a near-death experience: "I had to get to the light, that wondrous beacon stuffed with sweet promise: Of peace. Untroubled. The end of fear." Did this search for peace—through chemicals—trigger and drive your addiction or did it start earlier with alcohol?

I started alcohol around the same time I started with drugs. When I was around fifteen years old I dropped some pills and was drinking Wild Turkey whiskey. I had also taken heroin and some solvents. At a certain point everything exploded, and then I was in a tunnel, and it started to become very quiet. I was going towards the light and family and friends and homies, some dead, some alive, were calling me over. I felt that this light was the most beautiful, amazing thing. All of a sudden I sprang back. My homie had tried to give me mouth-to-mouth resuscitation and he said, "You died homie, you stopped breathing." I was really pissed off. I didn't want to come back.

You wrote: "We tried to enter death and emerge from it. We sought it in heroin, which bears the peace of death in life." How did your heroin addiction progress after your first high?

We would snort it or put it on our weed, so little-by-little. I was always thinking, *I am not going to be like the junkie on the corner*. I was fifteen when I started doing it intravenously, because it never was going to be good enough until I did it all the way. It was a piece of death. Like I wanted to die this way. The other way was the exact opposite: *Kill me in a blaze of glory; kill me for the barrio; kill me for the gang*.

You describe a turning point where you walked away from the gang life: "There comes a moment when one faces the fresh features of an inner face; a time of conscious rebirth...I had reached such a moment." Did this moment also correspond to a point where you were ready to turn your back on drug and alcohol abuse?

I got arrested during the big Chicano moratorium against the Vietnam War. I was sixteen years old. They brought me to murderers' row. I was in a cell next to Charles Manson. They were going to charge us for the murders of people who were dying in the riots. We were there for five days before they finally came and sent us out—no charges. I started putting equations together: of racism, injustice, unfairness. My anger started coming out again and it gave my life a purpose. That is where the seed was planted. I was going to leave the crazy life—to have a purposeful political life. I went to the county jail for the last time when I was eighteen. If you are on heroin you are owned by everybody: the police and the prison gangs. I knew that as long as I was on heroin they had me by the noose, so I started my first heroin withdrawals in the county jail. It was extremely painful but it was an important step because to me heroin was part of the system, it was part of the way they controlled us, it was a political thing. I had my relapses but by the time I was 19, I finally was done.

How has taking part in Native American and Native Mexican "sweat" lodges—inipis or temescalis—helped you with your recovery?

It is closer to what I am. I met people who told me how the Native American community has all this alcoholism and addiction and that their traditional way is the most powerful way. So I think it speaks to my bones, to my memory, to who I am.

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You founded Tia Chucha's Centro Cultural with your wife Trini in 2003 to "transform community in the Northeast San Fernando Valley and beyond through ancestral knowledge, the arts, literacy and creative engagement." Can you talk about the role of arts and culture as a way out of the cycles of gang violence and drug abuse?

It turned out to be the way I got out. I was a graffiti artist doing this very intricate cholo, gang-related art on the walls. A youth worker introduced me to the technique of painting murals so we started painting the walls. I had thirteen gang kids working with me. We all got paid. It was life transforming work. These guys taught me what I was going to do years later, when I worked with youth in arts, music, theater, and writing. That it could actually help people transform their lives—to go from trauma to transformation.

You do a lot of work in prisons, running creative writing workshops, what have you learned from this experience?

A lot of prisoners are there by fate. Many of us would be in prison except certain things worked in our favor. Some of these guys have 300 year sentences. They have had to grow up in prison and I've learned a lot from them about how to find the keys to liberation, the keys to recovery, the keys to hope, even in that confined space. I always tell them, "You will have to be your own masterpiece. Your art isn't your masterpiece. It is you."

Despite all the challenges in the world today, what hope and inspiration have you drawn from your experiences of working with young people in the fifteen years that Tia Chucha has been established?

Every institution is in crisis, and it probably should be because something is dying and something is trying to be reborn. We have to figure out what it is because what is dying is holding back the birth. Something in everything has to die so something new can merge in. Young people are carrying that seed of what's new. They are not willing to accept all the old paradigms, they are challenging all of them, but they also have great ideas. That is what I am getting from young people today.

How has the Luis Rodriguez of today changed since his *Always Running* days and what are you grateful for today?

I have made some terrible decisions in my life and I have been able to go through them and make some good ones like marrying my beautiful wife Trini. The seed keeps going, so I am very hopeful. I feel very blessed. I am not going to retire. I am going to re-fire. I am going to find a new adventure in my life, provide mentorship, whatever I can do so these young people can really bring something beautiful and new because, as you know, we need it.

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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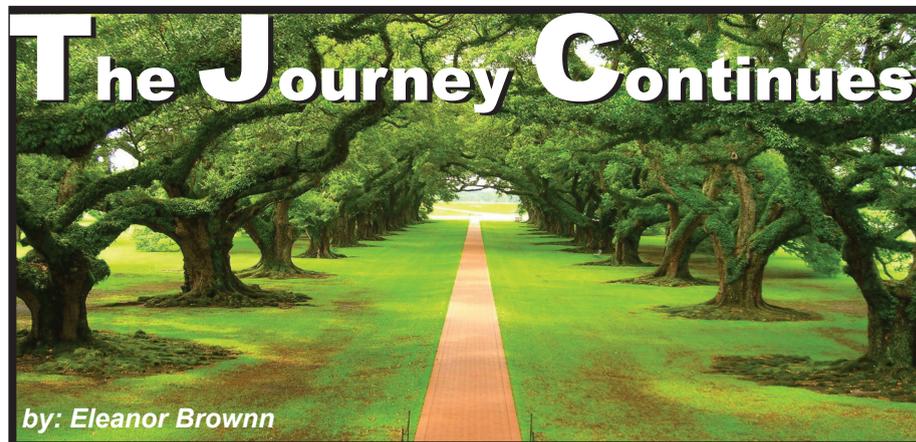
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by: Eleanor Brownn

ADDICTED TO CLUTTER

I let go of several trash bags of pain as I was packing to move out of my apartment recently. I held on to things, from as far back as the 1980s through numerous moves. It was painful to see some of the bits and pieces of paper. There were mountains of them in files and folders reflecting shreds of unfulfilled dreams and broken promises, memories, relationships, fears, experiences, glimmers of happiness and perceived slights and wrongs. I have lugged that stuff with me over decades from place to place and spent thousands of dollars on storage because I was afraid to let go of them. I was always hoping that somewhere buried in the piles there might be a random puzzle piece that would ultimately help me make sense of my life. I was afraid that if I threw away no longer useful items or files I wouldn't remember things that had happened to me in the past. I used clutter as a form of beating myself up for past mistakes — reminders of trusting too much or not trusting enough, taking chances or failing to take chances. In short, I beat myself up for being human.

Can clutter be an addiction? Yes. The defining characteristic of an addiction is a lack of control. You need to stop. You want to stop. Yet, you can't stop. Whether the compulsion is to keep adding items or an inability to let go of existing ones or a combination of the two, clutter addiction is characterized by a lack of control. Often, you can see the loss of control in the resulting physical chaos. Your place is a mess. Our external surroundings are often a very effective gauge of the turmoil going on within. With non-physical forms of clutter, such as dysfunctional relationships, an overbooked calendar, and mind clutter, the lack of control is manifested in anxiety, confusion, and psychological paralysis. We can become literally and figuratively trapped. It is painful. So why continue to do it? Because, like all addictions, there is a benefit. The payoff for clutter is avoidance of pain. Clutter is a way to avoid feeling feelings, bury painful experiences and delay facing up to consequences for past actions. Clutter — whether it's clutter with objects, activities, or relationships — is a way to “numb out” and live in a fog. It's a high.

Is clutter having a negative impact on your life? Like other addictions, addiction to clutter is self-destructive. Here are just a few of the symptoms, according to clutterersanonymous.org. Notice that most of them have less to do with the objects themselves than with the feelings of shame, anxiety and overwhelm that accompany them.

Do you have more possessions than you can comfortably handle?

Are you embarrassed to invite family, friends, health care providers, or maintenance workers into your home because it is not presentable?

Is clutter causing problems at home, at work, or in your relationships?

Do you hesitate sharing about this problem because you feel embarrassment, guilt, or shame about it?

Do you use avoidance, distraction, or procrastination to escape dealing with your clutter?

Do you have difficulty making decisions about what to do with your possessions, daily living, or life in general?

Do you believe that there is all the time in the world to clean your house, finish those projects, and read all those piles of old magazines or newspapers?

Are you easily sidetracked, moving from one project to another, without finishing any of them?

Does perfectionism keep you from doing anything at all?

Is there a solution? Clutter is a growing problem in our society as a whole. Go to the self help section of many bookstores and you'll find rows of books covering everything from instructional methods for getting organized to understanding the psychological underpinnings of why we hold on to too much. Some say clutter is a deeper problem, an attempt to fill a God-shaped hole and eliminating clutter can have a healing effect. As Joshua Becker, a minister and best-selling author who advocates the joys of minimalism, says “owning less is better than organizing more.” He's seen repeatedly that there is “an almost magical effect when people right-size the quantity of their possessions—in the process, the people themselves are changed in positive ways.”

Let Go And Let God: Are you a clutter addict in denial? Maybe it's time step into the sunshine. Whether you take a spiritual approach or a more practical one, finding ways to eliminate clutter one day at a time can be life-changing. As for me, I still have paper clutter to get rid of, but the mass has shrunk to a tiny fraction of what it once was. I'm letting go of lingering resentments and fears. I'm letting go of the things that do not reflect who I am now. I'm taking action, letting go of shame and regrets. As I shed the clutter, I feel more authentic.

Eleanor Brownn, MA, CPG, is a freelance writer and educator based in Southern California who explores issues related to self care. eleanorbrownn.com, Social: @BrownnCares





THE HeART OF SERVICE

December can be a tricky month for people. It contains the biggest holiday of the year. It's the unofficial container of all our mistakes throughout the year as it's the time we evaluate and take stock of our actions. It can be heavy no doubt. However, December is also known for service. Most people understand that December is a time for giving, however, there are certain people in the world that spend the majority of the year and their time in service. Some of the most famous givers that come to mind are Mother Teresa, Nelson Mandela, and Gandhi. These are the kind of individuals that have mastered the art of letting go of self. They understood the concept of giving one's full life to being of service for others.

We wanted to take this moment to acknowledge the owners of Keys to Recovery who we have witnessed being of service constantly over the years. These two beautiful souls are some of the most giving people we know. Their lives are completely about serving others in so many capacities. As we have gotten to know them, we have been blown away by their generosity to others in need, to dedicate one's life work to a greater cause and then to also celebrate others ahead of them that are tremendous givers as well. When we grow up we want to be like Jeannie and Marcus. Seriously, we are honored to know such an amazing couple that provides a high level of integrity in their service.

We will always remember the emails we have received from them asking the community for help for someone in need. We will remember when they got married and asked that people gift them with clean socks and underwear for them to donate to one of the many shelters they serve, rather than buy them anything. We will remember all of the community events they created in their home to bring people together. We will remember their constant sacrifice and the reality that we have never heard them ask for anything for themselves. It has all been out of generosity and deep humility. It is the fruit of their profound relationship to God. These two love and pursue God more than most people we know. They have been and will always be an inspiration to us.

This Holiday Season we have committed ourselves to a deeper level of service. Right now, we have decided to spend time with Rudy's dad for Thanksgiving week in Hemet, California where he has struggled to survive, and battle with addiction and alcoholism. Despite Rudy's father being absent all of his childhood and not making much of an effort his entire adult life, Rudy continues to find a way to show up and heal the relationship. They never celebrated a holiday together, until this year. For those who have not followed our column, we have moved into a converted 36-foot school bus and are traveling the country, so we decided to bring Thanksgiving to him and his wife and celebrate with our family.

This brings us to the most healing moment of making that decision and why we continue to say yes to opportunities to heal in life. One of the visions Rudy had in visiting his father was to work together on connecting the solar panels to the battery bank in our bus. His dad worked with his hands his entire life as a mechanic and as an electrician. With the little experience Rudy has, he made a mistake as they were running electrical wires from the top of the bus and had to do it three times. He was frustrated with himself and said, "I'm so sorry dad for this...I made a dumb mistake again". His Dad responded with, "Son, it's not a mistake. Maybe now when I help someone else I won't feel as guilty because I've finally been able to help my son with something." He said that he was never able to fully give because of that guilt. The guilt of never having given anything to his own son. With tears streaming down his face and his lip quivering, it was powerful to watch his heart heal in that moment.

Later in the day, the healing began to hit Rudy. That was the very first Father/Son moment they had ever shared on the very first holiday ever spent with one another at 41 and 61 years old. The healing for Rudy was an opening that will allow him to let others in. Growing up without a Dad created a very self-sufficient man that has struggled greatly with asking for help. That moment, that connection melted some of the ice around his heart.

Now Rudy and his dad can allow that healing to impact how they show up in life. There is no amount of money or material that compares to the gift that was given to both Rudy and his father. Rudy came here without any expectation of "getting" anything. He was here to give with all of his heart. The irony of pure giving is that we will always receive far beyond what the mind can comprehend, or would have ever asked for. We suggest to you this holiday to look for a relationship or community in your life that you can serve wholeheartedly. May we bring back the true magic of what holidays are really about. Love and Service. Rudy and Kelly Castro, Conscious Partnership Coaching

Rudy is a therapist, and Kelly is a Certified Relationship Coach. They co-own Conscious Partnership



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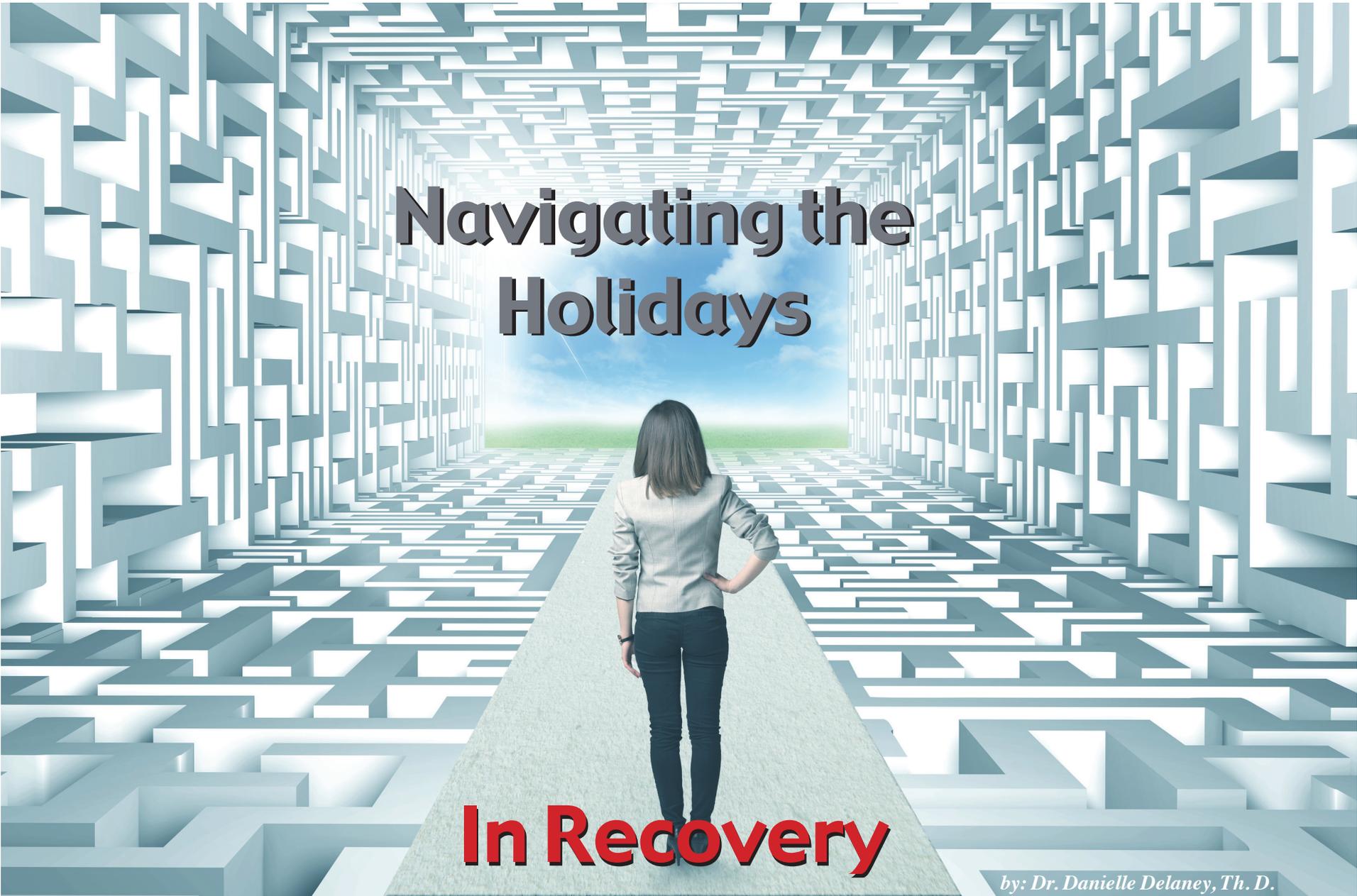
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A woman with long brown hair, wearing a light-colored blazer and dark pants, stands with her back to the camera in the center of a complex 3D maze. The maze is constructed from light blue and white rectangular blocks, creating a series of paths and dead ends. At the far end of the maze, a bright, clear blue sky and a green horizon line are visible, suggesting an exit or a path forward. The overall scene is brightly lit, with soft shadows on the maze walls.

Navigating the Holidays

In Recovery

by: Dr. Danielle Delaney, Th. D.

Many call it “The most wonderful time of the year” and sometimes, it can be. But to be fair, for a large amount of people, the holidays bring a deep feeling of loss, longing, emptiness and pain. The reason? Well, society has basically banged us over the head with the idea that a happy family or marriage, or partnership is the yardstick by which to measure all things. When we are in transition in any way, be it a divorce, job loss or change, change in relationship status, death of a loved one, ending of a friendship, ANY transition or change at all, the message we are given by society at large is that we are not in sync with those Norman Rockwell paintings, and the images that many of us grew up with as the picture of happiness and fulfillment. Besides...that family portrait with the happy, successful people and the kids and the Golden Retriever most likely wasn’t ever what it appeared to be. Appearances tend to be deceiving, and are not the whole story. That is a truth we have learned in the world of recovery

How accurate is that picture that many cling to so tightly as “the way things should be”? In reality, it should differ for each and every one of us. Navigating though the rough currents of life is a very individual undertaking, and one size certainly does not fit all. One way of LIFE does not fit all. So, why do we feel such fear and loss as we go through change?

Why does the holiday season seem to highlight these feelings? A simple “What are you up to for Thanksgiving?” said in an offhand manner by the pharmacist, or the checker at the supermarket can cause a racing heartbeat and a feeling of inferiority when one is in the throes of change at the holidays. Visions of happy families gathered around the table, friends laughing around a fireplace enjoying a meal together, and people racing home to visit with their loved ones often pass for the norm. Actually, a good percentage of people haven’t observed a formal Thanksgiving since their youth, nor a Hanukkah or Christmas season filled with family events and visits with friends. Plenty of people come from divorced families where both parents will never again be present at a holiday celebration, or have experienced loss of one parent, or of a spouse or partner. Often, siblings are estranged from each other, or from a parent. Couples sometimes do not “get along” with one of their families, making it a tense time of year. People going through relationship breakups or divorces may feel a sense of loss, and not feel at all celebratory. Others equate the time of year with a traumatic experience...trauma does not take a holiday! Still others have social anxiety, and don’t enjoy the pressure of a crowded room with the expectation of easy sharing of stories, and an expected pleasure in meeting new people.

For those of us in recovery, the holidays can present numerous occasions where we are asked why we are not partaking, or feel pressure from our peers. There are many reasons that a “normal” cheerful holiday season may not resonate with someone’s reality. It’s doing everyone a disservice to expect it.

Whatever the ideal of security and happiness that many of us feel we are “supposed” to meet, it is often elusive. When whatever is going on in our personal lives is not measuring up to the expectation placed on “holiday joy” and “tradition”, we can feel a deep, painful disconnect. To feel that disconnection and yet feel forced to smile and soldier on, and attend events or to answer those “What are you doing for the holidays” questions with grace can feel like a very tall order. The season highlights the feelings of pressure to act like everything is “fine” because, by definition, ’tis the season to be jolly. When you don’t feel at all jolly on the inside, the incongruence is excruciating. That exterior of cheer is just a facade.

Please know that you are not alone in feeling a sense of sadness. There is a natural tendency to reflect upon our upbringing, and our past holiday seasons whether good or bad, and to feel a sense of nostalgia for days gone by. It is a nagging longing, because those days are never coming back.

We know this truth deep inside of our psyche, and it hurts. Even if it was not particularly good, it was all we knew when we were young, and now it is up to us as adults to create something that feels better for ourselves. Not for our past self, but for our current, present self.

That is the self that is going through changes and transitions that are not simple. Divorces, separations, ending friendships, severing ties in business and in life.

These changes are necessary. If they weren't, we wouldn't be making them. If what you had together felt rewarding and healthy, you would not have felt the need for a shift. Perhaps someone else initiated the ending of a relationship that you thought would be forever. While this is painful, when someone wants to leave you it only makes sense to let them go. Feelings of loss are natural, but it will get better. The holidays will indeed end, and you will get through this time of feeling like you are the only one not feeling the joy. It will be difficult, but it can be done. With the help of counselors, coaches, and therapists, it can be an opportunity for growth. We tend to grow when we face challenges, not when things are simple. Going through an excavation of the self and unlearning unhelpful patterns is an excellent way to return to yourself.

Take extra time to take care of YOU. You are not required to show up at events to please anyone else, and to feel uncomfortable for the benefit of another.

You may have to tolerate the extra cheer at work, but don't allow yourself to feel forced to attend parties or other activities that just don't ring true for you, and that you don't enjoy. Avoid self-medicating with food, alcohol, internet fixations, drugs - face your reality.

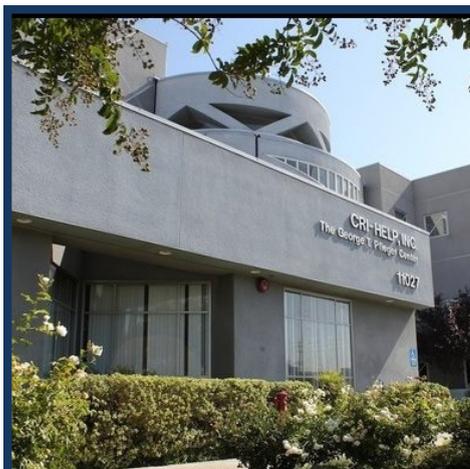
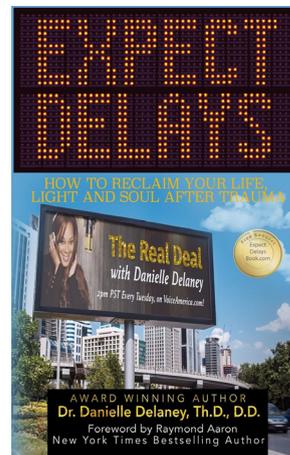
Buy healthy food that you like, get in a hike or some exercise even if it is just a walk, watch movies that make you laugh. Spend time with anyone that you can think of by whom you don't feel judged. You don't have to be "on" all the time, and you aren't obligated to be anywhere other than work. It's okay to feel your feelings, and its always brave to ask for support and help. Seek counseling if the blues feel like too much for you to handle and you are feeling fragile.

You are not alone in feeling this way at this time of year.

All exits from one thing are also the entrance to something else. This is a fact, and recognizing it is a vital ingredient in the science of creating a satisfying life. Every ending is also a beginning. In many ways, exits can set us free. Exits from behaviors, attitudes, and people that no longer serve our higher good and higher self.

Hold tight, breathe, and hang in there - a new year and a fresh start is just around the corner.

Dr. Danielle Delaney, Th. D. is the award-winning author of Expect Delays: How to Reclaim Your Life, Light, and Soul After Trauma. She is a Certified Crisis Interventionist, a specialist in Addiction & Recovery Aftercare and Life Stage Transitions, and is a Spiritual Counselor. She also specializes in the area of Adults Molested as Children, Rape Crisis, and LGBT issues. The Los Angeles Office of Protocol has hailed Danielle as "a proven asset to the City and County of Los Angeles." Danielle maintains her private practice in Hollywood, California and she can be found listed in Psychology Today. She is a frequent contributor to magazines such as InRecovery and Keys to Recovery, and has made numerous appearances on RadioMD, Rewired Radio with Erica Spiegelman, Convergence Healing and various other shows. To contact her or to learn more about her practice, her book or her radio show The Real Deal With Danielle Delaney, please go to: DanielleDelaneyCounseling.com or ExpectDelaysBook.com



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HAPPY HOLIDAY SEASON - YES WITHOUT GAMBLING

Another holiday season is upon us already. It seems just yesterday it was summer. Time sure does fly. As you begin getting your holiday shopping done, decorating, baking those yummy Christmas cookies, I hope for those maintaining recovery from gambling addiction will take some time to reflect, on how you have gotten to your beautiful life today. We need to be mindful of where we came from, and how far we have positively moved forward in life. It is essential to do so as you walk farther away from your past within addiction.

Why? It gives us a sense of accomplishment and gratitude as we become thankful for all the work, and "change" we have put forth to get where we are today maintaining our recovery path. We also need to be mindful of those who "don't have what we have", when it comes to recovery.

Many do still have struggles around the holidays and that is why I will be recovery blogging and close to my phone and email throughout the holidays for my sixth year now. I do this to be of service to those who are new to recovery, and may have a tougher time through the holiday season. I started this recovery tradition right after my book, 'Addicted to Dimes' released in late November of 2012, and decided I would do it every year.

I knew how hard it was around the holidays when I was still deep within my gambling addiction, and when I first started recovery. We have feelings of desperation due to no money for gift giving, decorating the home and even holiday meals. I still remember walking up and down the store aisles wishing I could buy this or buy that, and feeling sad and mad at myself because it was all my fault, my gambling was why I couldn't.

Anger can be a trigger as I'd leave the store and gamble for a few hours to feel better, hopefully. But that didn't work because I was desperate! Even in recovery, the holiday season can be filled with many opportunities to gamble while surrounded by people, which may threaten their gambling addiction recovery. Here are reasons why:

- A. Poker and other card games are played with family and friends around the kitchen table.
- B. Scratch-off tickets are given as gifts.
- C. Holiday sports events provide opportunities to place bets on winners and outcomes.
- D. The holiday season is a time many individuals take trips to resorts, and other destinations with unique gambling options.

Many situations can cause problem gamblers to feel the urge to gamble. If you are in recovery from a gambling addiction, you must avoid gambling "triggers" for your recovery journey to continue successfully.

So how can you stay safe? If your friends and family support you within recovery, don't be afraid to ask, and these are ideas to keep safe through the holiday season, by friends of "Know The Odds" <http://knowtheodds.org>.

Stay Safe Through The Holidays and Beyond: Budgeting – If you are a newly recovering gambling addict, you may have already put someone else in charge of your finances. If you are concerned about urges to gamble during the holidays, make sure you do not have access to a surplus of funds, or any significant amounts of cash that could raise temptation.

Family Gathering Decisions – Request that family and friends refrain from gambling when playing games together this holiday season. Card games can be enjoyable without the transfer of money or other material goods. While it may be wise for you to refrain from playing these games at all to keep from being reminded of your past gaming activity, and the feelings associated with wins and losses, a request that no gambling occurs will allow others to play without posing any immediate danger to you.

Avoid Dangerous Gifts – Similarly, request that no holiday gifts come in the forms of cash or scratch-off tickets. Both could trigger the urge to gamble "just this once," and that action can spiral into the return of your more dangerous addiction.

Know Yourself – Remember what caused you to gamble before, and make sure your behaviors and habits do not change during the holiday season, triggering gambling impulses. You may also need to monitor your alcohol intake, turning down vacation day trips to casinos with friends, and making sure no extra vacation time causes you feelings of boredom or loneliness.

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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.

MONDAY, DECEMBER 31, 2018 Sober New Years Eve Dance Party. Food and Fun starts at 10pm ends 1am. Tickets \$7 ADVANCE \$10 at the door. Come celebrate in a safe and sober environment! Radford Hall 13627 Victory Blvd, Van Nuys, California 91401.

JANUARY 18 TO 20, 2019 Sobriety Under The Stars, Promises to be a memorable weekend with a great speaker line-up, workshops and AA and Al-Anon meetings in the beautiful, spacious Westin Hotel and Spa in Marina Vallarta, Jalisco, Mexico. www.aapvconvention.com

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@sfaaconvention.org. www.sfaaconvention.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.

FEBRUARY 7TH TO 10TH 2019: 55th International Women's Conference. The Westin Bonaventure Hotel & Suites. 404 South Figueroa Street, Los Angeles California. (213) 624-1000, www.internationalwomensconference.org

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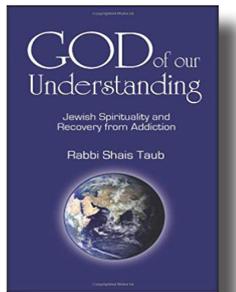
Book & Video Reviews



GOD OF OUR UNDERSTANDING, Jewish Spirituality and Recovery from Addiction. Author Rabbi Shais Taub; Published by Ktav Publishing House, Inc.

In the very beginning Rabbi Shais Taub acknowledges this book's limited appeal. One cannot be sure if this is a book about addiction for Jews or if it is a book about Judaism for addicts? Either way it has a highly selective audience, giving it a real 'niche of niche' in terms of marketing. "God of our Understanding" is a frank and penetrating look at the underlying spiritual dynamics of addiction and its treatment through the Twelve Steps programs. Rabbi Shais Taub, a world renown expert in Jewish mysticism as well as a mentor to many thousands of addicts, draws from his unique background to thoroughly address many of the concerns raised by Jewish addicts in recovery, while also using Jewish knowledge to enrich the understanding of the spiritual principles of recovery to addicts of all faiths.

Although this may not be the typical type of book you usually read, if you stick with it, you will truly be enchanted and will know why the Higher Power, so many talk about, is so important. Rabbi Shais Taub is so real and at the same time he is intellectual and quite insightful. He talks about his trials and his lessons. He tries to explain how important a Higher Power is and he so wants us to know that we all need one. Mine is God, and I don't know what I would do if I did not have God to give things over to, some one that knows it all and never fails us. I know my life has gotten so much easier, (not perfect but easier) knowing that I can turn everything that I cannot handle over to God and He will get me through it. This book can change your life if you will read it with an open mind and you are truly ready to change your life for the better. Available at www.Amazon.com

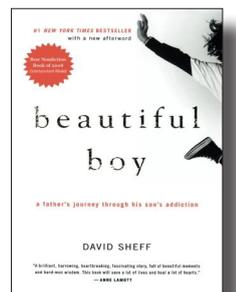


We reviewed this book Sept. 2017. It is now a movie! Just like the book, it was so painfully real. If you go see the movie, which I suggest, bring tissues.

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

This isn't your run of the mill story of an addicted child and the sorrow that their loved ones suffer. This is not only a true story, but an extraordinary journal of pain, perseverance and hope. It is painfully candid, yet equally powerful and optimistic. This is a story that many of us can relate to. David Sheff had no previous knowledge or understanding of addiction. When he had a glimmer that his son was an addict he was in disbelief. He didn't understand it and thought that addiction was not something that would ever affect a family like his. Much of the book is David Sheff's experiences with his son Nic. Whether he was tracking Nic down while Nic was on the streets nearly destitute, gaunt, filled with sores and bruises, or while Nic was in and out of rehab. Once the author was able to acknowledge and accept that his son was an addict, he moved from being shocked and in denial to being a concerned and responsible member of society who searched and read and studied to learn more about addiction and ultimately to share that knowledge with the world.

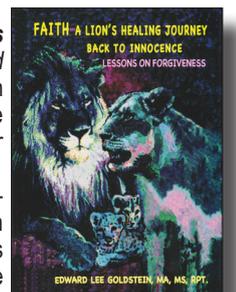
Have you struggled to try to understand what motivates your child to turn away from you, his/her loving parent/s, and into non-stop use and misuse of alcohol or drugs? Here are some of the questions David Sheff asked himself, as I am sure many of us have asked ourselves: What did I do wrong? What happened to my beautiful boy? What happened to our family? Hopefully this book will help you understand addiction if it comes into your world. David Sheff writes this story with a hurting heart hoping to help others. This is sure to save lives and heal hearts. Four Stars! Available at www.Amazon.com.



FAITH "A LION'S HEALING JOURNEY BACK TO INNOCENCE" Lessons on Forgiveness. Written by Edward Lee Goldstein, MA, MS, RPT. Published by Litas-Heart. This is a remarkable book that inspires one to reach deep within themselves, and truly accept that in their lives negative situations occurred. There are always give and takes in every part of life, sometimes we are the recipients, or the Administrators of harmful aspects of destructive behavior.

Edward reveals applications in learning how to forgive others, as well as oneself. It is said "that having resentments towards others, is like you drinking poison and expecting the other person to die." Edward explains that healing from what's been done to us, and what we've done to others, begin when we release the chains of mental and spiritual bondage. He expresses about the freedom we can experience, once we completely give up our misguided convictions. Loving and forgiving oneself and others, bridges all gaps and heals all wounds.

This book is comprised of so many truths that can pave the way for us to become whole, and start the healing process from within. The phrase in the book "The Acid of Hate Destroys the Container that Holds it" speaks volumes, it clearly explains the spiritual, psychological, physical and mental damage that keeping guilt, fear, hate, anger and shame boggled up, can potentially cause irreparable damage to their entire being. This book is a must read www.Amazon.com



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

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

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

www.KeysToRecoveryNewspaper.com

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

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a non-profit 501(c) (3) non-profit Public Charity.

Our main objective is to carry the message of Hope and Recovery from all types of addictions and disorders to as many people as possible and to offer resources that may provide treatment and support. We do that by printing a traditional type newspaper as well as having an online presence. Our newspaper is filled with columns from today's top experts in the recovery field.

Keys to Recovery Newspaper, Inc. is educating our communities about alcoholism, drug addiction, eating disorders, sex addiction, gambling addiction, homelessness, domestic violence and so much more. We also print, at no charge, a resource guide listing free services and vital help offered within our community.

Keys to Recovery Newspaper, Inc. is making a strong effort to reach the many individuals currently in jails or other types of institutions and offer them information that will assist in their future recovery.

We are NOT affiliated with AA, NA, Al-Anon or any other 12-step program. We do, however, believe in the power of the 12-steps and the principles behind them. We strive to operate Keys to Recovery Newspaper, Inc. using these principles as a guideline - Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality and Service.

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 100,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we are distributing our recovery newspaper to:

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- 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
and facilities of all types to the
impoverished streets of Skid Row,
we carry the message of Hope &
Recovery to everyone we can. Join us!*

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

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

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

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

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

A.A. Santa Clarita 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

Refuge Recovery All Welcome, free Peer to Peer group, 4274 Melrose Ave., LA California, www.RefugeRecovery.org (323) 823-6657.

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 Dept. 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.

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. non-profit: Last Sunday of Each Month 1pm N.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) 859-4893.

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

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

Los Angeles Food Bank (323) 234-3030.

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

Manna, Ministry to the Poor 6642 Reseda Blvd., 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

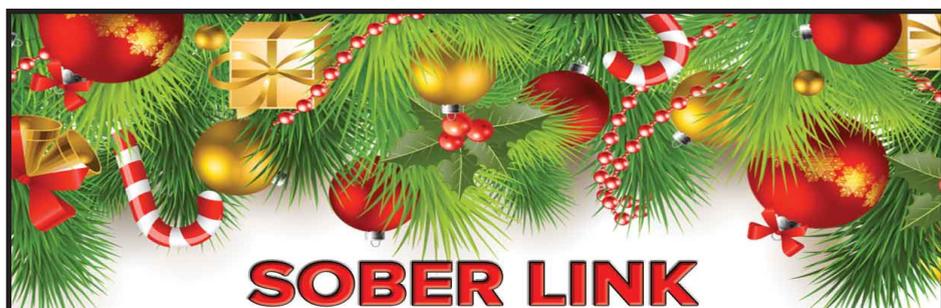
HEP C / HIV / AIDS INFORMATION

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.

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Sunlight of The Spirit
CON'T FROM PAGE 5

When you renew your faith upon awakening, blessings will chase you down throughout the day.

It has been over thirty years since I began doing the simple morning routine Mike shared with me. Within the first year, I went from being demoted to a rank lower than what one receives in boot camp, to serving as the Military Liaison to the civilian law enforcement community. In my position, I acted as the ambassador representing all five branches of United States military. It would appear that I had arrived there miraculously. There was no pushing, no shoving, just commitment to practicing a simple morning routine.

The truth is one does not have faith because things are going well. Rather, things go well because one has faith. Faith has been defined as a state of joyful expectancy. I like that definition. My regular morning routine helps me to maintain this healthy state of mind.

Anyone can enjoy a life without struggle. Begin with a morning routine of prayer and meditation. It works even if you don't believe it. If you are willing to continue for just thirty days, you will be so thrilled at how much your life has improved that you will come to rely on it.

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.



Quit to Win
CON'T FROM PAGE 15



Gambling opportunities are all around us. They're in our casinos, grocery stores, gas stations, sports bars, and churches, and they can even be found online. If you find yourself in trouble over the holidays, call the Problem Gambling Hotline national toll free number 24/7 and get help: National Helpline 1-800-522-4700.

Remember, I will be available through the holiday season. Please email me anytime: lyon-media@aol.com and visit my Recovery Blog: www.catherinelyonaddictedtodimes.wordpress.com

Wishing everyone a Happy and Blessed Holiday Season on your journey 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, FacingAddiction.org and HeroesInRecovery.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.

She is also a member of Big Jim's team helping others who are suffering and need help. For more information visit www.BigJimsWalk.com. 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 save lives from addiction together in unity & fellowship. Collectively through faith and hope, we can help end this addiction epidemic for good.

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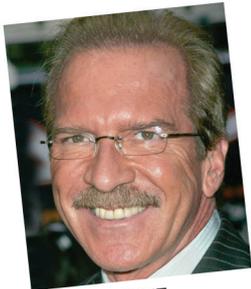
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2018
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2017
Pat O'Brien



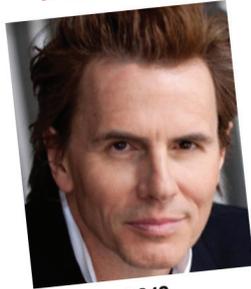
2016
Mackenzie Phillips



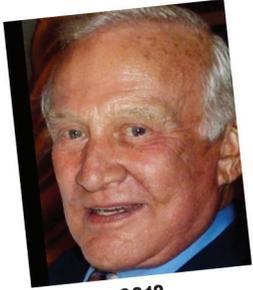
2015
Joe Pantoliano



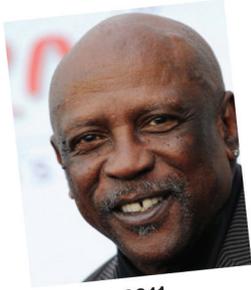
2014
Carrie White



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John Taylor



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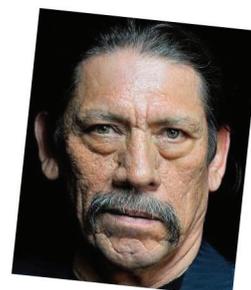
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