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January 2019

KEYS TO RECOVERY — NEWSPAPER, INC. —



Conquering New Frontiers in Recovery

Written By: Mary Cook, M.A., C.A.T.C.

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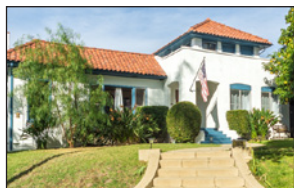
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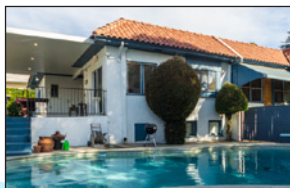
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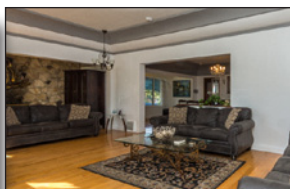
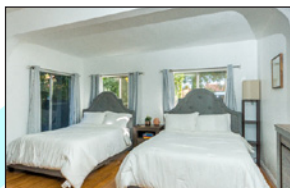
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Contributors

Jeannie Rabb-Marshall: President, Cofounder, Publisher & Editor
 Marcus Marshall: Vice President & Cofounder, Publisher & Editor
 Staff Photographer: Shalimar Cambria
 Graphic Designer: J Marshall
 Outreach Director: Peggy Salazar
 Social Media: Dominique LaFargue
 Cover Photo: ID 106259853 © Pop Nukoonrat | Dreamstime.com
 Beth Dewey-Stern: Cofounder

Editorial Contributors: Marcus Marshall • Jeannie Marshall
 • Lisa Boucher • Darrell Fusaro • Dr. Clinton Weyand • Jenni Schaefer • Dano Goldman • Steve Jones • Herb K. • Rudy & Kelly Castro • Mary Cook, M.A., C.A.T.C. • Catherine Townsend-Lyon • Peggy Salazar

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Welcome to the first issue of Keys to Recovery Newspaper in the year 2019. Happy New Year and welcome to a time of change and new beginnings. This past Sunday our Bishop (Stephen Hamilton, of Spirit and Life Ministries), spoke about “Keys”, so you know my ears perked up. He talked about the definition and meaning of the word “key”, and the responsibility that is given along with the “key”. He went on to talk about the “Keys to the Kingdom”, a phrase many of us in recovery are familiar with. Of course his sermon was bible based, but I couldn’t help make connections with the word “Key”, and apply it to Keys to Recovery Newspaper. Check out his complete talk at www.spiritandlifeministries.org.

KEY: a thing that provides a means of gaining access to, or understanding something.

We here at Keys to Recovery Newspaper publish our newspaper each and every month, in the hopes that we can get information about recovery from all addictions and disorders, to as many people as possible. We help people gain access and provide understanding about addictions and disorders, in a non-threatening but honest way. We, along with our writers, share our experience, strength and hope so that our readers can find recovery, continue growing in recovery, or just carry the message of recovery to others through our publication.

A point was made, that the key holder is given a responsibility along with the key. I believe that we here at Keys to Recovery have a responsibility to help people seeking recovery for themselves or others. We also have a obligation to help those in recovery continue to grow, as they “trudge” (walk with Purpose) the Road of Happy Destiny. We started Keys to Recovery Newspaper so that we could carry the message of recovery, to give hope to those that are hopeless, and to remind people that they are not forgotten. And Finally “Keys” open doors that otherwise are closed and locked. Our hope is to give our readers knowledge (Keys) to open doors to new paths, and new frontiers in their recovery.

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

Hello to one and all, we here at Keys to Recovery hope that both you and your families, had a very safe and blessed holiday. Because of my continuous sobriety, I have been able to be present for God’s nudging to grow and to recognize all of His blessings. During the year of 2018 I was truly blessed to have received a spiritual revelation, I became more open to my relationship with God.

Early in the year I lost my father to cancer, I am thankful that we were given the opportunity to become closer before his untimely death. I was able to be at my grandmother-in-law’s memorial and burial, and at several individual’s memorials and funerals in our recovery family, that have passed away, some prematurely from drug over doses and others from natural causes.

I have had the privilege to witness the miracle of my granddaughters birth, and to be there for her and our daughter every day. I had the pleasure to have been able to attend a wedding of two incredible people, and see them start their new life together. I have had the opportunity to be part of several recovery events, where we presented awards for accomplishments in the recovery communities.

The year of 2018 has been a very remarkable one on different levels, growth is either one to desire to acquire, or one to reject and refuse to accept. I recognized that for me personally, I had to embrace the opportunity that God presented me with. I have turned away in the past from paths that I was given the choice to venture down, only to realize that they were the roads to happy destinies.

I no longer just look at the glass half full, I’m also thankful for just having a glass in the first place! Life is about how you perceive what you have, and not what your lacking materialistically, monetarily or any other way that doesn’t fill or complete you spiritually. We should stride daily to become whole in all of our ways, by doing so we will help to promote our continual sobriety, and appreciation of life in general.

Until we have the opportunity to come together again to reason, and search for solutions to become all that we can be, may God or your higher power keep you safe and strengthen you daily. - **Marcus Marshall, Vice President & Cofounder**



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by: Lisa Boucher

**THE CONNECTION BETWEEN
NATURE & RECOVERY**

People find recovery in a number of ways, but the recipe that has worked for me over the past twenty-nine years remains unchanged: Prayer, twelve-step meetings, working with other women, a morning program to start my day, and nature.

I never realized how important nature was to my recovery and my life, until I was a guest on a popular podcast: The interviewer asked me why I supposed, that out of my other three siblings, I was the only one who found lasting recovery. I thought about the answer for about thirty seconds, and it dawned on me that one reason why I didn't unravel all the way at an earlier age while growing up in a chaotic alcoholic home was, because I spent copious amounts of time in nature. Nature is still a huge part of my life, and my recovery. Even now, when I need an escape, I tend to seek out places that are quiet; places surrounded by trees or water. One of my favorite escapes is a silent Trappist monastery, Gethsemane, in Bard, Kentucky.

My mother was the alcoholic in our family and her disease took her to a low bottom. It wasn't that she didn't try to get help, but back in the 60's Valium was the drug for moms, and alcoholism wasn't talked about as much as it is today. I believe the shame factor was also quite strong. In order to escape the mayhem at home, I had a horse, and an idyllic environment to ride: orchards, fields, and miles of trails. That's where I spent most of my time—outdoors.

During the decade when I did most of my drinking, nature was more of an afterthought. I didn't seek it out like I do now. I didn't appreciate the moon, or the seasons, or the ways that nature can creep into the most urban or barren environments. Those blades of grass that find a way to thrive in sidewalk cracks, or the bougainvillea vine that blossoms in what otherwise appears to be a concrete city.

Since I got sober, in 1989, I continue to return to nature—in many ways—I crave it. I insist on it. I live in a colder state and heading outdoors in the winter can be a bit miserable sometimes, so I had to get creative. I made a decision that if I couldn't always get outside, I would have to bring the outdoors in. I feed the birds all winter and can stand in my kitchen, and feel like I'm outside. I watch deer pass through the back yard, and enjoy watching the babies grow-up. I have house plants and a bowl of stones on my desk. When I feel the need to connect to something solid, I hold a beautiful stone and let it connect me to the earth. I love using natural materials like wood and stone to decorate; all those earth elements help me feel grounded. Even if you live in the city or in a studio apartment, there are always ways to bring the outdoors inside. Perhaps that's why Zen desk gardens, or desk water features with a babbling fountain are found in so many therapists offices. Nature has a calming effect. We were meant to commune with nature. We were not meant to spend our lives under fluorescent lighting, and addicted to technology.

At times, sobriety has its challenges, (I live with a spouse who drinks, and my extended family drinks). Nature is where I find my strength. I encourage the women that I sponsor to find a way to connect with nature. Often, they tell me experiences of their own healing moments that happened when their hands were in the dirt, or they were simply taking a moment to enjoy the moon. One woman I know got sober and decided that she needed a hobby to fill her time. She spent many hours turning her small back yard into what is now a beautiful garden. She said she finds peace there, and so do I. I love to visit her.

I knew I had to delve deeper into this nature connection, when I also heard person after person describe healing moments along their sobriety journeys, and so many of them say those moments occurred while hiking, walking along a beach or sitting quietly on a back porch, surrounded by the chatter of birds and squirrels.

I began reading more and stumbled over numerous articles that offer scientific evidence—proof that time spent in nature is healing—trees give off a chemical that is proven to boost immunity, decrease depression, reduces stress, and improve sleep, to name a few benefits. There's something about being under a green canopy that can heal, and I can attest to that.

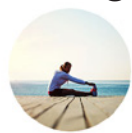
Last week was a difficult week. I have a contentious relationship with my eighty-six year old father. Our relationship has never been good, but over the years I've tried to focus on setting healthy boundaries for myself, and honoring my father because he is my father. I've also come to understand that he probably did the best he could. With that said, he can still be cruel and my reaction is to either lash back at him, or recoil like I used to do as a small child. When I hung up the phone after another conversation that didn't go all that well, I found that I couldn't shake the toxic energy. I was so upset that I was visibly shaking. I went for a walk and found a spot in the woods near my house. I scoped out a cluster of trees and honeysuckle bushes where the branches created a dome-like structure.

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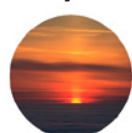
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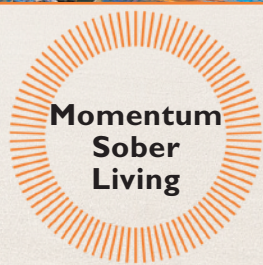


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Sunlight of the Spirit

by: Darrell Fusaro

IT'S HEROIC TO BE YOURSELF

"What's your story Fusaro?" asked the United States Marine Corps Master Gunnery Sergeant who facilitated the group therapy session. Even in this rehabilitative environment he intimidated me. A combat veteran, he was every bit the hero I felt deep down I could never be. So I proceeded to win him over with my tale of woe. I had spun this yarn of tragedies I had endured throughout my life many times before. It was my get out of jail free card.

After talking long enough to gain the group's sympathy I shut up. The Master Gunnery Sergeant just kept looking at me.

Then he broke the silence, "Do you know what you are Fusaro? You're a phony f**k."

I was embarrassed. This was my introduction to the group and I felt ashamed. I wanted to run out of there. Then a sense of relief came over me. The jig was up. I could let down my guard. I didn't have to keep pretending.

"Do you know how a coward goes through life Fusaro?" he asked.

"No."

"Like this," he said. He held his clenched fists up in front of himself, as though he were about to enter a boxing ring and fight. "I wasted my entire life living like this because I was afraid of life."

Then he stretched his arms out wide at his sides with his palms open. He smiled broadly and asked, "Wouldn't it be great to go through life like this?"

Yes! I was sold. It became clear that the reason I had always felt ashamed wasn't because I was bad. It was because I had continued to abandon myself by pretending to be what I thought you wanted me to be. Attempting to win your approval in this manner wasn't building me up. It was tearing me down by reinforcing the belief that I wasn't good enough "as is".

I became willing to risk it all and live heroically by simply being me. I found that trust manifests miracles, and life is a battle only until I let down my guard. The best way I've found to pull this off is by putting my trust in God, trusting that God is always arranging things on my behalf. As long as I'm being honest, I can trust that the way in which things work out is for my highest good. I'll often remind myself, "If I don't get so and so, it means that God has something even better in store for me." Hindsight has proven this to always be the case.

There is also no need to set boundaries. They have already been set. Paying attention to my internal gauges lets me know where they are. To do so I often remind myself of these two truths. One is a Chinese proverb, "Tension is who you think you should be. Relaxation is who you are." The other is simply, "If it's not a 'Hell, yes!,' then it's a 'No.'"

Being ourselves rather than people pleasing, or manipulating others to get what we believe we must have, is an exhilarating way to live. Stepping out boldly on faith in this way always leads to better than expected outcomes. The Taoist religion advises, "Just be what you are. You do not need to change yourself to be divine. You are created of spirit, and to be powerful and happy, simply let nature take its course."

I was given this poem in 1986 by a man who became a great example and mentor to me.

The Man In the Glass

When you get what you want in your struggle for self and the world makes you king for a day,
Just go to the mirror and look at yourself and see what that man has to say.

For it isn't your father or mother or wife whose judgment upon you must pass.

The fellow whose verdict counts the most in your life is the one staring back from the glass.

Some people may think you a straight-shooting chum and call you a wonderful guy.

But the guy in the glass says you're only a bum if you can't look him straight in the eye.

He's the fellow to please never mind all the rest for he's with you clear up to the end.

And you've passed your most dangerous difficult test if the man in the glass is your friend.

You may fool the whole world down the pathway of life and get pats on the back as you pass.

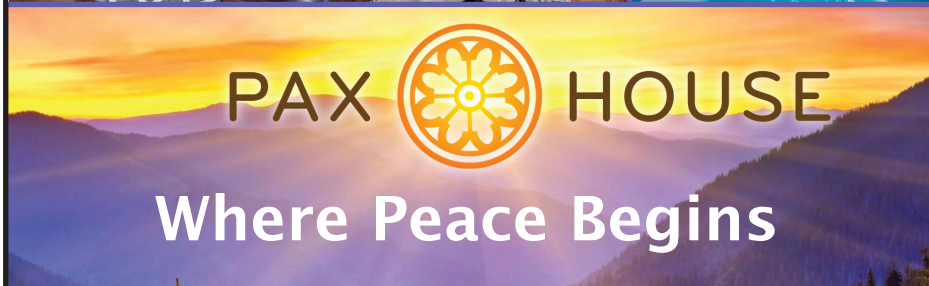
But your final reward will be heartaches and tears if you've cheated the man in the glass. -Anonymous



"Do you realize that the only time you look at me anymore is when you shave? And even then you don't really look at me."

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.

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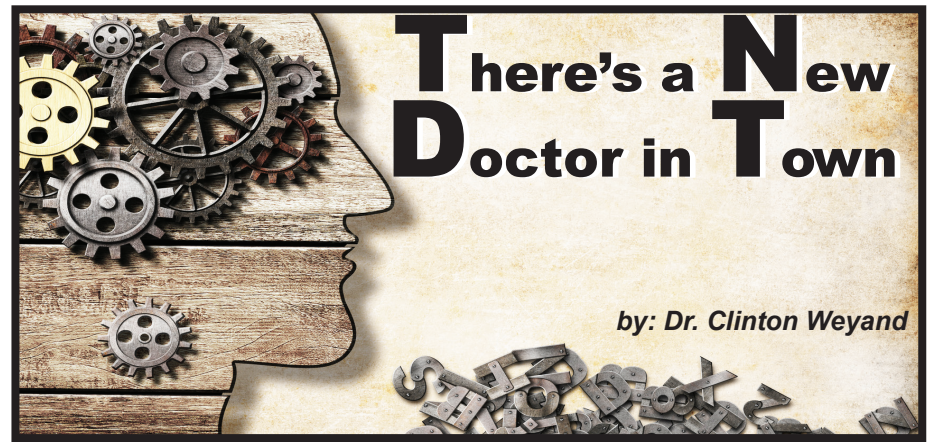
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There's a New Doctor in Town

by: Dr. Clinton Weyand

Dear Dr. Clint:
What are your ideas about New Year's resolutions and recovery?

There is great wisdom in learning how to begin again. We must honor the new beginning. We must honor the new being we are becoming and the higher consciousness we are achieving.

Beginnings hold the vision of new lessons to be learned, insights to practice; and recalling old lessons that are no longer blocking, but contributing to our new awareness. The heartbreaks of the past must not dampen our enthusiasm for the New Year. Life can be hard without always being difficult. We want to stay open to life's magic and all that the universe is giving us.

Choosing love over hate or apathy is one way to begin again. We can contribute to a love culture, and resist the easy labels and judgments of the hate culture. We practice a renewed determination to be a truer parent to children, a more tolerant friend to others, a kinder coworker, and a more committed partner.

We do not need to start the New Year numb. The truly happy New Year's Day is a sober one. Facing the end of the year may be depressing, and it is this depression that many try to anesthetize with alcohol and drugs. People who have sobriety and recovery can greet the new year without chemicals. They look back on the old year and remember personal growth, strength, and mastery.

There is the temptation to set up an elaborate set of resolutions for the coming year, so that we can, at last get it right. As workaholics, only perfection is acceptable. We must remind ourselves that we are, perfect just as we are and acceptance is the answer.

From another perspective, it is good to make New Year's goals. We dig within and discover what we would like to happen in our life. The goal transforms into an affirmation that you are interested in being fully alive. Goals give our life direction on many different levels.

The New Year holds out the possibility that we can learn from the past, but not be bound and determined by it. We are positive that we can move away from self-defeating habits. We come to understand how much is enough and how to create balance in our lives.

There is confusion and ambiguity about making resolutions for perfection. Resolutions can be a set up for disappointment. We will not be perfect today or any day. But we can be very human and open to the wonder in every hour. There are new ways to respond to old problems. Today's new beginning can become the next step in our recovery.

MY PERSONAL STORY: Being a high achiever did not help me in controlling my abuse of alcohol and Coca-Cola. In my teen years, I was praised for hard work and that improved my self-esteem. I also learned to feel entitled to celebrate on a weekend or a day off from school. This dysfunctional pattern carried into college. I participated in the binge epidemic of drinking on the weekend.

Working hard and playing hard was the core belief that fueled my alcohol addiction. I would celebrate on a 4-day weekend after passing finals and mid-terms. The bartenders at the disco clubs would always tell me "you deserve a drink; you are working so hard!" My belief that I was entitled to binge was hard to penetrate.

Alcohol helped to numb out my feelings of depression and shame. I would label my alcohol addiction as "coping behavior", and deny how powerful alcohol had become in my life. To not drink and to start feeling was too scary. My therapist finally convinced me that shame should be accepted and honored, not avoided. My self-esteem increased when I learned I could live through shame without drinking or engaging in cross-addictions. Through acceptance, I was able to make mistakes without beating myself up or condemning myself. My therapist allowed me to have some "slips" without giving up on me. Permission to be me helped me cultivate my real self and abandon my party self.

My sponsor helped me work on issues related to my toxic parents. I had an overprotective smother-mother who increased my doubts about myself, and helped me feel powerless and small. Doing some empty-chair work with my image of my mother, helped me regain my assertive ability to stand up for myself as an adult. My sponsor affirmed my healthy and legitimate anger.

I was able to feel my shame and depression instead of medicating it. This led to even deeper feelings of abandonment, loneliness, grief, and fear of death. My sponsor helped me see how I was a People Pleaser and a Victim. I was depending on others to feel good about myself. I would place my own power on others and then compulsively demand their approval.

Over time, I would slowly gain the strength to combat my active addiction of alcohol use. Making amends taught me that I would survive feeling intensely guilty and ashamed. Some of the relationships I damaged, I was able to repair. I no longer experience myself as "pathological", or "diseased" and I realize that the present moment is always a gift.

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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WILL DIETS WORK IN 2019? A CLOSER LOOK AT DIETING & EATING DISORDERS

Years ago, December was a time for Ed (My nickname for my Eating Disorder) and I to think about New Year's resolutions. I was in an abusive marriage with him for over twenty years, and he eventually controlled almost every aspect of my life. On the top of the list of things to accomplish during each new year, Ed sought to control my food and weight. You see, Ed is my eating disorder.

Millions of Americans, including those who don't know Ed, make the same New Year's resolutions that revolve around food and weight. Some vow to lose that last five or ten pounds while others promise to stick to the newest fad diet. Yet we have all heard time and time again that diets don't work. In fact, 95 to 98 percent of diets fail, and most who diet end up gaining even more weight back with each successive attempt.

We know that diets fail, but we keep dieting anyway. Would we keep dieting if we had even more information?

The truth is that dieting all too often takes a deadly turn—into an eating disorder. Don't get me wrong: an eating disorder is not a diet gone bad. An eating disorder is not a choice; it is a real, life-threatening illness. Indeed, anorexia nervosa has the highest mortality rate of any psychiatric illness.

Throughout my recovery from anorexia, I learned to separate myself from my eating disorder, personifying it as Ed. I discovered that Ed was the one who wanted me to promise, with each successive year, to put even stricter limits on eating. I ultimately discovered that I wanted to be healthy and free from the diet mentality ingrained in our culture. After years of hard work, professional help, and lots of patience, I have found an amazing life without Ed. I have learned body acceptance and even love.

But what I call Societal Ed still lurks in the minds of Americans. This might surprise you, but people often tell me that they wish they could have a "touch of anorexia." They admire the weight loss, and they desire the control around food that they imagine people with anorexia experience. What people don't understand is that no one can obtain just a tiny bit of an eating disorder. Ed consumes all and only wants more and more—even when there is nothing left to give. Unlike what some suspect, people with eating disorders are not in control of their eating. Absolutely not. Ed runs the show, one of extreme pain and isolation. Trust me when I say that you don't want a little bit of an eating disorder, (even if that were possible) anymore than you would want a touch of cancer.

Importantly, like cancer, eating disorders have a biological basis. In fact, fifty to eighty percent of eating disorder risk is due to genetic effects. Research tells us that this biological predisposition "loads the gun," and the environment, like the one of our thin-obsessed culture, can pull the trigger. As an example, for some individuals, the so-called "simple" act of dieting can actually trigger a full-blown eating disorder.

The good news is that, with treatment, people can and do fully recover from eating disorders. Along my journey, my dietitian once told me, "You can never diet again."

What a relief! I don't want to. Never again. Today, no Ed in sight, I choose life instead.

As 2019 rolls around the corner, what will you choose?

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.jennischaefers.com.






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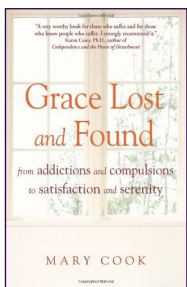
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by: Dano Goldman

ANGELS AMONG US

I had written a letter to a treatment facility from county jail and a representative showed up to visit. We checked each other out through the acrylic glass. This was in the attorney visiting room of the Men's Central Jail in Los Angeles, a room that from time to time has been a battleground for stabbings, giving visitors a show.

Carrie Newman, my visitor, gazed at me with curiosity, a touch of disdain and tender disappointment. It was the type of look you'd give to a puppy that shredded your couch cushion. She got down to business fast, and her tone reminded me of a Jewish aunt of mine who was practiced at cutting through my bullshit.

Carrie pointed out that in my letter I implied I'd go to any lengths for victory over drug addiction, yet there I was in an orange top and waist chains, signaling that I had made enough trouble to land in solitary confinement.

Clearly we were on two different frequencies. A three-time loser at age 25, I was actually proud to land in the hole again. To me it was a badge showing I was a respected convict. But Carrie insisted that committing more crimes while incarcerated was a red flag, making me unlikely material for Beit T' Shuvah, the treatment facility.

Look, I told her, maybe she knew plenty about life outside the walls, but inside it's a different world. "Don't tell me how to do time," I said. At the same time I reiterated that I wanted to stop using. "I mean it," I said. "I'm sincere." I considered myself a hero for merely concocting a desire to stop shooting drugs, and stay on the straight and narrow. This, I figured, entitled me to her help.

Deflating my assumptions, Carrie said she'd served time in Civil Brand (a branch of the county jail system that's now shut). She knew, she said, exactly what it's like to live behind the wall. Then she hit me with a thunderbolt: "Have you ever considered that the way you choose to live your life is directly correlated to the reason that you can't stop using heroin?" This utterly apparent observation was to me a foreign concept. It was also a priceless gift, a jewel to take back to my cell and ponder. Because I'd been thinking like a convict, a criminal. So of course I thought like an addict. It's an interlocking pattern I had to break to free myself of self-enslavement.

Almost a year later, after many more visits and countless court appearances, I was accepted into Beit T'Shuvah, and more than a year after that I was paroled from Corcoran prison. Throughout that period Carrie was my Eskimo, a 12-step angel who brought the message and principles of recovery by mail and phone. Meanwhile I received visits from her associates -- Karen Searles, Phil Hamburger, Hillary Anazole, and Andrew Wasser -- and slowly morphed from a drug-dealing, drug-addicted convict into someone seeking a life of integrity, spiritual growth and yes, self-sacrifice.

I'm not sure I ever became a fully formed butterfly, but I've been clean and sober for over seven years now. I've graduated from college, fallen in love, started a business, and I do my best to show up for family, friends, and community. Not everything has been easy, and on certain days I may relate more to the angry hurt convict than to the man everyone sees now.

Carrie has tenaciously helped hundreds of people get their lives together, and advocated for thousands. Understanding that lives are on the line, she works like a dog. I know she's been offered jobs that probably pay twice her current salary. She's even succeeded in getting dozens of lifers out of the California prison system and into treatment. That's a monumental achievement. Just as residents of ancient Rome were confident that the sun revolves around the Earth, I used to know that California lifers never get released. In three and a half years inside I never saw it happen. But by ignoring the odds, Carrie sometimes beats them.

She didn't just break me free from the cycle of drug addiction, but from institutionalization. California's human warehouses are the state's second most profitable industry behind agriculture. Over and over they fail to liberate people from the cycle of addiction and incarceration. More than 80% of offenders end up back in prison.

I've seen close friends sentenced to life at age sixteen, and I've met countless men inside who were doing life for minor drug sales. While imposing life sentences for small-time drug deals has ended, prisoners at the wrong end of these long-ago events are mostly still in prison. Elements of the three-strikes still enable life sentences for "criminal threats", such as "I'm going to punch you out." Ditto for blacked-out alcoholics seeking shelter in someone's garage. I've seen close friends get a dozen years for simple drug possession due to prior strikes.

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The Hope Interviews



by: Steve Jones

HITTING BOTTOM AT THE TOP

Darren Prince has been in the sports and entertainment industry since he was 14 years old. He built a multi-million dollar baseball card company and then became a leader in private autograph signings. After selling his company he launched Prince Marketing Group in 1996 representing Magic Johnson, Smokin Joe Frazier, Dennis Rodman, Chevy Chase, and Pamela Anderson for marketing opportunities such as endorsements, corporate events and licensing. Darren is the author of 'Aiming High: How a Prominent Sports and Celebrity Agent Hit Bottom at the Top', an international best seller in four countries. Visit: <http://officialdarrenprince.com>.

You were given Demerol, an opioid, for a stomach ache at the age of 12. You wrote that: "...its effects were heavenly. Instantly, I felt like I was Superman. Every insecurity, every fear I had, was gone." Did this trigger a fervent search to experience that same high again?

I started with the opiates in sleepaway camp because of a horrible stomach ache. I went back to the bunk and I was talkative, extroverted and socializing with the girls in the bunk next door. The next day I was lying in bed thinking how amazing that feeling was and for three straight weeks I went back to the nurse, every single day. There was a period of time after where I was thinking, *Man I miss that feeling*, but it was more of a mental obsession. It blindsided me again at aged fifteen. One in three kids that went to a dentist and got opiates became addicted. I was one of the three.

You had difficulties paying attention in school and had to attend a class called 'special crew' which led to you being ridiculed by your fellow schoolmates. Can you talk about how that sudden transformation of feeling 'less than' to feeling like Superman (through opioids), fueled your addiction?

When I was called names, when I was made fun of, even though I became a success in the business world, that's still inside of me. Without opiates in my system I always went back to feeling like that kid in the back of the room: the uneducated kid that was verbally teased for being an idiot, for not being smart.

You experienced tremendous success as a teenager with your 'Prince of Cards' enterprise and yet you wrote that: "Even with all of this fame and fortune, however, I still felt completely empty inside." Do you think that 'gaping hole' came from your learning difficulties?

I do. I also developed a lot of anxiety because of it. I remember, anything I had to do, like going on field trips, going away for the weekend with all the other kids, although I had friends—I was reasonably popular with the boys and the girls—I always had this uncomfortable nervousness around any social situation because I never felt a part of.

Your book contains some amazing cinematic and historic moments: meeting Joe Frazier in his 'dark suit and chiseled hat' late at night while walking your dog and the very moving scene where you play a major role in Frazier and Ali's reconciliation. You were honored by Magic Johnson and you helped Dennis Rodman with his alcohol problem. How difficult was it for you to keep your own problem—opiate addiction—a secret from everyone around you, especially your clients?

It wasn't that difficult for quite a while. It snuck up on me. It got to the point where it became a kryptonite to Superman and I wasn't getting any effects out of it anymore. Even though I had all the outside success I knew I was living a double life. I was able to just go to doctors, because I did have real sciatica, and these doctors saw what I had accomplished and so it was, *Hey, this guy can't have a problem*. I took full advantage of that.

Could you talk about your turning point, the moment in your apartment in New York City where you experienced a spiritual awakening?

It was July 2nd, 2008. My uncle and his then girlfriend were in the 12-step fellowship and paid me a surprise visit. She asked me if I was okay. I told her 'No.' I told her everything that was happening. She took me in a corner and said, 'Do you realize that your life is unmanageable? That you are an addict?' I said, 'Absolutely.' 'Are you willing to do anything it takes?' 'For sure.'

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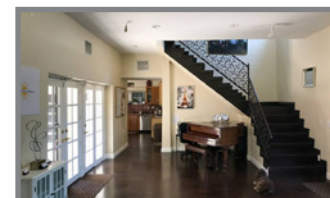
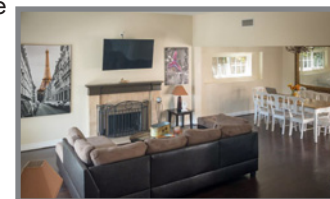
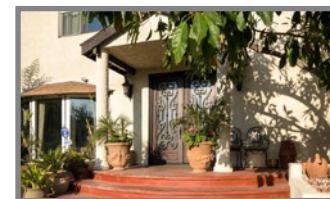
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And on that second or third day, when I was trying to wean myself off it, I came back from the gym shaking. I called them and said, 'I can't do it. I'm calling the doctor. I'm opiate deficient. My brain is completely fried.' They started yelling at me, 'That's the damn disease talking! You have to get yourself to a 12-step meeting in New York City.' And I said, 'There's no friggin' way.' I hung up the phone, went into the bathroom and opened the medicine cabinet, to take a couple of non-narcotic anxiety pills, and out came three Vicodins—one of the three opiates I was addicted to. In that moment it felt like it was a gift from God but within a split second something kicked in and told me it was a curse from the devil. I fell on my knees—shaking, trembling and crying like I'd never done before in my life. I prayed to God to help remove these chains off me. I stood up and something came over me. I felt this warmth over my right shoulder and I heard this voice that said, 'I got you and you are ready.' I flushed the pills and found a 12-step meeting—a church basement with 150 to 200 addicts and alcoholics who were all one of a hopeless state of mind that found sobriety. I put my hands up and said, 'I'm sick, I'm suffering, I'm desperate and I need everybody's help.'

You wrote that "...despite how good I felt when I walked into a baseball card show, as soon as the rush was over, I was back to feeling like I just didn't belong." How do you deal with that feeling today? When the rush of closing a big deal has worn off?

I don't have that feeling anymore. That's what's amazing. I don't need the Muhammad Ali's or the Magic Johnson's of the world to make Darren Prince feel worth something. I've done enough esteemable acts over these ten and a half years and continue to do them every single day to build that self-esteem. 'Darren the super-agent' doesn't mean anything. I'm a hard-core opiate addict, substance-abuser of the first kind when I wake up every single day. That's what matters. That's who I am. But I'm also using the gift of hope and recovery to give it away. Darren the agent, that's secondary.

You've had some close calls as a result of your addiction: a car accident that required you having ninety stitches in your face and you nearly died of an overdose in a Las Vegas hotel room. But now you are over ten years in recovery. When you look back at the trajectory of your addiction what are you grateful for today?

Number one—first and foremost—that I'm able to give this gift back to other people. Number two, I've been able to write a book that's helping so many people. I'm a rep with Banyan treatment centers which is such an amazing blessing because now I can speak to high school and college audiences. I'm able to share my gift through God's words coming out of my mouth on any given day. When somebody wants to take an action what a blessing that I can get them into a rehab. I can make a phone call, get them a scholarship if they are struggling financially, and get them the help they deserve. I don't know what else could make me more grateful.

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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by: Herb K.

IS THERE A PLAN OR IS IT A PATH?

Perhaps there is no PLAN! Perhaps there is only a Path!?

Human beings are human because of consciousness and free will, the ability to knowingly make choice. However, there are influences on each human individual that mitigate choice:

- Biology: each person's DNA lineage
- Psychology: each person's family of origin influences
- Sociology: each person's personal history of education.

These inside and outside forces and experiences do influence a predisposition to thoughts, feelings and actions.

Nevertheless, each person, in the final analysis, has the fundamental function of "choice." This is why all civilizations hold the individual responsible for their actions, and the consequences of their actions. The basis of personal responsibility is the assumption of "free will."

If each person really has "free will," then it is only "free" if there is NO predetermination, including no interference from the "Source Creator." NONE!

Perhaps what people call "God's Plan" is our clumsy way of saying that everything has an inherent design and structure which determines how it functions, and therefore, it's "destiny". We intuit this and call it "God's Will" or "Divine Providence," and we incorrectly ascribe "control" and "plan" to the "Divine Creator".

Let's take a look at reality – as it is! In California we have occasional earthquakes. Our unique geology, predetermined by the created materiality from the beginning of time, and the result of inevitable and methodical evolution, established tectonic plates that move over time, very slowly, but very certainly.

There is no plan! Just the manifestation of its unique structural reality. Earthquakes are built into the material structure of the geography of California.

A flower's destiny is determined by its material structure: from seed, to stem, to bloom, to wither, to die, to seed – a repetitive cycle over millions of years. There is no plan! Just manifesting its unique structural reality built into its genes.

An animal similarly evolves according to its internal historical DNA and the external forces of nature: a Manx cat has a large head, long hind legs, no tail, and colors predetermined by its predecessor ancestry. Again there is no plan! Just manifesting its unique structural reality baked into cellular transmission.

Perhaps, underneath the underneath of all reality is a "Life Force" bringing seed, to tree, to apple to seed again – a universal imperative energy that underlies the cycle of all material evolution. Thomas Merton, in "No Man is an Island" calls this the "invisible work" of the Divine.

To be conscious of this "secret energy", to acknowledge it, is the invitation to each human individual. To see "Providence," "Divine Design," "Plan," "God's Will" from the perspective of the "Original Source" is reality – awkward words to name a very real mystery.

Merton uses the term "faithful submission" to this reality as human work with, "awe and respect."

I personally like the term "alignment." Perhaps there are universal principles upon which this reality operates. Then it is my personal work to identify these principles, acknowledge them, and to incorporate them into my approach to reality – the choices I make and the actions I take...to be in or out of alignment with reality...as it actually is!

If I deny the physical principle of gravity and jump from a thirty-story building with the desire to fly...I will die. If I operate my life with choices and actions contrary to universal principles of reality...the outcome/ consequences of these actions will create my daily suffering. Ignoring the principles, reality will eventually crush me.

Perhaps there is no Plan. Perhaps there is only a Path?

The implications of "free will" are that the individual human person can choose not to be fully human; not to choose this path of conscious choice; and not to take personal responsibility for outcomes.

The quality of a person's life depends on their beliefs, choices and especially the actions that flow from their beliefs and choices!

The actions of other people and the impact of external circumstances on each person are not in that person's "control". But each person's reactions to people and circumstances and the attitude chosen, are within each person's "influence".

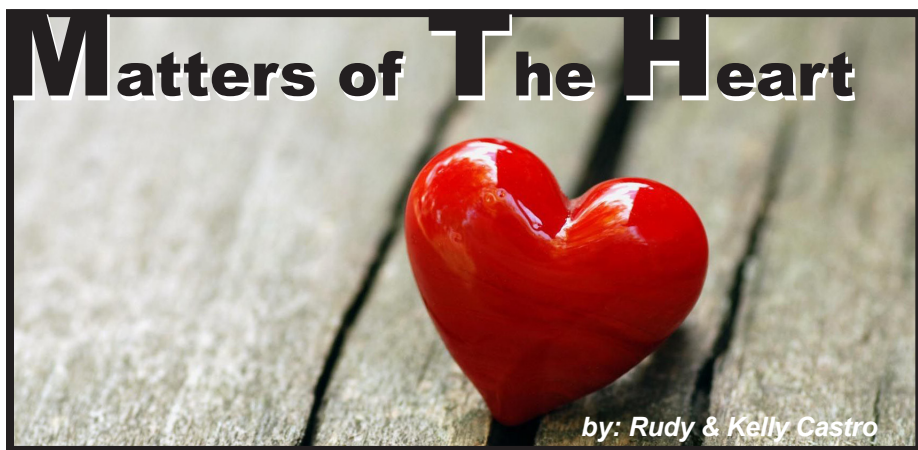
I can change my re-action into my response, with a conscious pause after experiencing the stimulus. I can choose the path of principles, if I am awake to them. I can choose alignment with the "secret energy", that is the Path.

I am the author of my life. I create the story through my relationship with the Path. If I want my life to be different, I need to change my attitude and actions.

Although there may not be a "Plan", there may be a "Path". If I wake up and walk with intentional consciousness I will be fully human and fully alive. For this I am responsible. Maybe this is the PLAN.

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CO-CREATING ON PURPOSE

Many of us use this time of year as the time to set intentions, resolutions and to create new beginnings. It is a powerful time to review the previous twelve months to see where we attained our previous year's intentions and where we did not.

We get to look at whatever is seemingly incomplete and choose to either keep it on our list, or replace it with something that is more in alignment with who we have become. This same principle holds in the area of relationships. When you think about it, everything in life happens within the context of RELATIONSHIP. Relationship to self, to others, to romance, to finance, to spirituality - you name it! Whatever area of life we are looking at, if we desire to transform something, we must shift the way we relate to that area.

We are offering you a practice that we have found to be extremely powerful in our lives in many areas, and you don't have to wait a whole year to do it again! You can choose to reinvent yourself ANYTIME! It is part of what can make life so interesting and fun.

Here is the simple practice. Sit down with a paper and pen (we like to keep journals so we can go back and see all of the magic that has been created!), and answer these three questions.

- What is it that I want?
- Who would I have to be to create it?
- What actions can I take right now to support this vision?

Most of the time we are clear about what we want and this is key. Vagueness breeds chaos and the Universe can only deliver that in which we are clear about. Now, sometimes we are transitioning and are NOT clear about what we want, and that is okay. Usually during these seasons we are gathering more information - possibly even experiencing what we don't want, gaining more clarity and insight as to what we DO want. When we are in this type of season our asking prayer is for clarity and intuitive guidance.

Let's say you have a clear idea about what you want, and have NO idea of who you would have to be to create it. We have been there and here's what we do... we find people who have created it and ask how they did it. We also take note of their attributes and characteristics - capturing an essence of their "being." Now we can put together a list of characteristics, lifestyle choices and disciplines that we can practice.

Now for the final question. You see, most people will never consider question #2. There is a tendency to think about what we want and then start taking action. The issue with this is clearly highlighted in Albert Einstein's quote, "We cannot solve our problems with the same thinking that we used to create them." We often want to solve our problems or fix something with the same mind that created the issue!

We must EVOLVE in order to create new experiences, and evolution occurs in BEING versus DOING. When we shift into other states of consciousness we will see things differently, process things differently, and respond differently with action. When we choose who we want to be ON PURPOSE, we will have that ability to respond rather than to react. Powerlessness is a state of reactivity, and reactivity is the indication of unresolved pain. So, while this practice may be simple it can feel extremely challenging.

It is uncomfortable to move beyond our comfort zones. We must be willing to surrender parts of ourselves that our pain may not want to let go of. We may have to actually feel parts of ourselves that we have been avoiding. This is the part that will cause some of us much difficulty. The more we resist surrendering those parts, the more pain we accidentally cause ourselves. There is a great saying "You have to feel it to heal it!" And as exciting as it is to reinvent ourselves, we may also have to grieve in the process.

Grieving that part of ourselves, our story, even if it was dysfunctional, and attaching to another are all valid and powerful experiences in this process. We will be asked to confront every part of ourselves that isn't in full alignment with who it is we desire to be, which means we will have to face some of the "not so pretty" parts of ourselves. Our suggestion is to do so with self-compassion. Acknowledge the parts and send them some love. This will help release them. When we judge ourselves harshly we accidentally fuel that which we intended to release.

Here is an example:

- I am committed to creating a powerful, connected, safe, intimate, loving, long-lasting, spiritual partnership.

Con't Page 22

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Conquering New Frontiers in Recovery

We might survive in the shadow of shame or in the pity of pain, but we are free to thrive when we journey to a new frontier that embraces lessons and blessings. We long to run wild but we're used to confinement. We are easily controlled by forces of fear and promises of power. We hold hostage what we desire and become the hostage of endless escalating desires. We have no authentic lives or relationships if we need to master them. Using people and things for perpetual selfish gratification dehumanizes and de-spiritualizes us and life. Everyone and everything whom we hold responsible for our happiness will disappoint, despair or depart over this impossible task. If we insist on absolute certainty, we live from a place of deceit. Dogmatic proselytizing is for tyrants too frightened to face their own fears. There is no peace until we live in awe and reverence of our interdependence and partnership with all life. Rushing busily through life leads us to grasping and complaining, while reflecting and observing leads us to embrace the divine.

We have adult bodies carrying trauma from childhood and adolescence. We carry everyone who influenced us for better or worse. We carry the cultures of family, peers, institutions, and addictions. We carry the problems and themes of what was passed on to us through genes and experiences. We carry our defenses, delusions, and character defects. We get used to this load and define ourselves and our lives from it, and these burdens will either bury us or transform us. We need to know that we are not our mind or body, nor what our mind and body does.

We are part of the creative force which has loaned us a mind and body. New frontiers await our attention to this creative force. New frontiers await our willingness to surrender that which oppresses and imprisons us, so that we function from our highest values rather than from our lowest habits.

The heaviness of what we carry stops us from being in the present moment, and that stops us from moving forward. We can't get to the mountaintop or even to the next valley because we can't perceive the possibilities within us. We see everything through the lens of our past, which separates us from truth, and makes our decisions and actions irrational. Each time we repeat problems, the consequences escalate. We're stuck, scared, frantic, fragmented, overwhelmed, oblivious, fueled by caffeine and adrenalin, and addicted to anything we think might fix us. There is no real substance in this shadow of a self. We give our baggage too much power without asking is this what we wish to embody? We can't relinquish what we carry until we understand it and commit to changing ourselves and forging a completely new path.

If we feel superior, we need to understand that this is a defense against inferiority. Defenses are lies which our mind gives us when the truth is too painful to acknowledge. Defenses however, also eventually backfire, and this presents an opportunity to investigate the origin of our inferiority, how it became a self-fulfilling prophecy, and how it advances destructiveness. We learn that superiority and inferiority separate us from our own and others wholeness and truth, thus we objectify others and

categorize them according to whether they fortify or threaten our ego identity. We objectify ourselves limiting our purpose to hiding, pretending, lying and glorifying to serve the ego's never-ending futile quest for being the best. We look at this planet's resources in terms of what we can own, exploit, abuse, or kill, because we are not enough, and our life is not enough, and we are desperately demanding that something outside of ourselves fix this. And yet the best for us and others is to be grateful for our whole imperfect, and evolving true selves with unique potential, problems, personalities, and purpose. And the best for the planet and it's resources is to be a grateful steward, for this planet sustains all life.

We're used to seeking rather than appreciating. We're used to planning rather than trusting. We're used to imposing our will rather than listening. Arrogance and greed destroy our awareness and trust of goodness as much as do fear and apathy. Just as pioneers had to leave behind many possessions, and many more were lost in the journey, it is only the most important things that are useful in the new frontier. Just as pioneers could not know what awaited them in the new land, we cannot know our own evolution before it happens. We cannot know when disease or death will arrive for us and our loved ones. So, let us take the opportunity every day to allow our heart to overflow with acceptance, compassion, kindness, and love. For this is the inner fortitude, flexibility, and faith that moves us forward through trials and tribulations. Real love doesn't diminish or disappear in troubling times or in loss, but expands and becomes stronger.

As pioneers we find people with similar baggage who demonstrate a courageous and committed spirit through all circumstances. We walk together for strength and support, and we see how this lightens our load. We give and receive help and start to exchange negative for positive energy. We become honest, open-minded, and willing to understand and heal pain, and make positive changes and amends for our shame. We learn about innate goodness and equality, and gratitude for being alive. We learn to surrender defenses and delusions, because it is only truth that can be healed and transformed. We learn from each other to accept what nourishes us and to let go of what harms us. We learn to respond to conflict and cravings as we would to a child who is confused and lost, offering serenity and satisfaction in the present moment. We learn not to take shortcuts and not to rush. We learn about hope and faith, and to be kind to whomever we encounter.

We begin to understand and accept that life is constant change, and tragedies and triumphs are part of its nature. We learn that external happiness is unsustainable, but a wise and opened heart experiences happiness that is ultimately greater than suffering and loss. We learn that a bank account, job, and family do not fulfill us unless these experiences also reflect our inner state. It is the quality of our own compassionate spirit, and service to others that fulfills us. So, we gratefully share blessings of bountiful harvests and safe sanctuary from storms.

It is how we are changed by the messiness and unruliness of circumstances, that determines the value of our life. It is not comfort, but character that nourishes the best within us. Caring for others and ourselves increases our awareness of ultimate, infinite love, for no one and no thing is separate from this love. Trusting that all experiences are opportunities for learning and personal growth, we see how everything is interrelated to everything else. The greater sensitivity and openness we bring to each moment, the greater clarity and peace we have. As continual change is the nature of life, a sense of spaciousness and surprise are the hallmarks of authenticity. We journey to new frontiers with eyes wide open, hearts hoping, sowing seeds of goodness as we go.

Our observation and awareness expand, teaching us and inspiring us in daily life. Flowers growing through cracks in concrete teach us that we can overcome obstacles and flourish. Sunrise teaches us that the light of a fresh new day is within us too. A father tenderly comforting his tearful son teaches us compassion. A homeless man smiling at a puppy's antics in the park teaches us that joy is free. A toddler falling while she learns to walk teaches us that we develop skills through trial and error. An impoverished family's gratitude for the little they have, teaches us generosity and humility. A man disclosing his fears in an A.A. meeting teaches us courage.

A prisoner praying for others' happiness teaches us that our soul has no boundaries. Children making castles out of mud teaches us that we can create wonders out of what we're given.

We need to stand in awe of what is larger than us. We need to loosen ourselves from rigid stances, and champion diversity and inclusiveness. We need to be grateful guardians of this precious planet. We need to look deeply, love deeply, and live deeply. We need to be pioneers in each moment to find the frontiers, which call forth our full potential. We need to create communities which foster collaboration and celebration of talents and interests for the benefit of all. We don't need to be shackled to pain and shame, fear and failure. We can be like rain to the desert, pollen to the bee, and stars to the dark night sky.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice in Los Angeles, California. 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", available at Amazon.com



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1ST STEPS TO TAKE FOR RECOVERY

When a person is struggling from any addiction, especially gambling addiction, it can be hard for them to recognize how far gone they are. Feeling hopeless from the financial pressures as well. Even if they see that they need help, understanding how to get help and the first steps towards getting it can be complicated. There are so many addiction recovery options, each with their own pros and cons. Adding to the confusion is stress over the cost of treatment and the logistics of leaving your life behind in order to get better. I know it seems overwhelming, but once you take that first step, things will begin to fall into place. Here are some ideas of what that first step might look like, and where you can start your recovery process.

See Your Doctor: The first step on the road to recovery can be as simple seeing your family physician. And let's not forget, addiction is a disease, and you don't need to be ashamed to tell your doctor that you have a problem, and to ask for help. Your doctor will be able to provide you with recommendations to an addictions facility or to other addiction recovery programs.

Once the doctor gives you some referrals, the next step is to call around to the different programs and see which one you feel best about, and then get started on getting better. Just like you would go to your doctor for a referral to an oncologist if you had cancer or a diabetic who has diabetes, there are medical professionals that specialize in addiction recovery that your doctor will be able to put you in touch with.

Meet With a Recovery Center: Most addiction recovery programs will provide a free assessment to anyone who needs one. You can meet with a team of experienced addiction recovery experts who can help you to determine what the best plan for healing would be for you. Whether a residential stay would be appropriate for you, or an outpatient program, having an assessment will give you an idea about where you're headed. These professionals can also help to get you enrolled in a 12-step program, or other programs and support groups which are completely free, and put you in touch with other resources.

Detoxification Programs: If an addict is physically dependent on an illicit substance or non-substance like gambling addiction, it is incredibly dangerous to stop using it all at once, especially on your own. There are many misconceptions about gambling addiction and a "withdraw" process, as addicted gamblers DO have and go through a "detox" period just like any other addict. This is one harmful way that many addictions like drugs operate, by, ironically, making it unhealthy for you to stop using them. This is where detoxification programs come in. A detox program provides a safe, medically supervised space for an individual to get treatment as a substance and brain chemicals change, or begin when substances, leave their body.

12-Step Groups and Support: Most treatment centers and facilities will start you along in a 12-step program during your initial treatment, and you should continue this work with a group of your choice once your treatment program is completed.

These 12-step meetings like AA, NA, and GA are a great place to gain perspective from people who understand what you're going through, so you will see your not alone. You can make new friends, gain support, and expand your support system as you continue to overcome your addiction.

Other resources that can help you to find work or a safe place to live can also be found in a 12-step group, so getting involved can really save your life. For recovering gamblers, ask your GA, (Gamblers Anonymous) trustees to schedule a "Financial Pressure Relief" meeting with you and your spouse, and go over the packet to begin your financial inventory, and on the road to the accountability of the financial damages and pressure, you may be feeling.

Trustworthy Friends and Family: Recovery resources are essential, but social support and love are important parts of your life as well, so you shouldn't neglect them. Weed out friends or family members who would hamper your recovery, and learn to rely on those who are supportive of your process. Include those who love you in your recovery, and let them help you to reach your milestones. Making new friends can be hard, but it will be one of the most rewarding parts of recovery if you can connect with safe, sober, uplifting people to share your journey with. Don't allow the isolation of addiction to continue to have a hold on you. Branch out to others for support and enjoy the opportunities it gives you to serve and to give back.

Helping a Loved One Get Started: Sometimes the first step to recovery doesn't come from the addict themselves, it comes through the help of those who love them.

Con't Page 22

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THIRD MONDAY EVERY MONTH: H & I (Hospital and Institutions) Committee needs people to take books and literature to hospitals and institutions where Alcoholics cannot get to outside meetings. Meet at St. Innocent's Church, 5657 Lindley Ave., Tarzana, California 91356. New member orientation is at 7pm, business meeting starts at 8pm. www.sfvi.org

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 AI-Anon meetings in the beautiful, spacious Westin Hotel and Spa in Marina Vallarta, Jalisco, Mexico. www.aapvconvention.com

SATURDAY, JANUARY 19TH, 2019 Windsor Club Dance Party, DJ Nicole Spinning a mixture of all types of music. Let the Sober Fun continue! If you've never danced sober, you owe it to yourself to check this out. Super fun, and comfortable, amazingly supportive fellowshiping! Professional DJ brings the lights and sound that transform the Windsor Alano Club into a beautiful and safe sober club dance! Mark your calendar, and bring your friends, all are welcome. After the 8pm Meeting Dance starts at 9:45 PM – 1:30 AM. The Windsor Club, 123 W Windsor Rd, Glendale, California 91204.

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 AI-Anon Speaker Meetings, Friday through Sunday. Meals, Ceremonies and Entertainment, Friday Opening Ceremony, AI-Anon Luncheon, Saturday Banquet and Entertainment, Sunday Spiritual Breakfast. Warner Center Marriott 21850 Oxnard St., Woodland Hills, CA 91367. Email: info@sfvaaconvention.org. www.sfvaaconvention.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

MAY 17TH TO 19TH, 2019: Woodstock West. A Journey Through the 12 Steps of AA. Los Angeles, California. Four Points Sheraton LAX. For more info visit www.woodstockwest.biz, or write to Woodstock West P O Box 470842, Los Angeles, CA 90047.

Send us your upcoming SOBER or recovery related events. We will list it FOR FUN AND FOR FREE. Email events to: info@KeystoRecoveryNewspaper.com.

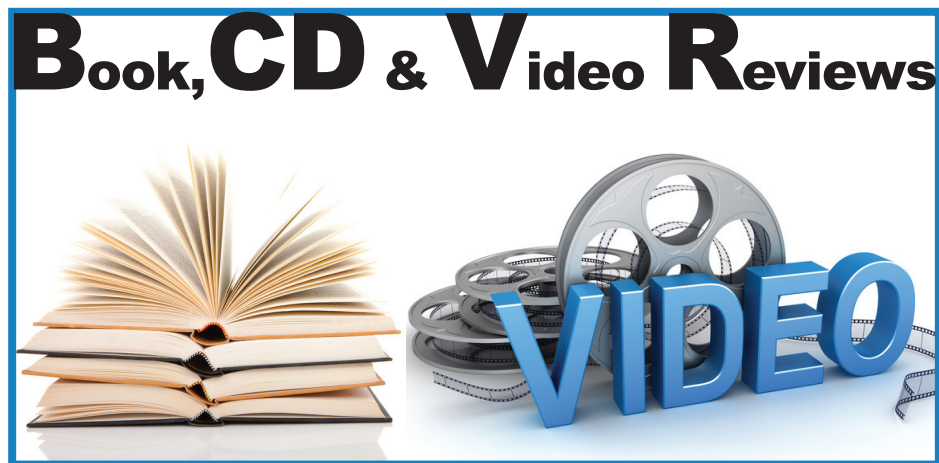
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Alcoholics Anonymous
San Fernando Valley Central Office

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 Van Nuys, California 91406

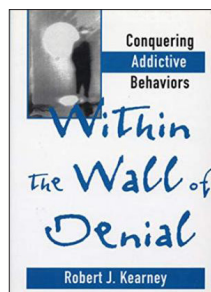
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VOLUNTEERS ARE ALWAYS NEEDED



WITHIN THE WALL OF DENIAL, Conquering Addictive Behaviors. Author Robert J Kearney, published by W.W. Norton & Company.

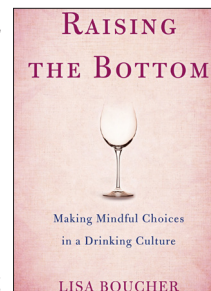
Robert Kearney bridges the contrasting methods to confront and still support those in denial. This book presents a perspective on the nature and function of denial. It provides advice on how to relate to people who are trapped by various addictions, substance abuse, sexual abuse, work-aholism, rage-aholism, spending disorders and gambling, etc. He reminds us denial is a natural process, a form of self-protection. Denial is a psychological defense that is as normal as flinching. It is a wall built layer by layer to shelter us from pain and frightful truths. "Within the Walls of Denial" shows how this valuable, instinctive reaction can become rigid and maladaptive. Retreating behind its protection can isolate people in their pain, alienate those around them, and facilitate the development of diseases, from addiction to heart disease.



This book gives us a completely new way to look at denial, something that is so common we tend to dismiss it, but those who suffer from such disorders retreat behind their wall of denial, and thus often seem unaware of the chaos around them. They behave as if there is no problem; they minimize it, make excuses or just seem unwilling, or unable to take effective action. Their loved ones being unable to reach them start to build their own walls. Their "enabling" or "co-dependent" behavior is also addressed in this book. Reading this book has helped me to see denial in a completely new way. I became aware that people suffering with denial are sick, denial is like an addiction and most people are unable to help themselves. Read this book so you can understand and help your friends and loved ones who are unable to let go of the denial they are holding on to. Help them get their life back. A Must Read! Available at www.Amazon.com

RAISING THE BOTTOM, Making Mindful Choices in a Drinking Culture. By Lisa Boucher. Published by She Writes Press.

"In Raising The Bottom, mothers, daughters, health professionals, and young women share their stories of why they drank, how they stopped, and the joys and rewards of being present in their lives once they kicked alcohol to the curb." When I read this on the back cover of the book, I knew I would have to read this book from cover to cover.

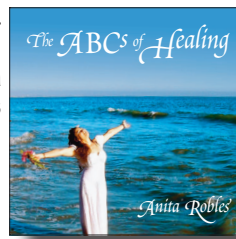


"Raising The Bottom" reveals the truth about families in crisis. Lisa shows us that alcoholism is a disease that does not discriminate by gender or socioeconomic status. She reveals herself in this book leaving nothing out that might help someone else. Her writing is raw, real, and very entertaining. Lisa takes us on her inspiring journey of recovery. This book is a great resource for those who think they, or a loved one may have a drinking problem. "Raising The Bottom", offers solutions for the reader, not just the problem. Understanding the disease is curial to the recovering person and those around them. Lisa Boucher gives us hope that we don't have to lose it all, that we can indeed "raise the bottom" when dealing with alcoholism, and that there is life after recovery.

"Raising The Bottom", won the 2017 Best Book Awards in the category of women's health and placed as a finalist in the category of addiction/recovery. If you read nothing else in 2019 – READ THIS BOOK - I highly recommend it to everyone. Five Stars! Available at www.Amazon.com.

THE ABC'S OF HEALING. A Musical Meditation CD: Vocal arrangements by Anita Robles, additional mixing and mastering by John Pena.

Anita's music composition is so soothing and peaceful, it places you into a meditational realm of bliss. The instrumental sounds accompanied with words designed to uplift you to a spiritual level and allows our mental and physical limitations to be strengthened. Meditation requires one's focus to be parallel with the stillness of the surroundings, this allows the active mind to quiet and become receptive.



Anita's musical arrangement in collaboration with John Pena, helps transport the listener to a place of complete relaxation, allowing the union of God's love and presence to be received. Music has its own form of interpretation, the rhythmic variations reach into the very depth of our souls, unleashing an array of emotions that we at times suppress.

My wife and I truly enjoyed the tranquil sounds and the comforting words, this is a must for listening for those who are seeking to be in the company of God's goodness, through meditation. During the times that I attended an event where Anita was entertaining, I felt that her peaceful demeanor was embodied in her music.

As we are looking forward to hearing her again, we recommend that you buy her CD and hear for yourself the music that encompasses peace. Available at aroblesjazz@gmail.com. Anita also has a Latin Jazz CD "Good News on Rainy Days"(available on CD Baby, for purchase or download), and a Recovery CD "12 Steps to my Heart". at: aroblesjazz@gmail.com

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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.ocfdoundation.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, Los Angeles California, for meetings visit www.RefugeRecovery.org.

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

RumRadio.org: comprehensive 12 Step sponsorship informational resource website (512) 267-4707.

Secular Organization For Sobriety: (323) 666-4295.

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

Sex & Love Addicts Anonymous (SLAA): www.slaalosangeles.org (323) 957-4881.

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

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

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

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

S-Anon: (Friends and Families of Sex Addicts) www.sanon.org (800) 210-814.

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

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

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

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

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

EMERGENCY HEALTH & MENTAL SERVICES

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

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

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

County of LA 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.

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

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



I stood under that green canopy and took deep gulps of crisp fall air. An involuntarily shudder startled me back into the moment—I felt like the trees were saying here, let me cleanse you—it seemed as if their leaves agreed to soak up all of the negative energy. I felt like the toxic residue of a conversation gone wrong had been lifted right off of me. I took a few deep breaths. I stood quietly for several minutes. I said a prayer. All I can tell you is that fifteen minutes later, when I stepped out from under that canopy of trees I felt much different than when I'd entered: calm; refreshed; like taking a bath.

I recently read an article where a study done by the Environmental Protection Agency (EPA), that the average American spends 93 percent of their life indoors! I find that statistic shocking, and sad. I thought back to my life before recovery and realized how true that statistic probably is. In my adult life, my horse was no longer practical, and he was sold when I left home at eighteen. I lived mostly in the city, and then there was the series of moves, jobs, bars, and hangouts. Regardless of where I lived, it seemed that I went from home to work to the bar and back home. No wonder I felt awful most all of the time. No person is meant to live in one indoor environment after the other. Add alcohol to the mix..., is it any wonder that I had more days where I felt melancholy, and out of touch than days that I felt alive and well?

Alcoholism and addiction can be tough diseases to battle. Recovery has its challenges as well. When I've had moments or days when I felt despair, or was at a low point, a trek into the woods, or a visit to the park always brings me back to a place of hope. I look at trees that are gnarled or bent from the battering they take in their forest lives, and it reminds me that none of us gets to enjoy a life without hardship, not even the trees. They have learned to plant deep roots so they have a better chance of weathering the storms. I think that's what I'm meant to do in recovery: Plant deep roots in a recovery community, the steps, and faith in my higher power so that when the storms of life hit, as they tend to do for all of us, I can stand strong and know, that just like the wind, that this too shall pass.

Lisa is the author of the multi-award winning book, *Raising the Bottom: Mindful Choices in a Drinking Culture*. After short stints where she trained polo horses, worked as a flight attendant, hairdresser, and bartender, she revamped her life and settled in as a registered nurse. For the past twenty-nine years has worked with hundreds of women to overcome alcoholism, live better lives and become better parents. She was prompted to write *Raising the Bottom* when she realized after twenty plus years of working in hospitals, that doctors and traditional healthcare offer few solutions to women with addiction issues. You can start reading for free on Amazon. Follow her on Twitter @LBoucherAuthor and Instagram



I think Carrie would want me to address this injustice in our society. She does her best to fight against it everyday. A close friend urges me to be more outspoken about these issues.

Drug addicts really can find freedom, redemption and forgiveness. My favorite book tells me that faith without works is dead, that believing in the truth of salvation isn't enough. We have to take the necessary steps to find it.

I don't know where I'd be had I not met Carrie Newman. I doubt my life would look the way it does now. Countless others would say the same. No one can break our chains for us, but folks like Carrie show us how to find the right tools.

Dano Goldman, CADC-II, ICADC, is a founder and owner/operator of *Alchemy House Sober Living in the Hollywood Hills & Nexus Recovery Services in Culver City*, <http://alchemyhousesoberliving.com> <https://nexusrecovery.com>

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• (When creating ways of being, creating them as "I AM" statements is extremely powerful.) I am emotionally available, to myself first, before being able to be that for a partner. I am connected to my value. I am an excellent listener. I am connected to my needs and able to express them. I have a great sense of self-awareness including my gift and shortcomings. I am able to take 100% responsibility for myself, my experience, and my actions. I am one who can walk through fear and hold space for someone else to do the same. I am loving, compassionate, and empathetic.

• Find couples who have created this type of partnership and ask them what it feels like, how they do it, and for any suggestions. Find groups and communities who address these particular areas. Look into books and audiobooks that can support you in how to succeed in this creation. Look up YouTube videos on healthy/conscious partnerships - or on any of the topics listed in #2, ie: Compassion, Vulnerability, and other qualities you aspire to. Do inventory work to help support your transformation. Surround yourself with people who have created this already.

This is one example. We could give you hundreds. We get to recreate ourselves and our lives in anyway that we want from the subtle things to the major things, and we have so many resources to help support us in doing just that. If you are dissatisfied with any area of your life, you have the power to change it. NOTHING IS A LIFE SENTENCE. We are powerful beings co-creating in partnership with The Most High! May we all step into a more fully self-expressed experience of living out loud for 2019! Happy New Year!!!!

Blessings, Rudy and Kelly Castro, Conscious Partnership

Rudy is a therapist, and Kelly is a Certified Relationship Coach. They co-own Conscious Partnership Coaching and provide a healing environment for any kind of partnership. They have facilitated thousands of groups at exceptional treatment centers such as, Inneractions IOP, The Villa Treatment Center, and PAX House. Together they have created a beautiful family and a business designed for service. Whether you are an individual looking to create any powerful partnership in your life whether it is business/family/friend, or a couple looking to develop deeper levels of intimacy, they are here to help guide you. www.consciouspartnershipcoaching.com



If you can see that your loved one is struggling with addiction, but they are resistant to getting help, it's probably time for an intervention. Prepare yourself and other attendees well ahead of time, and have some recovery options ready to get started on right away.

Support and Being of Service: There are also other support groups like "Celebrate Recovery." Find one in your area by visiting their meeting locator at <https://locator.crgroups.info/>

If you attend meeting with Gamblers Anonymous, visit here and find a local meeting in your area as both of these programs sure help me maintain my recovery, as I celebrate my 12th year on Jan 29th, 2019! And what will I do to celebrate my recovery milestone? Well, see the ad for "Big Jim's Ride Around America Event and Schedule," courtesy of our amazing sponsors Jeannie and Marcus from here at "Keys To Recovery".

I am donating my time and media skills as Social Media Manager all year long, to help Big Jim as he rides over 15,000 miles fundraising and for #AddictionAwareness to 48 States! It will be filmed along the route by our sponsors Bethel Films for a Recovery Movie in 2020, to share the voices of addiction and recovery after Jim's Ride! We invite all 'Keys' readers to join and meet Big Jim in many of his stops as we have guest speakers, events, and concerts planned for the whole year courtesy of our ministry sponsors Pastor Greg Jackson of Taking the City Ministry <https://www.tccmmi.com/>

When we begin recovery, a great way to help stay within recovery is to be of service to others. When you are, you'll be well on your way to a Brand New Life within Recovery!

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

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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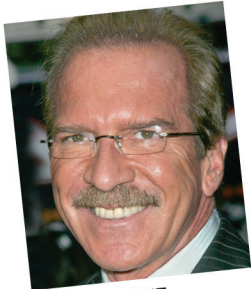
Thursday, February 28, 2019

Reception: 5:30pm • Show: 7:30pm

**Experience, Strength and Hope
Awards past recipients**



2018
Jane Velez-Mitchell



2017
Pat O'Brien



2016
Mackenzie Phillips



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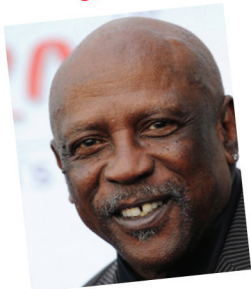
2014
Carrie White



2013
John Taylor



2012
Buzz Aldrin



2011
Lou Gossett, Jr.

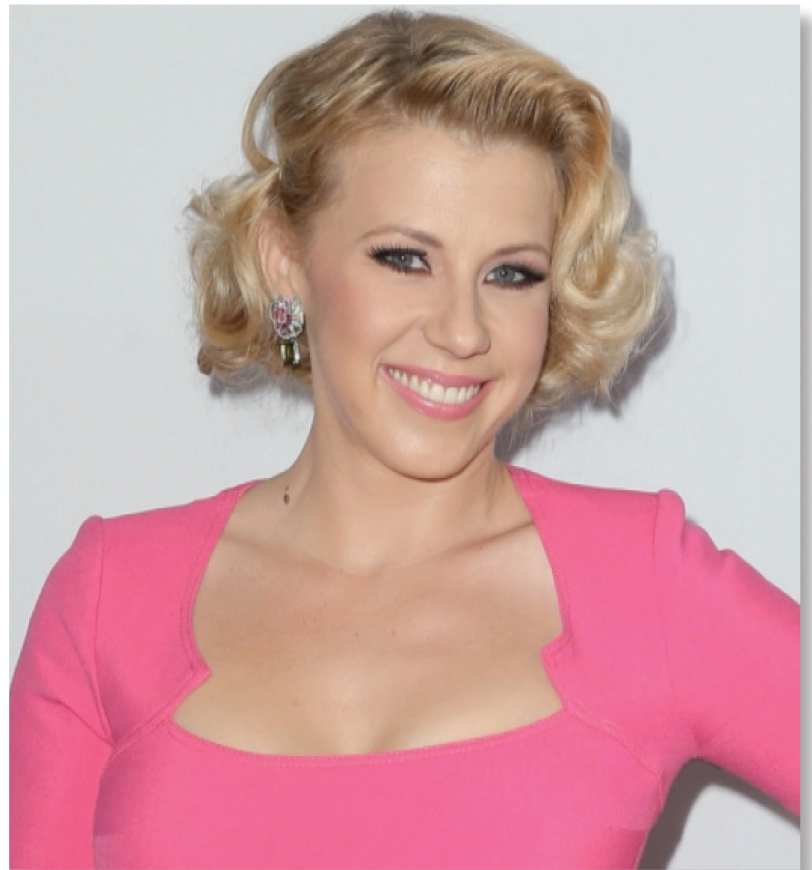


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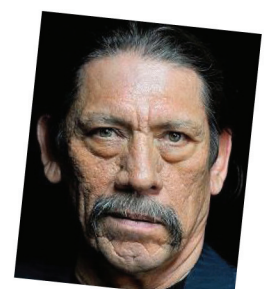
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For sponsorships and tickets, contact Ahbra K Schiff: 818-762-0461
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