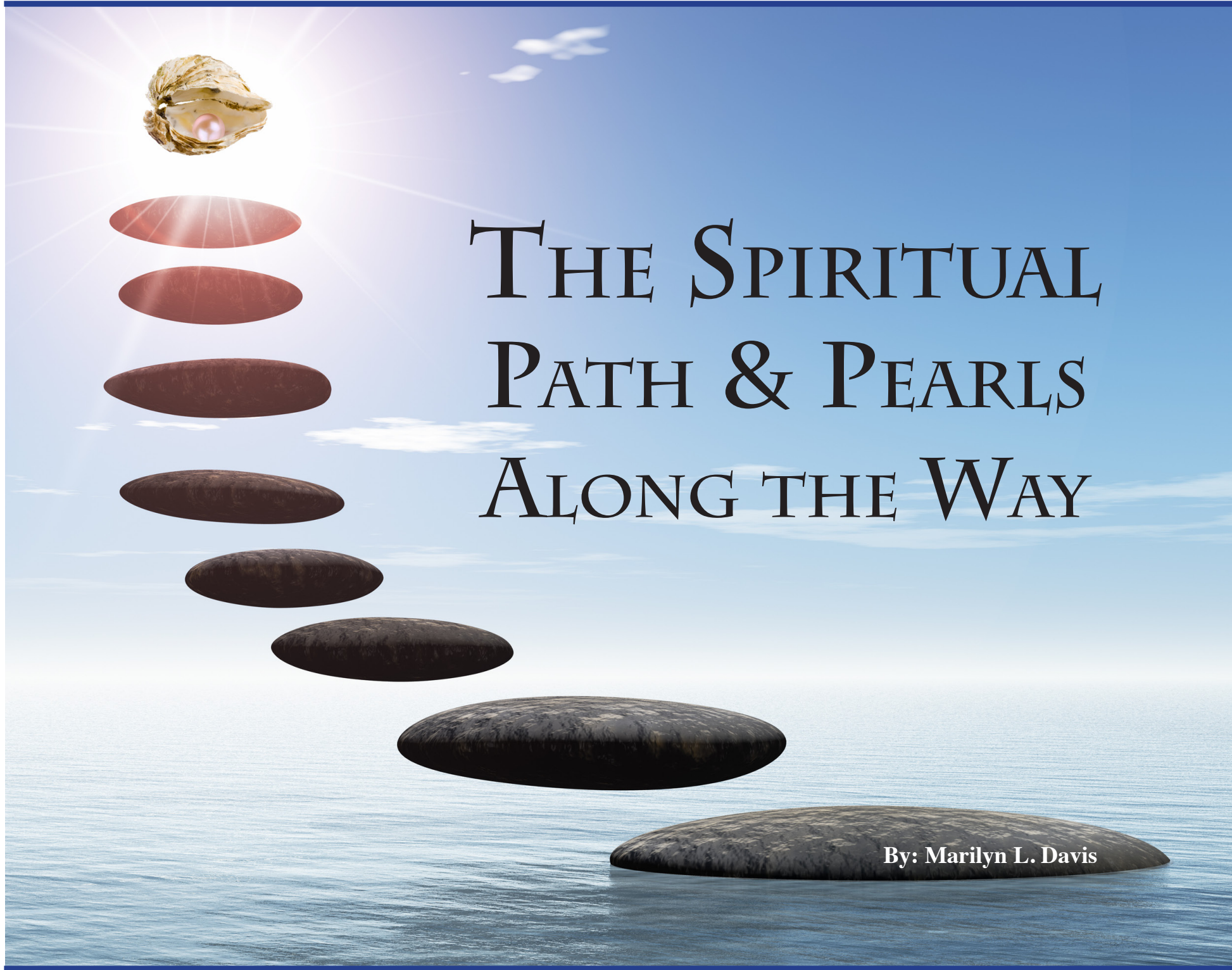


FREE SPREADING THE MESSAGE OF HOPE FOR RECOVERY FROM ALL ADDICTIONS - READ IT, SAVE IT PASS IT ON
KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY

March 2019

KEYS TO RECOVERY — NEWSPAPER, INC. —



THE SPIRITUAL PATH & PEARLS ALONG THE WAY

By: Marilyn L. Davis

**From Destruction
to Construction**

Page 4

**Bless Your
Boss**

Page 5

**The Science
Behind Gratitude**

Page 10



reedom

Treatment Centers of California



Financing
Available

Drug & Alcohol Detox / Res

800-467-5953

IWantToLiveAgain.com



Addiction Treatment & Luxury Sober Living Homes

Here, you will be given the best care, provided by our experienced staff.

- Alcohol and Drug Detox
- Partial Hospitalization Program
- Day and Evening Intensive Outpatient Program
- Co-occurring disorders
- We are pet friendly!
- Most PPO Insurances accepted
- Treatment can be covered up to 100% by insurance

Learn more at:

astepintherightdirection.org

Call today for a FREE consultation:

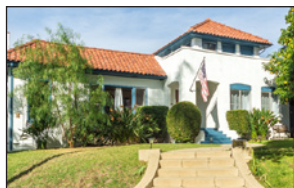
818-231-1400



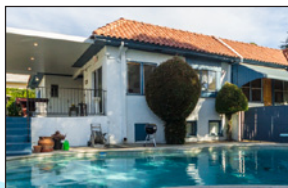
Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Darrell Fusaro
New Doctor in Town	Page 6	Dr. Clint
Food For Thought	Page 7	Jenni Schaefer
Freedom From Bondage	Page 8	Michael D.
The Journey Continues	Page 10	Derrick Carpenter
Matters of the Heart	Page 11	Rudy & Kelly Castro
The Spiritual Path	Page 12	Marilyn Davis
Quit to Win	Page 15	Catherine Lyon
Events	Page 16	
Book, CD, Video Reviews	Page 16	The Crew
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	

Miracles in Action Addiction Treatment Center



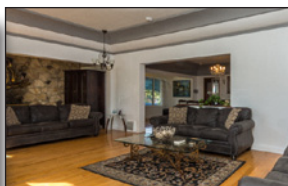
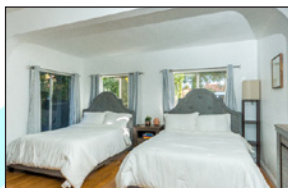
We are here from the beginning to help you integrate smoothly into a sober lifestyle.



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

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

We Accept Most Insurances



CALL TODAY for a Consultation

818-429-9103

Locations in Glendale and Burbank, California



www.MiraclesinAction.info

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:
 Beth Dewey-Stern: Cofounder
Editorial Contributors: Marcus Marshall • Jeannie Marshall • Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro • Dr. Clinton Weyand • Jenni Schaefer • Michael D. • Derrick Carpenter, MAPP • Rudy & Kelly Castro • Marilyn Davis • Catherine Townsend-Lyon • Peggy Salazar

About Us

Advertising Rates - page 19
Distribution Information - page 19

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



Can it really be March already?

We here at Keys to Recovery Newspaper want to share the love with you, that is given to us each month. Last month I made a commitment to share more love in as many ways as possible. This month I am taking this column, to share how "loving words" can help to change people's lives.

We receive letters (full of words) monthly thanking us for sharing courage, solutions, recovery, and hope. We know that Keys to Recovery Newspaper could not do what we do without you the reader, or the writers that give us the words, and who contribute each and every month. And our advertisers and sponsors, and all of the facilities and locations that have our newspapers available for anyone who needs, or wants them.

We give all the glory to God, who makes all of this possible each and every month. He took a thought that became a dream, that dream was manifested in words. God helped us turn that dream of hopeful words into a reality, for all to read.

I certainly did not feel qualified to publish a newspaper, with my low level of formal education. I've heard it said God doesn't call the qualified, He qualifies the called. We have learned that nothing is impossible when God is leading the way.

Here is a portion of a letter we received from a man currently incarcerated at Tehachapi State Prison. Anyone who has been in the system understands the value of a sheet of paper, an envelope and a stamp. Thank you for sharing Jimmy.

"Thank you for being a part of my life transformation. Having lived a life filled with drug addiction, crime, and the numerous prison terms, I'm always encouraged to open my Keys to Recovery Newspaper and read both of your inspiring columns.

I know I'm not perfect, but I'm a better man today because of God, Keys to Recovery and my decision to change. Thank you. - Jimmy."

I look at this as confirmation that we are doing what God would have us do. **God bless you until next month! - Jeannie Marshall, President & Cofounder**

Hello to all, thank you for taking the time to read our editors columns. February was a very special month for both Jeannie and I, our sobriety birthdays are Feb. 22 and Feb. 28th. We typically combined both of our sobriety birthdays with my natal birthday March 3rd, and celebrate them all together, next year is the big "6" "0" for me.

What I have found out to be spiritually rewarding, is to give a total stranger a gift on my birthday. Honestly, I don't have a need for anything outside of what I already have. Jeannie and I always ask our friends to bring socks, and other under garments to our birthday parties for the homeless. Being able to wake up every morning when countless thousands didn't have the same opportunity, is actually more than I could ask for.

The rewards of life are not what you acquired monetarily, materialistically or any other way outside of having true peace, love, and all else that gives you real joy. My earlier perceptions on success was misconstrued, I was looking at the glass being half empty instead of it being half full. Our individual maturity depends on what we perceive to be fulfilling to our soul, and what helps to enhance our conscience contact with our Higher Power.

I could actually sit out in a dirt field with my wife, and we would enjoy each other's company for hours on end. Life is not about what you have or don't have, life is about who you have or don't have. Serenity is appreciation for who you are, acceptance of who you are not, and truly understanding the distinction between the two. I want to be able to spend my life living up to the expectations that God deserves, He has given me much, and He expects the same in return.

Life is remarkable, filled with wonder and opportunities around every corner. I want to thank you for lending some of your time to reason together, when two or more minds come together with the intent to find answers, revelations will be found. My wife and I, continually hope that all of you will enjoy sobriety, filled with good friends, family and serenity. I hope that the rest of your day will be a very peaceful one, and that what you do daily will benefit you over all.

Until we are given the opportunity once again, to come together for reasoning, may God bless and keep you safe. - Marcus Marshall, Vice President & Cofounder



Meeting Chips - Medallions - Medallion Holders - Plaques - T-Shirts - Hoodies - Tank Tops - Hats - Keychains - Books - Book covers

Sober Water- Mints - Candles - Meeting Coffee - Mugs - Greeting cards

MY 12 STEP STORE.COM
Recovery gifts InStyle!

got 12

WE SHIP TO THE WORLD!
visit us online or in-store
My 12 Step Store
8730 SANTA MONICA BLVD
WEST HOLLYWOOD CA 90069
310 623 1702

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

Resolve
RECOVERY
Growth, health and independence for women

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

Call Now 888.705.9930

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

resolvereccovery.org

A full service, 12 Step Welcoming Law Firm

SPERLING, DIARIAN AND McALLISTER

Successfully Solving the legal issues of one's past for a hopeful future.

DIVORCE:

- Divorce & Child-Support Issues
- Custody & Visitation
- Child-Support, Spousal Support & Division of Property
- Issues with Department of Children Services

CRIMINAL CASES:

- Drug Cases
- DUI
- All Criminal Cases
- Felonies
- Misdemeanors
- Domestic Violence
- Probation & Parole Violations

FREE CONSULTATION WITH ATTORNEYS WHO CARE

Mitchell Sperling, Esq., Aree Diarian, Esq.,
Lauren McAllister, Esq., Steven Shore, Esq.

Call Now **818.205.9090**

LOW FEES & REASONABLE PAYMENTS

www.SperlingLawFirm.com

Do You Work With Those
Suffering From Eating Disorders?
REGISTER NOW!

10th ANNUAL Seed CONFERENCE

Southeastern Eating Disorder

**“Integrated Treatment
for Eating Disorders”
August 16th - 17th, 2019**

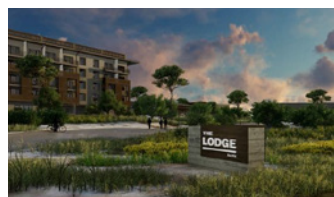
The Lodge at Gulf State Park, a Hilton Hotel,
Gulf State Park, Alabama

Be a part of an evolution in understanding and treating Eating Disorders. You will hear current experts in eating disorders, including those with specialization in evidence-based treatments and innovative treatments. We invite you to join us for this information packed event and earn CE's when you attend.

WHO SHOULD ATTEND: Mental health professionals, dietitians and interns who work with children, adolescents, adults, and families with eating disorders.



**Exhibitor & Sponsorships
Still Available**



www.theSEEDconference.com



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

FROM DESTRUCTION TO CONSTRUCTION

Addiction is death. It is the death of dreams and hope, of the real self and self-esteem, of genuine relationships with others, and of the motivation, courage and ability to create a full, healthy, spiritual life. We run from ourselves in pursuit of whatever works when we're in a sick environment. This is understandable if we know of no other options. The greater problem is when we lie to ourselves that sickness is acceptable. The emptiness and depression that result from these deaths and their denial, leave desperate longings to connect with something or someone that can save us from absolute destruction.

Participating in a destructive relationship with drugs doesn't prepare us to participate in constructive relationships with ourselves, our Higher Power, others or life itself. We are so used to the immediate gratification of drugs, that we miss the subtler, softer signs of genuine contact. We are used to denying painful truths and recalling the euphoria of the honeymoon period, so that delusion overrides reality. We are defensively self-centered and looking for something outside ourselves to fix us inside. We are used to pretending to be who we are not, to manipulate others, gain acceptance and fuel endless cravings. Understanding how and why we developed these defenses, decreases their power and allows us to internalize new attitudes and behaviors.

Relationships in addiction all lack a core component; the depth and wholeness of our self. We split off the truthful, vulnerable, real part of ourselves because it carries too much pain. When our environment fails to provide healthy, mature bonding, we are left with intense needs and equally intense frustration. The only resort we have is to adopt defenses and bury the part of us that knows the truth. Yet it is the truth that determines success or failure in life, and we must reveal ourselves deeply and absolutely, in order to transform the addictive mind.

Addiction denies pain and in so doing denies us access to real joy as well. We must distinguish between past and present experiences that trigger similar feelings and thoughts, so that current problems become more bearable and easier to resolve. Disruption of denial allows us to experience the full impact of our experiences, so that we might better understand them. We can be inspired by those who have lived through similar tribulations and now embrace reality with resilience. As we work through difficult feelings and change behaviors in a positive direction, the real part of ourselves emerges. Pain and shame become courage and humility, and the false self no longer dominates without the support of denial and fear.

Spiritual principles are the new blueprint from which to construct healthy attitudes and behaviors. We must make use of a support system that fosters rigorous and deep self-examination, insight and growth. We need role models that embody integrity; who live higher principles in all aspects of their lives. People who embrace truth and wholeness in themselves, and their life can guide us to do the same. This is how we learn the lessons of humanity and the blessings of Heaven.

Recovery brings balance to replace excess. It fosters compassionate understanding instead of condemnation and brings solutions to problems. The fear generated compulsions and need for immediate gratification, can be replaced with patience and tolerance. The sense of emptiness, loss and despair that led to fantasy and delusions of grandeur, may be transformed to comfortable self-acceptance and positive esteem. Deceit and manipulation can become direct, honest, open communication and dependency can mature to interdependence. Small minded selfishness may be replaced with serenity and service to others.

The desperation and oppression of addiction feeds the false self. Courageous self examination and healing reunite us with our core essence. This is where we find truth and internal strength. Recovery reminds us of our connection to all that creates life and inspires growth. Through dedicated work on ourselves and our lives, the hard shell around our hearts dissolves and we feel a part of the whole of life. And in this heart centered place, deep rooted destructive habits transform into lives of grace, serenity and wonder.

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





by: Darrell Fusaro

BLESS YOUR BOSS

"There is a Power for good in the universe greater than we are, and we can use it!" –Ernest Holmes

I was running a small public access television studio in Marina del Rey, California, when I was told by my manager that I was going to be assigned the role of supervisor at another production facility in Los Angeles. The additional studio was where our network news program was produced. This looked like a great opportunity. However, he warned me that this place was a hornet's nest. There was bickering among the crew and the facility was rundown. He said it was probably going to be extremely difficult before it got easy, but was confident I was up for the challenge. His hope was that I'd extinguish the fires among the crew members, elevate morale and renovate the studio to flagship status.

Immediately upon my arrival I discovered that the existing manager didn't like me. This became apparent when one of my newly assigned crew members confided in me that I better watch my back. He went on to explain that the manager told everyone in the studio that, and I quote, "If Darrell Fusaro so much as peeps anything that can possibly be misconstrued as harassment, I'm going to make sure Human Resources hears about it and he goes down." She was out to get me.

My feelings ran the gamut from worry, panic, hurt, anger, and self-pity, and finally to surrender. I knew deep down that no amount of self-will could manipulate the situation in my favor. So I put all my faith in the spiritual axiom, "Bless a thing and it will bless you. Curse a thing and it will curse you." I knew the choice was mine. I could have my indignation or my demonstration. I couldn't have both.

In spite of dreading having to interact with her each day, I applied the following: Every morning when I did my prayer and meditation routine I'd include her. During these times I'd imagine her happy and smiling with her family and friends. Happiness is a wonderful thing to bless a person with, since the wealth of the Universe always showers upon happy people. I was also motivated by the fact that happy people don't seek to stick it to others. They're too happy.

I'd keep this practice up throughout the day. When thoughts of fear, worry and anger would crop up, I would quickly sweep them aside by switching to thoughts of love, happiness, harmony and success for everyone at the studio. The key to all of this was clinging to the belief that it was all coming to pass. Faith has been defined as joyous expectancy. I put my joyous expectancy in choosing to believe God was working on the unseen plane and transforming this situation for the better. Some days this came easy—other days, not so much.

I'd make studio renovations and she'd give negative commentary. I'd rearrange crew positions according to their individual strengths and she'd have a rebuttal. I used the affirmation,



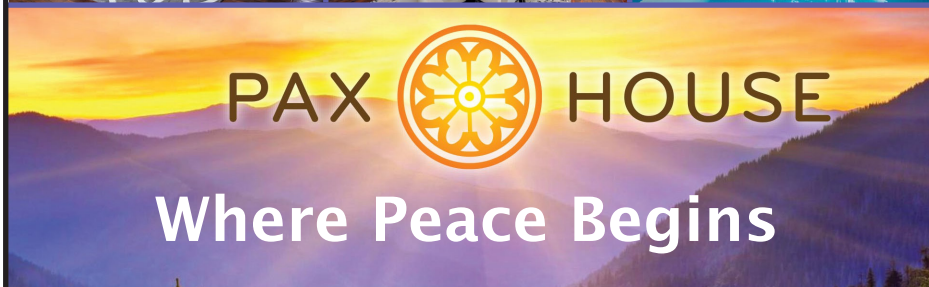
"God makes a way where there is no way," to maintain my poise. One day I pulled into the lot and noticed that she had parked her car in the handicapped space. I wanted to call the authorities and have her car ticketed and towed. After all it seemed justified. Instead I reminded myself, "Darrell that's not in your square. Leave it alone. Forget about it." I blessed her instead and let it go.

Day in and day out I continued and within a month seemingly impossible changes began to take place. One of my habits was to belt out a joyful verse from a show tune as we set up to shoot a segment. This was something she detested. I'd sing a line and she'd slam her office door shut in protest—but not anymore. One day I belted out, "Oh what a beautiful morning!" There was no door slam. Instead she joined in with the next line, "Oh what a beautiful day!" singing it as enthusiastically as I.

As the days went on she initiated pleasant conversations. Being a longtime Los Angeles resident, she would recommend hip local weekend outings for my wife and I. It was remarkable. I actually looked forward to seeing her each day. Things had improved so much that those who knew her often joked that I was putting something in her coffee. Visitors and celebrity guests who came to the studio would comment how pleasant it felt to be there. Within a year the show we produced together was nominated for an Emmy Award, and we continued to enjoy each other's company until we moved on in our separate careers.

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran and author of "What if Godzilla Just Wanted a Hug?" To learn more about Darrell visit www.ThisWillMakeYouHappy.com

www.paxhouserecovery.com



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

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



Call Now (626) 398-3897

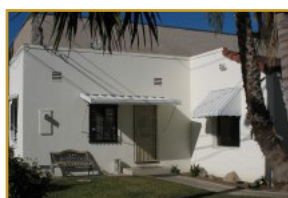


**Clean.
Sober.
Ready to Live.**



58 Years, Providing Safe 12-Step Based, Sober Living for Men

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



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

Committed to providing services, through the 12 step program that has been successful for many years.

Chandler Lodge, a non-profit, foundation established in 1960 by sober men in the program of Alcoholics Anonymous.

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

www.ChandlerLodge.org • 818-766-4534



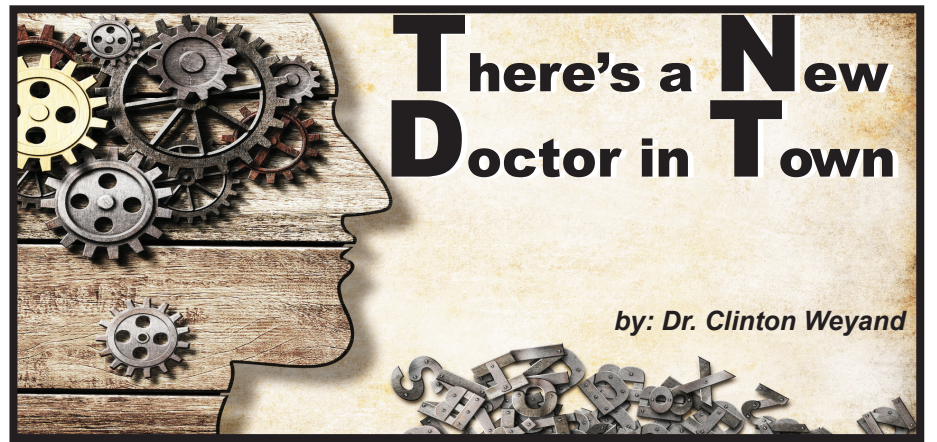
CNS Clinical Trials

Participants are needed for clinical research studies today!

Studies are available for the following indications:

- Bipolar
- Depression
- Schizophrenia
- And More

Contact CNS today to learn more and see if you qualify.
 Compensation is available for time and travel.
 Call (844)323-1313 or go to www.cnstrials.com



There's a New Doctor in Town

by: Dr. Clinton Weyand

THE GIFT OF ADDICTION

"There is only one real deprivation, I decided this morning and that is not to be able to give one's gift to those one loves most. The gift turned inward, unable to be given, becomes a heavy burden, even sometimes a prison. It is as though the flow of life were backed up" - MAY SARETON

"But still existence for us is a miracle; in a hundred places it is still the source. A play of absolute forces that no one can touch who has not knelt down in wonder" - RAINER MARIA RICKE

Most persons recovering from the struggle with addiction know the miracle of the gift. Having faced death and sacrificed the controlling ego, life has been restored to them. Liberated from the addictive mode that drains vitality and ends in isolation, the recovering person is given the gift to create each day anew, and to give to others the fruits of caring and creative energy. Gratitude for the opportunity to live a spiritual life is one of the gifts of recovery.

Grateful has a double meaning. Existence is not our own creation. Riders on the Storm, we were thrown into being gratuitously. We were given our existence with its highs and lows. How we respond to what we are given is our part in the act of creation.

As addicts, we know we can respond to the helter-skelter of this baffling disease with resentment and an angry heart, or having experienced the depths to which addiction takes us, we can - in full humility - stand in awe before the deep mysteries that "accidentally" give life and take it away and be grateful daily for life.

The creative response is a "thanks-giving" from the grateful heart. What happens in a 12-step meeting is also a sacred recognition of the beingness and wonderment of life. Alcoholics and addicts share stories of their high flights, their falls, their resurrection, their survival of the deadly journey, and they give thanks for their existence. They experience the gratitude of transforming their lives in a spirit of serenity.

Both the receiving of the gift and the work to polish the jewel, and pass it on to others required sacrifice - one must offer oneself up as an open channel. The energy behind the sacrifice comes from our spiritual longing. If we divert the longing through addictions to romance, substances, possessions or power, we lose access to the creative.

The sacrifice required in all creativity and recovery from addiction is turning one's life over to creative spiritual energy with complete abandon. Ultimately, the choice we all make is between creativity and addiction. If we see the suffering and wounds of our addictive life as a lesson that can be passed along to others, we can transform the "wound" into a gift.

Through acceptance of the existential crisis we can embody the archetypal transformation of the "wounded healer". Then, comes the spiritual challenge to transform addiction into creativity. The wound is also the gift to transform. The very abyss we experience in despair and suffering can be the "creative womb."

Because of the creative gift, there comes into being a community of companions on the spiritual path. This energy of compassion through transformative giving is the very same that happens through the twelfth step, the act of gratitude and giving through which a person shares experience, strength, and hope with others.

The Gift opens us, expands our being, makes us whole, and forms the healing ring of love. The healing cycle of giving frees a sacred space of openness and loving, that sweeps the dancer into its spiraling round.

The Gift is loss of ego and an experience of unity with all beings. What a contrast this generous, creative energy is to the possessive stranglehold of addiction.

Without gratitude for all that life offers, including both the things one perceives as desirable and as undesirable, one is apt to become discouraged by the everyday challenges of life, and therefore vulnerable to the compulsion to use again. An attitude of gratitude can make the difference between being a cynical, disconnected attendee at 12-step meetings, or being a joyful connected member of the fellowship.

Writing a gratitude list every evening before one's daily inventory has helped many in recovery realize exactly how much they have to feel grateful for, and the benefits of maintaining this important attitude.

The existential moment when the dry drunk meets the grateful alcoholic.

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.

House in the Hills

Transitional / Sober Living for Women in Recovery In Woodland Hills, Calif.

818.264.8545

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



www.HouseintheHills.org CCAPP



HOPE FOR RECOVERY

Hello. I would like to introduce myself. I am the only person in the world who cannot recover from an eating disorder. No matter how hard I try or how desperately I want to let go of my eating disorder, I am doomed to fail. I will never get better.

That was nearly twenty years ago. It turns out that I wasn't so special after all, not the worst case scenario, and not the hopeless one. I am thrilled to say that I was not the lone ranger and that it did get better, in fact, much better. Many of us battling the illness believe that we are the sickest and that we will never recover. At one point in my eating disorder therapy group, every single person in the room thought that they were the one who wouldn't make it. But, today, they are proof that recovery is possible. I am, too. Countless others—who were also the sickest of the sick, according to them—have arrived at this point of freedom as well.

These are individuals with all types of eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder, and the most common, yet least known, Other Specified Feeding or Eating Disorder, OSFED. Those who have healed—all genders, cultures, and sexual orientations—are ones who developed the illness as teenagers, at younger ages, or much later in life. Some struggled for a few years and others for over fifty. Those who battled an eating disorder for a longer period of time sometimes heard from experts that a successful recovery was less likely, because the disease was not 'caught' early. I heard this, too. I had strong tendencies toward eating disordered behaviors beginning at the young age of four, but failed to reach out for help for almost twenty years. Needless to say, I caught nothing early except my unhealthy attitudes toward food and my body, but I got better.

Eating disorders are real, life-threatening illnesses that require professional help to heal. No one chooses to have an eating disorder; 50 to 80 percent of eating disorder risk is due to genetic effects. But people do choose to get better. Making recovery choices means hard work, patience, and unfortunately, pain.

Tackling the difficult, gut-wrenching parts of the recovery process is a key to getting better. Ultimately, we must let go and take on the food. Yes, we have to do whatever it takes to stop restricting, bingeing, and purging. This means that we have to actually feel our feelings. Gulp. We can no longer use food as a way to cope with underlying anxiety or depression. To move through this, we need help from dietitians, doctors, and therapists. If we lapse into old behaviors, which we might for a while, we are honest about it.

Another part of getting better means that we have to be willing to look our worst nightmare in the face. Even though we might not like what we 'think' we see in the mirror, we have to be willing to maintain our natural size, the weight that our body wants to be, to be healthy. Importantly, just as eating disorders come in all shapes and sizes, so does recovery. In the beginning, there is nothing fun or exciting about challenging negative body image. It can be excruciatingly painful. When I finally let go of the number on the scale, my therapist congratulated me, saying that I was doing great. But I felt bad. Really bad. In my therapy group, we called this phase the "doing good, feeling bad" part of recovery. It is progress; it means things are getting better.

Slowly, over time, recovery actions begin to feel good. Eating even becomes intuitive and enjoyable. Accepting our body's natural size and shape feels powerful and strong. (Yes, this is possible.) Moments not consumed by food and weight string into hours and days. But recovery means even more than all of this.

Along recovery road, I learned how to use my genetic traits in the service of life rather than my eating disorder. Harnessing the positive out of perfectionism, as an example, I am motivated and driven, today, to pursue my dreams and passions. Taken to the light, my obsessive-compulsiveness becomes conscientious, which helps in my work as a writer. My inherited ability to delay gratification, which used to fuel my anorexia, now feeds my life. When my first book, *Life Without Ed*, received well over fifty rejection letters from publishers, let's just say that I had a lot of patience.

We recover from our eating disorders, and we recover our lives. It does indeed get better—fully better—and not just for everyone else.

You (or your loved one) can heal, too.

Never give up.

An Ambassador with the National Eating Disorders Association, Jenni Schaefer is the author of *Life Without Ed*, *Almost Anorexic*, and *Goodbye Ed, Hello Me*. She is a Senior Fellow with The Meadows and an advocate for its specialty eating disorders program, The Meadows Ranch. For more information visit www.jennischaefer.com



2019 INNOVATIONS IN RECOVERY

April 16-19 | San Diego, CA

Join at the Hotel del Coronado for four days of inspiring keynote speakers and expert-led sessions in the fields of behavioral healthcare and addiction treatment. Over 20 hours of CEs will be available.



FoundationsEvents.com/IIR2019

you can
SET HER FREE
FROM *sexual*
exploitation

Destiny & Rescue
rescuing children
destinyrescue.org


THERAPIST

SPECIALTIES: *Addiction, Trauma and Self Esteem*



Associate Marriage & Family Therapist #100855 • Employed & Supervised by Lorriane Barak Psy.D., LMFT #15772

I am extremely passionate about helping people who suffer from addiction, trauma or any areas that are blocking them from living a fulfilled life.

CALL NOW **818.425.9337**
For free phone consultation • Reasonable Rates 
www.MercedesCusick.com • Located in Encino, California



Psychotherapist & Hypnotherapist
Dr. Nita Vallens, Lic# MFC25909

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

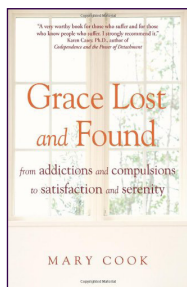
818.783.6258
www.DrNitaVallens.com



MARY COOK
ADDICTION SPECIALIST COUNSELOR
M.A. Psychology, C.A.O.D.C.
42 Years of Experience

310-517-0825

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



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

WWW.MARYCOOKMA.COM

email: MaryCookMA@att.net



by: Michael D.

ONE MANS MIRACLE

My name is Michael, and this is my story.

I am from Delaware County and was born in Drexel Hill. I had a good upbringing, with a hardworking father and my mom was a stay-at-home mom. I started working at a young age; I worked as an electrician's helper on weekends and during summer vacations with my neighbor. I remember feeling different from the other kids, fearful and like I never really fit in. School dances were difficult for me to be at ease. When I was 13, a high school friend of mine, took a bottle of Crown Royale from his father's restaurant. After I drank some, I felt more at ease and comfortable in my skin. When I got to the dance I had confidence to speak to the girls and go dance. Throughout high school I drank every weekend.

After high school I went into the USAF, I was trained as an aircraft maintenance technician. I was in the Air Force for a year and a half, but was released due to knee injuries. When I was discharged from the military I was in a bad place mentally, it was the late '80s and everyone I knew were using cocaine. The first time I used cocaine my confidence surged. Cocaine was my primary drug of choice from 1989 until 2001 when I had my first experience with opiates.

My knee injury led to knee replacement surgery. I went to an orthopedic doctor in 2001, and was prescribed OxyContin and Percocet. At first, I used them for recovery for pain, but then I started abusing them; eventually I became addicted to the pain killers. I started crushing and snorting the pills, but over time, the formula of OxyContin changed and it couldn't be crushed and snorted. Since I could no longer snort OxyContin I started to buying heroin on the street. I continued to go to pain management, so I got prescribed drugs and then I'd buy heroin. I started off snorting, but then became an IV user. Shooting it provided a quicker more intense high. Eventually I wasn't even using heroin to get high, I was using just to not be physically sick.

When I was an addict I treated people unkindly. I was like a tornado, I would go through people's lives and just take what I wanted, and keep going and move onto the next person. Something that is really difficult for me to think about are the times I didn't pay child support. There were times that I would prefer to buy drugs than to feed my son, which is really painful to think about. I've sold narcotics to people, because I didn't care what I was doing to people's lives, as long as I was getting money in return to feed my habit. I had a girlfriend that overdosed and died, and I was in the room with her, which was also really difficult.

Over the next 13 years I was in eleven rehabs and fourteen detoxes. When things got bad, I would go into treatment. I would go to rehab to satisfy relationships, employers, and family but it never stuck. During this time, I was arrested five times. I have a criminal record now. I was hopeless, helpless, and desperate. During the last six months of my addiction not only was I using opiates and Benzos, but I was drinking half a gallon of Vodka every other day. I was upset that I didn't have a relationship with my son, my siblings, or my girlfriend. At 43 years old, I wanted to stop living a life of addiction.

I finally went into treatment for myself in September 8, 2013. I got out of my bed and went to my phone, and I called for help. I was on probation and didn't have a driver's license or car. My father gave me a ride to that first meeting. I was accidentally sent to a women's meeting. A woman extended her number and encouraged me to reach out if I needed help. The next day, I called her and she brought me to a meeting, and I entered rehab. This time I was ready to quit entirely; I knew my life was unmanageable.

The hardest part of getting clean was the physical withdrawal, opiate addicts don't want to feel physical or emotional pain. I spent 28 days in rehab there. During my recovery when I would think about using I'd ask God to help me, and I'd reach out for support from my peers, and the pain would pass.

Recovery has transformed my life. Today, I volunteer with three different organizations. A Catholic mission in Kensington, a Veteran's group in Philly, it's a 44-bed facility for homeless vets to recovery, and an organization called the Mission Continues, a national not for profit group that empowers veterans to serve the community. I'm helping individuals in Kensington, where I used to buy drugs. I was 3 years clean when I started sharing my story of recovery there. Before that I wouldn't have been in a good place mentally and spiritually to do so. I'm a full-time student, so if I'm not in school or sleeping, I'm volunteering or hiking, or going to meetings.

Con't Page 22

CAADE 33RD ANNUAL CONFERENCE

APRIL 12TH THRU 14TH, 2019

Serving Addiction Professional in the Pursuit of Excellence

CAADE
California Association for Alcohol/Drug Educators

20.5 CEU's Available
CCAPP & CADTP
Approved!!

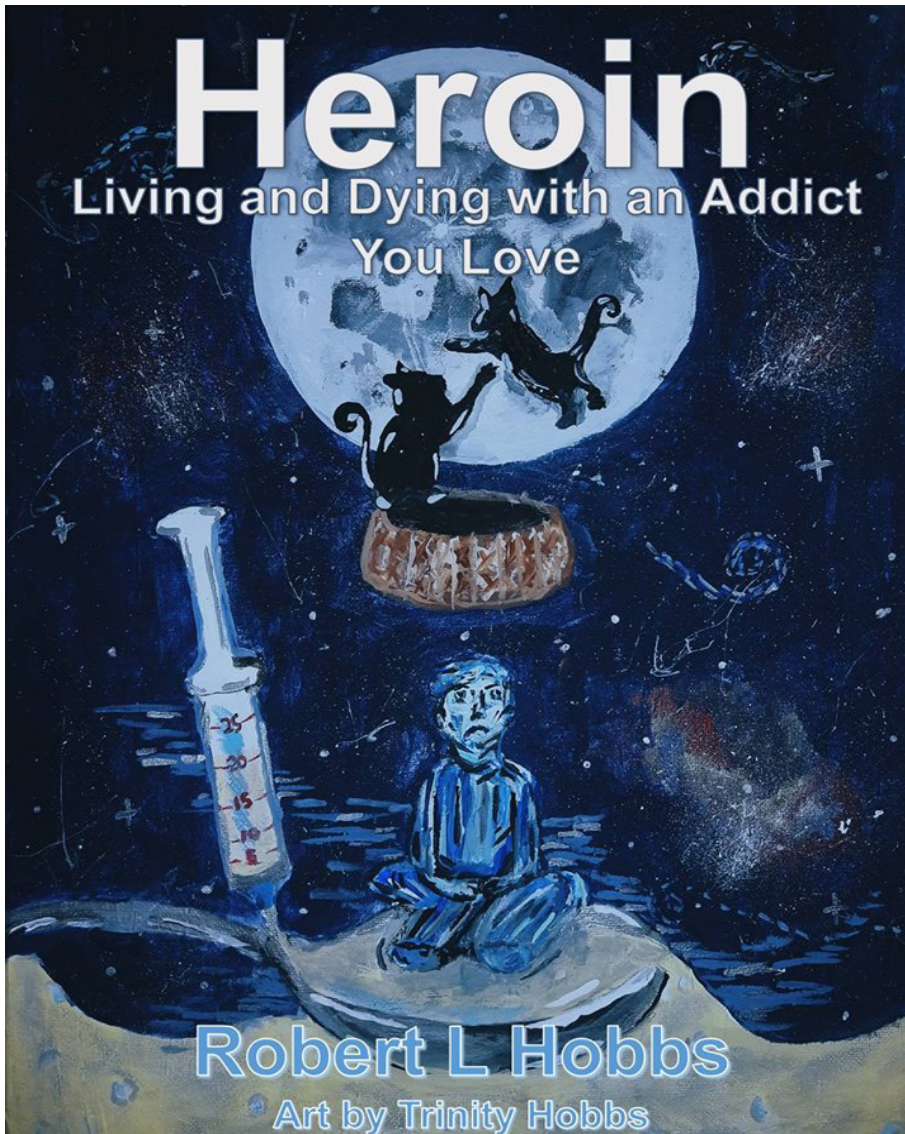
ACCBC
Addiction Counselor Certification
Board of California
Certifying Soon!

**RENAISSANCE
NEWPORT BEACH
HOTEL**
Group Rate
(888) 236-2427

CAADE Office (707) 722-2331 - email office@caade.org - www.CAADE.org

Heroin

Living and Dying with an Addict
You Love



Robert L Hobbs

Art by Trinity Hobbs

RECORDING ACADEMY
MUSICARES

A friend and ally of the music community

MusiCares® offers confidential preventative, recovery, and emergency programs to address financial, medical, and personal health issues.

If you or any music people you know are ever in need,
please reach out.

East Region
877.303.6962

South Region
877.626.2748

West Region
800.687.4227

musicares.org

www.TheHangingTowel.com



**The only towel you'll ever need at the gym.
Lightweight 100% Cotton Gym Hanging Towel.**



Amazing workout companion

Never touch another sweaty workout bench again. This towel hangs on to the back of the machine so it will not slide down or fall off.

- Fits most bench / gym equipment
- Keeps equipment clean before & after you use it
- 100% Cotton on the front so it's easy to clean
- Stops the spread of germs
- Made in the USA
- Looks great
- Easy to use
- Available in White, Grey and Pink

After Workout Towel, The only towel you'll ever need after the gym

This is NOT, a seat cover.

It is a towel to protect your car seats, from sweat, dirt and grime, after working out, playing sports or just getting dirty. It will also keep the seat cooler when the car is sitting in the hot sun.

- Helps keep your seat cool in the summer
- 100% Cotton on the front so it's easy to clean
- Fits most car seats
- Looks great
- Holds firm to your car seat
- Available in Black



Workout Towel

Only \$ 15 ea. +Taxes & Shipping

After Workout Towel for Car Seat

Only \$25 ea. +Taxes & Shipping

Call NOW (818) 447-0613

email us your order - itworksgood316@gmail.com

www.TheHangingTowel.com



by: Derrick Carpenter, MAPP

THE SCIENCE BEHIND GRATITUDE

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for, experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And gratitude doesn't need to be reserved only for momentous occasions: Sure, you might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a delicious piece of pie. Research by UC Davis psychologist Robert Emmons, author of *Thanks!: How the New Science of Gratitude Can Make You Happier*, shows that simply keeping a gratitude journal - regularly writing brief reflections on moments for which we're thankful - can significantly increase well-being and life satisfaction.

You'd think that just one of these findings is compelling enough to motivate an ingrate into action. But if you're anything like me, this motivation lasts about three days until writing in my gratitude journal every evening loses out to watching stand-up comics on Netflix.

Here are a few **keys** I've discovered, and research supports, that help not only to start a gratitude practice, but to maintain it for the long haul.

FRESHEN UP YOUR THANKS

The best way to reap the benefits of gratitude is to notice new things you're grateful for every day. Gratitude journaling works because it slowly changes the way we perceive situations, by adjusting what we focus on. While you might always be thankful for your great family, just writing "I'm grateful for my family" week after week doesn't keep your brain on alert for fresh grateful moments. Get specific by writing "Today my husband gave me a shoulder rub when he knew I was really stressed" or "My sister invited me over for dinner so I didn't have to cook after a long day." And be sure to stretch yourself beyond the great stuff right in front of you. Opening your eyes to more of the world around you can deeply enhance your gratitude practice. Make a game out of noticing new things each day.

GET REAL ABOUT YOUR GRATITUDE PRACTICE

Being excited about the benefits of gratitude can be a great thing, because it gives us the kick we need to start making changes. But if our excitement about sleeping better because of our newfound gratitude, keeps us from anticipating how tired we'll be tomorrow night when we attempt to journal, we're likely to fumble and lose momentum. When we want to achieve a goal, using the technique of mental contrasting—being optimistic about the benefits of a new habit while also being realistic about how difficult building the habit may be - leads us to exert more effort. Recognize and plan for the obstacles that may get in the way. For instance, if you tend to be exhausted at night, accept that it might not be the best time to focus for a few extra minutes and schedule your gratitude in the morning instead.

MAKE THANKFULNESS FUN BY MIXING IT UP

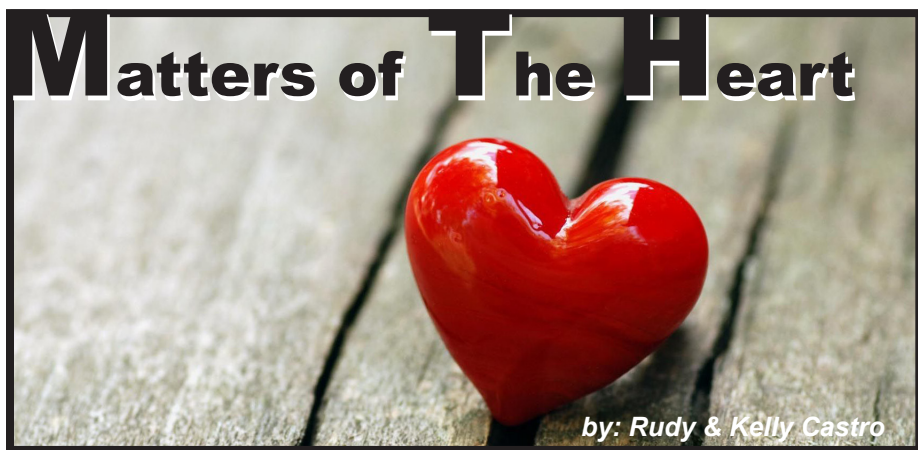
University of Rochester partners in crime Edward Deci and Richard Ryan study intrinsic motivation, which is the deep desire from within to persist on a task. One of the biggest determinants is autonomy, the ability to do things the way we want. So don't limit yourself—if journaling is feeling stale, try out new and creative ways to track your grateful moments. (Happify offers an endless variety of gratitude activities to choose from.) My fiancée Michaela decided to create a gratitude jar this year. Any time she experiences a poignant moment of gratitude, she writes it on a piece of paper and puts it in a jar. On New Year's Eve, she'll empty the jar and review everything she wrote. When a good thing happens, she now exclaims, "That's one for the gratitude jar!" It immediately makes the moment more meaningful and keeps us on the lookout for more.

BE SOCIAL ABOUT YOUR GRATITUDE PRACTICE

Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude. Robert Emmons suggests that focusing our gratitude on people for whom we're thankful, rather than circumstances or material items will enhance the benefits we experience. And while you're at it, why not include others directly into your expression of gratitude? One Happify activity involves writing a gratitude letter to someone who had an impact on you, whom you've never properly thanked. You could also share the day's grateful moments around the dinner table. The conversations that follow may give you even more reasons to give thanks.

Incorporating gratitude into your life is easy—and fun—with Happify's activities and games: www.happify.com - Happify is a website and app that offers science-based activities and games to help people cope with stress, conquer negative thoughts, and build skills for greater emotional well-being. This article can also be read at www.happify.com/hd/the-science-behind-gratitude/

This article was written by Derrick Carpenter, MAPP, who coaches individuals on living engaged and inspired lives, runs experiential corporate leadership programs, and trains US Army personnel on resilience. He's researched what makes people great in psychology labs at Harvard, Yale, and UPenn, where he received his Master of Applied Positive Psychology.



DYING TO BE REBORN

To be reborn, we must be willing to die. Not necessarily a physical death, as we have died many times on our spiritual path. After all, it is not us that is dying, rather a part of us that no longer serves or that is in alignment with our truest form. This process can feel so scary, uncertain and impossible. It requires deep surrender to the unknown and a letting go of what we have attached ourselves to. One of the most important components of this process is grieving, even if these people, characteristics, behaviors are completely dysfunctional. When something dies, the natural human response is to mourn, yet we have conditioned ourselves away from this process.

Our culture has become so distracted, and one of the most powerful experiences of who and what we are has been lost. Many of us are taught not to cry, that big feelings are unacceptable, that we should get over things and move on, and that there is way too much to "do", and way too little time. Well, we are human BEINGS, not human DOINGS. We are designed to feel and when we silence our pain, we accidentally silence our joy. We get so wrapped up in our daily routine, that we lose sight of what has meaning and value in our relationship to ourselves, and in our relationships with others.

There is a wonderful prophecy from the Hopi Elders written June 8, 2000.

"You have been telling people that this is the 11th hour, now you must go back and tell the people that this is the hour. And there are things to be considered..."

Where are you living?

What are you doing?

What are your relationships?

Are you in right relation?

Where is your water?

Know your garden.

It is time to speak your truth.

Create your community.

Be good to each other.

And do not look outside of yourself for your leader.

Then he clasped his hands together, smiled, and said, This could be a good time! There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold onto the shore. They will feel they are being torn apart and will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our head above the water.

And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey come to a halt.

The time of the one Wolf is over. Gather yourselves! Banish the word 'struggle' from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for."

This is important to read and to understand in a time such as this. Ask yourselves these questions. Look at your life. Are you fully living? Are you connected to yourself? Are you living your purpose? Are you aware of your purpose? Are there parts of you that would serve to let go of? Relationships that would serve to let go of? Are you in celebration of life? We are being asked to rise as a collective, and it will require grieving that in which we have been holding onto in multiple areas.

There are parts of self to release that may feel scary because these parts have kept us "safe", in hiding, or protected. The masks we wear, the behaviors that keep us out of our pain (food, sex, alcohol, drugs, work, etc), the beliefs and stories we have about ourselves. All of these deserve attentive awareness, love, compassion and space - to be released.

There are relationships that we hold onto long after the expiration date. Why? There could be many reasons - some we are aware of and some require deeper investigation. Does this person represent safety in some way for me? Does this person remind me of a familiar feeling that I had in my earlier years, even if it is painful? Am I afraid there won't be anyone better than this for me? Am I so afraid of being alone?

Con't Page 22

HOMES OF PROMISE

Faith-Based Recovery Sober Living Homes for Men



800.769.8421

HOMESOF PROMISE.ORG

Box Ad HERE for just \$100 per Month -
Because when your budget is limited...
your exposure **SHOULDN'T BE!**

Altadena Recovery Center California Non-Profit

626.765.6905

SERVICES: Outpatient Alcohol & Drug Treatment, Domestic Violence, Parenting, Anger Management, Drug & Alcohol Testing.

We accept PPO & Private Pay

3025 N. Lincoln Ave., Altadena, California

www.AltadenaRecoveryCenter.org



Jeff Schlund
Outreach Manager

Cell 626-372-4550

Direct 760-423-6728

Toll Free 855-348-7018

JSchlund@hazeldenBettyFord.org

www.HazeldenBettyFord.org

ROMEY'S RECOVERY HOUSES, LLC

**Sober Living Beds
for both Men & Women**

2132 N. Summit Ave.

Altadena, California, 91001

CALL TODAY!

626-534-2449

Jerome A. Mims

CELEBRATING OUR 50TH YEAR



Silver Lake Hills

1773 Griffith Park Blvd., L.A. Calif.

Hosting (over 40) 12-step fellowships from A-Z Mon-Sun. 7:30am to 10:pm. Plus Refuge Recovery M-F at noon. We also host special events. Free coffee. Literature for sale upstairs in the AT Cafe. Contact us at:

WWW.ATCENTERLA.ORG

SOBER LIVING HOME FOR MEN

Founded in 1949, Valley Lodge has provided a sober living environment for recovering alcoholics. Weekly rate, \$135, includes meals!

Southern California's oldest Men's Sober living home!

Welcome to the

**VALLEY
LODGE**

CALL: 818.843.9270

446 NORTH VARNEY ST. BURBANK, CA. 91502

Dee Baldus
818-742-1100



Animal Transport,
Boarding
& Day Care

itsddb@gmail.com

www.AnythingsPaws-able.com



THE SPIRITUAL PATH & PEARLS ALONG THE WAY

By: Marilyn L. Davis

“As a pearl is formed and its layers grow, a rich iridescence begins to glow. The oyster has taken what was at first an irritation, and intrusion and uses it to enrich its value.

How can you coat or frame the changes in your life to harvest beauty, brilliance, and wisdom?” - Susan C. Young

30 YEARS AND SYMBOLIC TRANSFORMATION

I’m celebrating 30 years of abstinence-based recovery today. Curious person that I am, I looked at the gem for a thirtieth-anniversary, and it was a pearl. That information sent me looking for the symbolic meaning for both the pearl, and my recovery. Was there any correlation? Very much so.

A natural pearl begins its life as a foreign object, such as a parasite or piece of shell. Growing in the host they are transformed over time into the beautiful pearl, just as over time, when we adopt spiritual principles, walk a recovery path, and help others, we are transformed too.

THE SPIRITUAL PATH AND PEARLS ALONG THE WAY

My addiction, like everyone else’s was an irritant within me, a yearning to change the way I felt, be someone else even for just a day, or to ease the mental conflict between what I was doing and what I knew I should do.

Throughout my life I’ve had teachers, whether my parents, sister, relatives, school teachers, or friends. Many of them shared spiritual lessons with me, even if they didn’t call them that at the time.

We’ve all known that it is better to be generous and not miserly, sharing and not taking, truthful and not lying, and to not squander our gifts.

Some of us were brought up in a church and heard a sermon weekly about how to be a better person. Some of us weren’t, but that didn’t mean that we didn’t know the 10 Commandments.

We had a guideline for better living.

GETTING OFF THE PATH

My addiction took me to many dark places, where I violated morals, principles, and truths. While I felt guilty about my actions, I did not understand there was a way out, so I continued to use to mask the pain.

Yet, on some level, the lessons were adding to the pearl inside me. Learning a lesson is a by-product of the experience. Just as the pearl is the by-product of the irritation.

But accepting and valuing the lessons is different. That has taken me years.

BACK ON THE PATH

The spiritual path is one that we individually take to transform. Just as one person will notice a particular knot on a tree, become conscious of the boll, and spend time looking at it in wonder, another will bypass that in favor of listening to the birds communicate through chirps, songs, and caws. What each of those people gets out of this foray into nature depends on their interests, or what attracts their attention.

When the path was shown to me in 1988, I thought I had to find spiritual enlightenment like Grey Hawk, my mentor. Raised in Native American culture, he discovered his spirituality in nature.

But trying to fit his culture into my spirituality didn’t feel right. I agreed that spiritual principles needed to rule my life, but how would these manifest in me that might be different from his?

ROCKY PATHS OR SMOOTH PATHS:

THERE ARE STILL PEARLS

I made many mistakes in my recovery. The only mistake I didn’t make was to relapse. Could I have made some of my journey easier? Indeed, but just as I didn’t learn the lesson the first time, I didn’t learn my lessons quickly in recovery, either.

I like to think of those lessons as the misshapen pearls. More layers of the teachings than I initially thought.

Am I wise because I have thirty years in recovery? Am I supposed to write pearls of wisdom in every post? Is my experience always like yours? I don’t think so.

All I’m obliged to do is share what lessons, experiences, and hope I’ve gotten in these years and let others learn their lessons. If some part of my journey coincides with another, we walk the path together for a time. That is until one of us needs to stop on the path and fully explore the lessons meant for us.

Stopping and learning, or when we continue walking and learning is not the point, and we need not criticize another who is no longer walking beside us.

They have their lessons, and we have ours.

RECOVERY IS INNER TRANSFORMATION

Just as a beautiful pearl is the result of irritation, we transform into a better person in our recovery, casting off the metaphorical irritant of addiction.

What starts out negative becomes valuable, prized and admired through this transformation. Just as the pearl grows in size, our spiritual life becomes richer when we change.

We don't progress unless we change. Each experience in life is a type of lessons; it will relate to what we need to learn spiritually if we take the time to look at it. Then we grow in awareness.

If we ignore the lesson or don't take the time to understand it, that lesson will return.

However, there's no such thing as a wasted spiritual experience. We may glimpse something and not understand its value at the time. However, we can backtrack on the path, without criticizing ourselves, and experience profound insights when we do.

THE PATH: BACKWARD AND FORWARD IN TIME

We may not pay attention, and leave that pearl of wisdom for another time, but we gradually understand its value, backtrack and pick it up where we left it on the path.

Some days, I must remember the principles of the first step; that I am powerless over certain things. Retracing my path and reaching acceptance, I see people dying from addiction, not talking about what is real and relapsing, or merely repeating the same mistakes in relationships that caused them to go back out a year ago.

The beauty of the spiritual path is that with each turn in it, there are lessons to learn, and with them, we transform, much like the pearl.

WHAT PEARLS ARE YOU FINDING ON YOUR PATH?

Are you continuing to transform?

When you learn a spiritual lesson, are you sharing it with others?

Are you valuing the lessons?

If not, then maybe take this day, and realize that you can take the pearls of wisdom within you and share them with others. Then there is room within you to learn more about you.

What Pearls are You Sharing about the Path?

Someone somewhere needs to know that recovery is possible. I hope, that as I celebrate my time today, that I may share and learn in equal measure.

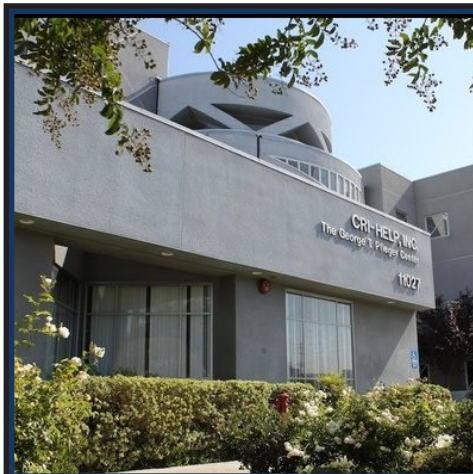
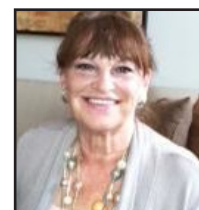
I'm only one of about 23 million people in recovery. Together, we can bring hope to those still in the grips of addiction.

How can you do that? What pearls of wisdom can you share? What actions will help another?

1. Advocate where you can.
2. Become involved in the life of another.
3. Encourage someone else.
4. Live the message, "recovery works" to help end the stigma.
5. Support the efforts of people and groups that foster positive examples of successful recovery.

Care to share your pearls of wisdom with the readers at From Addict 2 Advocate? How you say something is just as important as someone else. Send your submissions or ideas to FromAddict2Advocatesubmissions@yahoo.com

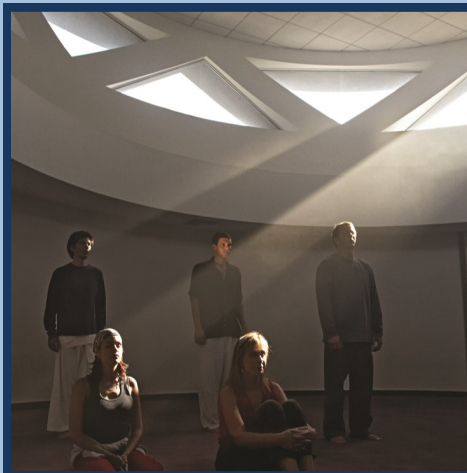
Marilyn L. Davis is a Certified Addiction Recovery Empowerment Specialist, who opened and ran an award winning residential facility from 1990-2011. She recently celebrated 27 years of abstinence-based recovery. She is the author of *Therapeutic Integrated Educational Recovery System*, and her blog is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



“CRI-Help didn't change my life, CRI-Help gave me a life.” - Mary G.

We are dedicated to providing affordable, effective treatment of addiction for individuals and their families. We are proud to offer a full continuum of addiction treatment options, including detoxification, residential, day treatment, outpatient and drug-free living homes at our facilities located in North Hollywood and East Los Angeles. Our treatment programs include the following services:

- Gender-specific groups
- Family support & education
- Co-occurring disorders treatment
- Grief counseling
- Individual & couples therapy
- Neurofeedback
- Intro to meditation & yoga
- Offsite 12-Step meetings



800-413-7660 • cri-help.org

CRI-Help is fully licensed and certified by the state of California and is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

ADDICTS
HELPING
ADDICTS
SINCE 1971



That Piano Lady Music Studio & Cynthia Lee Neal



Present A Unique Musical Workshop Being in the Moment With Music

In this one hour workshop you will listen to a variety of music, experience how studying music is healthy for the brain and concentration and then share your thoughts with others.

Learn to use music to keep you in the moment.

Private Workshops are limited to ten people.

We can also come to your office or facility, and present this workshop to your employees, clients or guests.

Cynthia has over 20 years of Intercontinental professional experience and is University and Conservatory trained.

She is currently based in Los Angeles, California.

Cynthia has performed and taught in Seattle, Ireland, England, NYC and Los Angeles. She has a deep passion for sharing the beauty of music and helping to facilitate others' dreams of playing music.

We also offer: • Private Lessons • Salon Performances • Parties
• Corporate Events • Fund Raisers • Weddings
• Receptions • Available for Accompaniment & Collaborative Hire

For more information please call us at

818.319.2252

www.ThatPianoLady.com



SELF-SABOTAGE

I knew the meaning of “self-sabotage” very intimately when I was deep within my gambling addiction.

For those who don't, here is what it means. The dictionary definition of sabotage is “an act or process tending to hamper or hurt” or “deliberate subversion.” In early recovery and through therapy, I was able to look back throughout my life and examine many of my past relationships. I could see where I had sabotaged them in many ways. I feel that when we ‘self-sabotage’ things in our lives, it is tied to not having self-esteem or self-worth. It's as if we think that we are not “worthy” of love or people treating us properly.

I sabotaged relationships with both men and women well before my addicted gambling days. I can not count how many times I would be dating a nice guy, and when things started to become serious, and he would treat me like a ‘queen,’ I would feel I wasn't worthy of the special treatment. So, I would break up with them, or cause a fight, or ignore them and move on. Where this was coming from at the time, I did not know.

Later, through treatment and therapy, I learned that my sabotaging relationships was rooted in how I was treated as a child. I heard verbal abuse over and over even though what they said was not true. Fast forward in life, and I continued this strange self-sabotaging behavior. When I became addicted to gambling and in the worst of it, strangely the feelings of what I was doing to myself, my husband, friends and family felt oddly normal to me. Was it because I figured I'd get a reaction? Perhaps since I felt unworthy of goodness in my life, it didn't matter if I hurt others with my gambling and alcohol abuse. That was my sick thinking at the time. I felt I was getting back at them.

Even after a few years of recovery, I felt unworthy, guilty, full of shame and I hated myself for what I had done for years within my gambling addiction. I was only hurting myself! So how the Hell do you get beyond the damages and destruction and move out of “self-sabotage” into feelings of worthiness and loving yourself again?

Good question, right? For myself, some of it was medical, and a direct link from my addictions as I had turned my part of the brain of pleasure and reward to mush from the years of compulsively gambling. In the crisis center, I was on medication to increase the chemical that gives you pleasure and reward feeling, energy, and motivation. Because with gambling addiction, that is part of the reward system of this addiction. The winning or losing mode being always in the mania of the addiction. So that part of your brain becomes overused and depleted over time.

I also was diagnosed and suffering from undiagnosed mental health issues as well, most likely since childhood as my doctor, and psych doctor came to this conclusion the first time I ended up in an addiction/mental crisis center the first time in 2002. I was in the crises center both from my gambling and my first failed suicide attempt. But I had an overwhelming terror of being able to overcome both my addiction and my mental/emotional diagnosis. I really wasn't sure if I had the strength to overcome all of it.

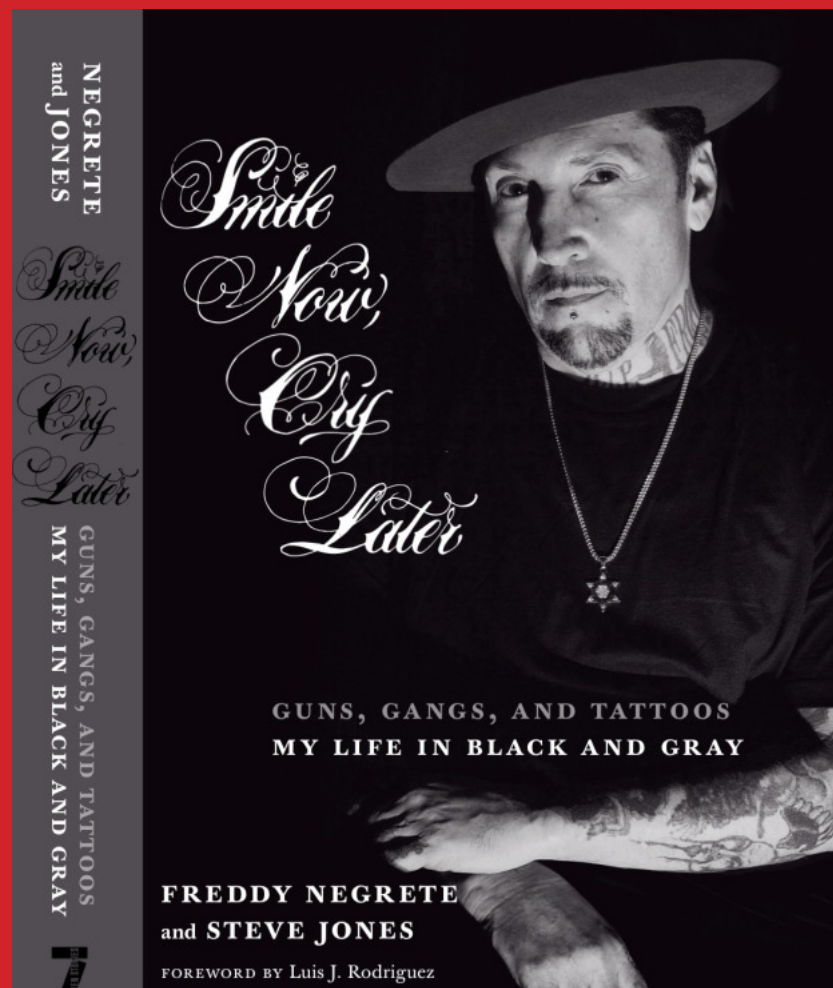
I was also learning many of the underlying reasons and roots to why I was doing what I was doing. I was abused in childhood both verbally and physically. I had sexual trauma, a lot of loss I also had unprocessed grief from as far back as 1992 when I lost my brother-in-law to cancer, lost my mom and my best friend as well in 2002. I learned that all the verbal abuse from my parents of not being “good enough” or no affirmations at all, gave me a very distorted sense of self.

All these negative things being told to you as a kid, a teen, and into adulthood can make anyone feel worthless and unworthy. They had no idea how much hurt and how damaged I already felt from being sexually abused as I carried it until my early 30's and finally disclosed to them. All this unprocessed “baggage” was one of the reasons I chose the path I did with addictions. I was looking for a way to “escape, hide, and cope,” as that huge tsunami wave of old feelings came back to haunt me and I could not stuff it deep down away any longer.

When it all finally blew up and was in treatment for my gambling and alcohol abuse, I began the long process of purging, learning, and healing. Yes, it did take another relapse and another failed suicide attempt, and into treatment, now a second time in 2006, but finally began a hold in long-term recovery. I started therapy and worked with a specialist for a year to learn that what happened to me as a child was not my fault.

Con't Page 22

On Sale Now at www.Amazon.com



www.freddynegrete.com for photos, podcasts and more

Jasmine Skin Care

Put Your Best Face Forward + Lash Studio



Dedicated to helping you erase the wreckage of your past.



One Year Later

Proud to Announce the **NEW SALON LOCATION**
5149 Whitsett Ave, Valley Village, California 91607

818.669.0333 • www.JazSkin.com

Email: sayhitojasmine@gmail.com

Finally a 12 Step Friendly Auto Dealership That Supports Recovery

LA Auto Connection
Connecting you with quality and value

Sales / Service / Rental
Call NOW 818.785.6400
16506 Vanowen St., Van Nuys CA 91406

We love helping people get on there feet.
Good or Bad Credit we can help.
Ask for **Steven Owens** and let us help start your new journey in life.

www.LAAutoConnection.com





EVERY FRIDAY: 11th Step Yoga at 7:00pm. Wellborn Lifestyle, 13721 Ventura Blvd. Sherman Oaks, California 91423.

HAPPY CAMPERS THE 3RD STAURDAY OF THE MONTH: March through October, Happy Campers at Lake Piru. 8pm Campfire Meeting Lake Piru California. Follow the signs "Best Meeting Under the Stars". Bring a chair.

MOVIE NIGHT EVERY THURSDAY: starting at 6:30pm on a HD 10ft. Screen w/ surround sound, New episodes of "STAR TREK: Discovery". And then "RU PAUL'S DRAG RACE" at 7:30pm following Star Trek. And of course, we proudly host a variety of 12-step fellowships from A-Z Monday through Sunday 7:30am to 10pm. Also every 3rd Sunday we offer, Low Impact YOGA w/SOUND BATH at 1:45pm. Plus REFUGE RECOVERY M-F at noon (a Buddhist approach to recovery). Free Groundworks coffee and chips with literature for sale upstairs in the AT Cafe. More info at: www.atcenterla.org, (323) 663-8882. (5p-9p) 1773 Griffith Park Blvd, Los Angeles, CA 90026.

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.sfvhi.org

FRIDAY APRIL 26TH TO SUNDAY APRIL 28TH 2019: The 40th Year of Magic in the Mountains, Easy Does It Weekend. Camp Seely AA 7 Al-Anon Retreat. Our Camp theme this spring is RUBY RED. Near Crestline/Lake Gregory San Bernardino Mountains. \$98 per person, Cabins, showers and bathrooms. No one under 18 years of age. Fills up fast sign up today. www.easydoesitweekend.org, or call (626) 421-1952.

FRIDAY MAY 31ST TO SUNDAY JUNE 2ND 2019: Woman to Woman The 40th Annual Sharing & Caring Workshop Weekend. Mount St. Mary's College, Chalon Campus, Brentwood, California. \$200 per person, includes meals. No refunds. www.WomantoWomanLA.org.

SATURDAY AUGUST 10TH, 2019: First ever Debt-Anon Fellowship Day! The Debt-Anon Fellowship Day is in participation with the 2019 Debtors Anonymous World Service Conference Fellowship Day. Location: Hilton Los Angeles Airport, 5711 West Century Blvd, Los Angeles, CA 90045 USA. For information about Debt-Anon meetings, and Fellowship Day news and registration, visit our website: debtanon.org

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

To find local meetings and events all year long call

Alcoholics Anonymous San Fernando Valley Central Office

16132 Sherman Way,
Van Nuys, California 91406

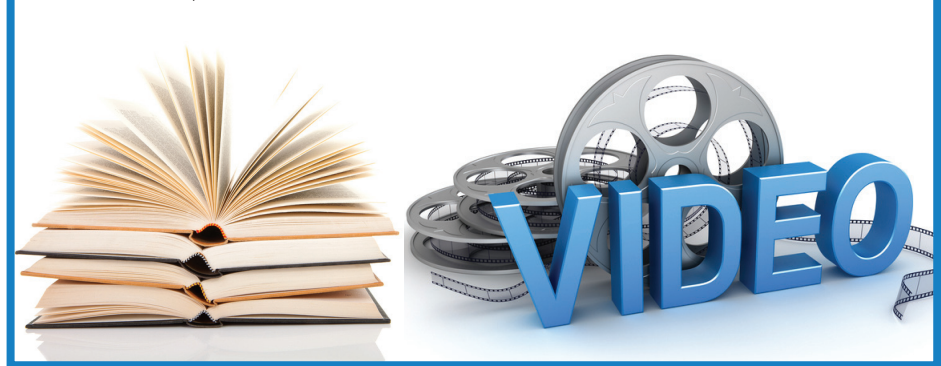
Telephone: 818-988-3001

Mon.-Fri. - 9:AM - 6:PM

Sat. & Sun. - 9:AM - 5:PM

VOLUNTEERS ARE ALWAYS NEEDED

Book, CD & Video Reviews

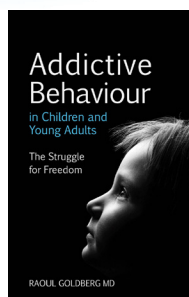


ADDICTIVE BEHAVIOUR in Children and Young Adults "The Struggle for Freedom". Written by Raoul Goldberg, published by Floris Books.

Raoul Goldberg wrote this book to help us understand addicted children and young adults. This is a step by step guide to help you see and understand the warning signs, that your child is in need of your help and understanding, helping him/her become the person God meant them to be.

This book shows us the importance of not giving up, but learning to understand what is needed to truly help our children. This book shows the importance of reaching out to them when they are hurting. To recognize the signs they show us, time after time, crying out for OUR help. Help that only a loving parent can give. Is this a problem that can be helped with a medical doctor or maybe a psychiatrist, or do they need rehab-treatment? Do they need to be in groups of others with like problems, letting them know they are not the only ones with these problems? Where they can share with and learn from others how to help themselves.

We are shown that there are so many types of addictions, not just drugs and alcohol. People can develop addiction to food, caffeine, tobacco, TV, Internet, sex and so many other things. Raoul Goldberg puts the focus on the addicted youth, in a positive, hopeful spirit. Dr. Goldberg is a creative, original thinker and researcher in the field of Integrative Medicine. Also a great contributor to humanizing medicine, a leading practitioner in the new field of Medical Psychophonetics. His unique insight into the welfare of growing children, into the formation and the possible healing of addiction in childhood, is a combination of years of devotional medical work with children. This book can help you with your children and should be read. Available at amazon.com



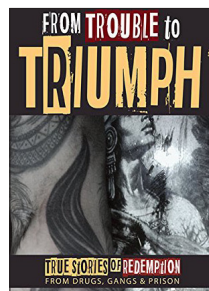
FROM TROUBLE TO TRIUMPH: True Stories of Redemption from Drugs, Gangs & Prison. Written by Alisha Rosas. Introduction by Luis J. Rodriguez. Published by Tia Chucha Press.

This is a remarkable book comprised of several uniquely written stories about the human spirit's resilience and ability, to overcome what appears to be overwhelming odds. Some books explain about what transpires in one's life. This particular book though, transcends typical stories of the spiral from drugs, and gangs to prison.

It puts you there in their shoes, looking through their eyes at what's unfolding step by step. Each story reveals in astounding detail, the complexities of how they overcame all of the obstacles to become respectable family members and an intricate part of society. This book gives information not known to most individuals (such as myself) about the start of major barriers.

The stories incorporate the plight of the Chicanos, Guatemalans, Salvadorians and the economic and social injustices that they had to endure. It reveals the violence of gangs and drug addictions, that has destroyed countless of lives over the last 70 plus years. The tremendous toll that it took on those that were being categorized by some as a group of social outcasts, was very discouraging and damaging.

The Racism and prejudices that were held at the time was really without merit, they were based solely on fear and the unknown, because of their heritage. We as a society are obligated to be open minded, and receptive to all peoples, unless when to do so would harm them or others. This is a must read for all of us, who are limited in knowledge about how many of our social establishments came to be. Available at Amazon.com

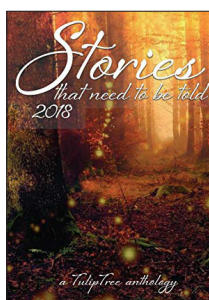


STORIES THAT NEED TO BE TOLD 2018. A TulipTree Anthology. Edited by Jennifer Top. Published TulipTree Publishing, LLC.

Each year TulipTree hosts the "Stories That Need To Be Told" writing contest. The winners and honorable mentions are published in this fourth collection of more than 30 stories. I loved that they did not have any contributors bios, you get to make your own decision on the writing, without being influenced by the authors prior experience.

I bought "Stories" to read "Coven" by Samantha Barron, which I loved. This story grabbed my attention in the first paragraph. "Coven" is about a young girls experience of making new friends, experiencing death, and finding herself all in the 8th grade. I felt as if I had known the main character my entire life.

After realizing the quality of the stories included in this book, I went on to read almost all of the other stories. I'm saving a few for my relaxing time. This is indeed a book about "Stories That Need To Be Told." I give it 5 stars. Learn more about all the authors at www.tuliptreepub.com. Available at Amazon.com



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

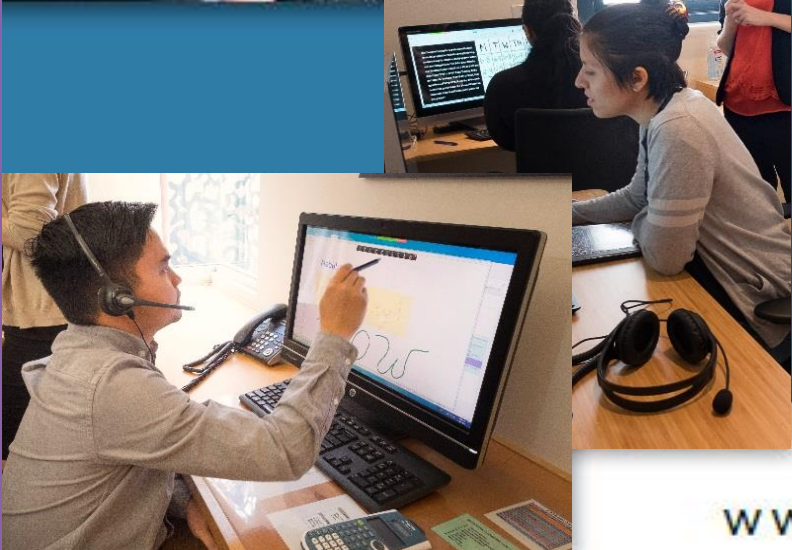


CHILDREN *of the* NIGHT
With Out Walls



FREE LIVE ONLINE

English, Math, and
Graduation Equivalency Tutoring



Enroll Now

WOW@childrenofthenight.org

- Free Online Assessments
- Free Online English Language Tutoring
- Free Online Tutoring in ANY LANGUAGE & SUBJECT
- Funding for Graduation Equivalency Tests
- Test registration & obtaining required government documents
- Resume Preparation

www.childrenofthenight.org/wow

Classified Ads

HELP WANTED

RIDGEVIEW RANCH TREATMENT CENTER IS ACTIVELY HIRING FOR THE FOLLOWING POSITION: Certified Substance Abuse Counselors to provide individual and group therapy services to our clients. Minimum two years work experience in substance abuse field preferred. Please send resumes and cover letters to jobs@ridgeviewranchca.org

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

MALE LIVE-IN SOBER HOUSE MANAGER, PART-TIME Christian sober living home in Pomona, California. Basic understanding of the Christ Centered Recovery process and behavior associated with substance abuse. Minimum of 3 years of sobriety and 2 years' experience around sober living environments. Lodging in exchange for work. For more information or to send your cover letter and resume email Rob at redmon@homesofpromise.org or call (909) 762-2869.

INCOME TAX PREPARATION

NEED HELP CLEANING UP THE WRECKAGE OF YOUR PAST, FREEDOM FROM FEAR OF FINANCIAL INSECURITY?: Individual, LLC, Partnership, and Corporate Tax Returns. IRS, FTB, BOE, EDD All prior years and payment plans. Donald J Anspauch, Jr, IRS Enrolled Agent, www.daddydon.com. (323) 656-7532, email donald@daddydon.com.

SOBER LIVINGS

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

A STEP IN THE RIGHT DIRECTION Luxury Sober Living Homes, Gender Specific and Pet Friendly. Call (877) 377-3702, www.AStepintheRightDirection.org.

ALCHEMY HOUSE SOBER LIVING Safe, structured and supportive sober living homes for men ages 18+ who truly want a change. Playa Del Rey & Hollywood, California. Call (866) 387-8043.

THE SOBER LIVING NETWORK: Supporting, protecting and expanding quality recovery housing since 1995. The BEST sober living homes in Southern California are Network Certified. Find quality homes at www.soberhousing.net or call (800) 799-2084.

SOBER LIVINGS

CHANDLER LODGE SOBER LIVING FOR MEN: non-profit, since 1960. We are not a lock down facility; we function as a recovery program of attraction. WITH: 28 on-site AA Meetings weekly, 12-Step Program Guidance, Relapse Prevention, Sobriety Monitoring & U.A. Testing, Close to Buses, Gym, Cable TV, Food, Internet, Laundry. Call (818) 766-4534, www.ChandlerLodge.org.

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

HOMES OF PROMISE: Faith-Based Recovery Sober Living Homes for Men. HomesofPromise.org or call (800) 769-8421.

MIRACLES IN ACTION SOBER LIVING: Sober Living at it's finest. We provide food and transportation to 12-step meetings. In Glendale, California. (818) 429-9103, www.MiraclesinAction.com

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

MOMENTUM SOBER LIVING: Living Healthy to Recover. Affordable, Luxury tranquil, small house setting. Medication management. Recovery is Possible. www.MomentumMarinaDelRey.com. Call (323) 986-9512.

SOBER LIVINGS

SINCE 2002 PRIMARY PURPOSE HOMES: primarypurposehomes.com Separate men and women's homes located in Valley Glen • Van Nuys • No. Hollywood • And our NEWEST home in Woodland Hills/Calabasas. Call us at (818) 612-1439. For our Dallas (4) locations call (972) 821-9550.

ROMEY'S RECOVERY HOUSES, LLC: Sober Living Beds for both Men & Women. Altadena, California (626) 534-2449.

SOBER LIVINGS

SUNSHINE SOBER LIVING: An Atmosphere of Recovery to Launch a New Life. Sunshine Sober Living, is a family owned and operated, long term structured sober living home located in Woodland Hills, California. We offer: 12-Step meetings • House Meetings • Accountability Groups • Big Book Studies • Job Search & Career Direction Support Sessions • and so much more. In Memory of Robert Scott Goldberg his vision will light your way. Call (866) 216-9789, www.SunshineSoberLiving.com

Handyman Services by John Paul

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

- Experienced
- Honest
- Hardworking
- Reliable • Great prices

818.447.0613

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

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

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

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

KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

Ad Sizes

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

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

Materials & Deadlines

Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Sober Livings
- Transitional Housing
- Therapist Office

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

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

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

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

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

A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvc.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: sivalleyhow@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, Porp 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.

Debt-Anon: 12-step recovery program for those affected by a problem of compulsive debt in a relative or friend. Phone Mtg. Sundays 10am Pacific Time 515-739-1031, 74951#. www.debtanon.org

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.org

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.

International Obsessive Compulsive Disorder Foundation: (OCD) www.ocfoundation.org (617) 973-5801.

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 or 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.

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) S.F. Valley (818) 994-6747 www.Nami.org. NAMI Urban Los Angeles (323) 294-7814, www.namiurbanla.org. We advocate, educate, and support people with mental illness and their families via our free education programs, support groups, and other services.

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 Satocoy 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.
National Runaway Switchboard (800) Runaway.
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



Recently, my mom passed away, and at the end of her life I was able to really be there for her. This woman had done so much for me during the course of my life, she used to kick in the doors of the crack houses, come in with the Philly police, and drag me out of there and take me to rehab. For a woman that did so much for me during my life, I was able to be a man for her in the end of her life.

My advice to those trying to help family or friends dealing with addiction is don't enable them, instead be there for them. For example, help them seek out support groups. People need to understand addiction is an illness; it is a disease; have compassion. Addicts are not bad people trying to get good, we're sick people trying to get well. If you know someone struggling with addiction, research it and educate yourself, we need education, prevention, and treatment to combat the opioid crisis.

As a society, we need to work on getting rid of the stigma. This is why I'm sharing my opioid story, because I want people to know that recovery can be amazing. I'm in recovery, and I'm a father, I'm a son, I'm a student, I'm a veteran and recovery is possible. I want people to know that if you're out there and you're struggling, that you're not alone. There is help out there for everyone. There is hope for everyone struggling with addiction.

Micheal D. a man in recovery.



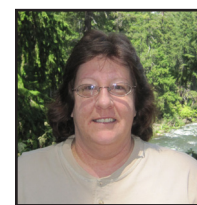
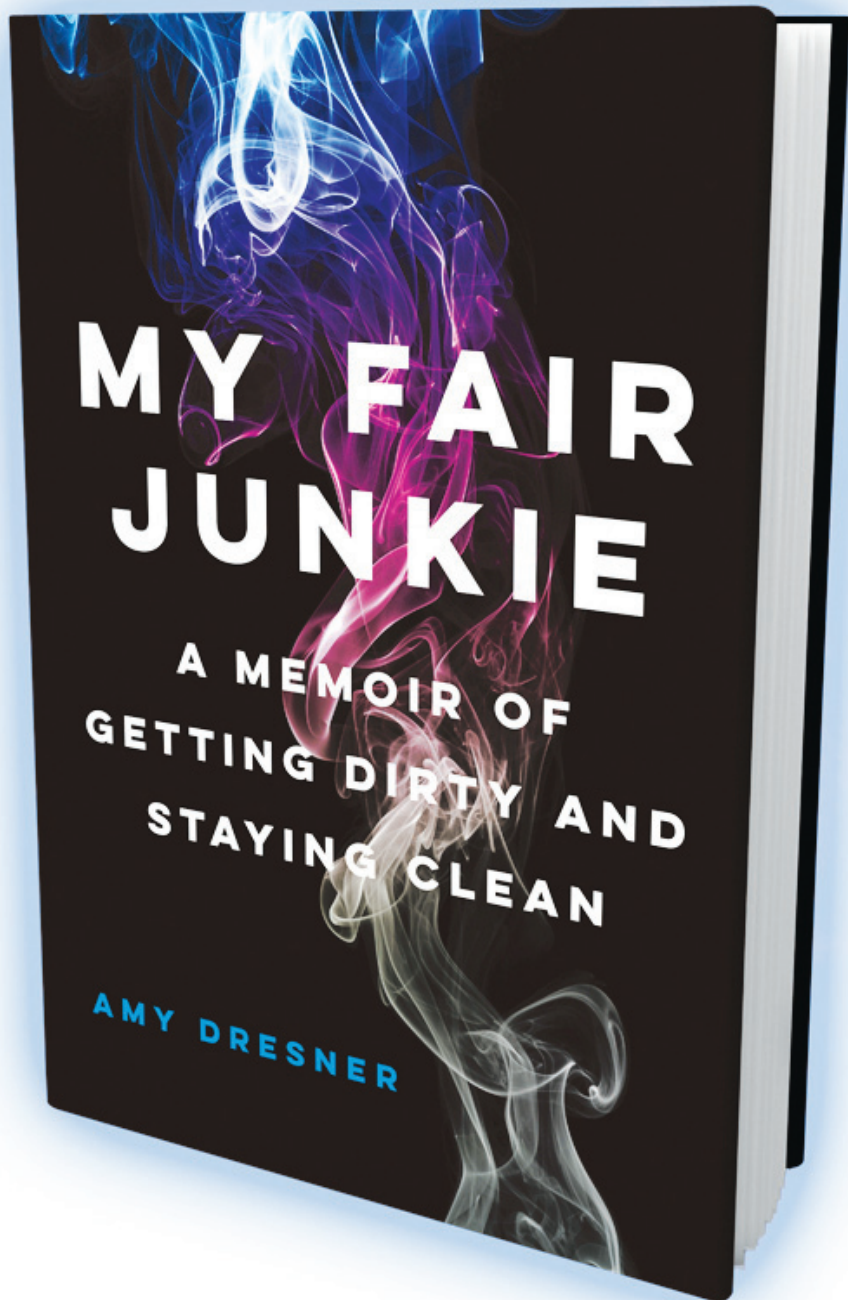
This is important work to do and will help to set us free, if we can discover the attachment and release.

There are other relationships that may need time to grieve so that they themselves may be reborn. We have gone through many deaths in our own marriage. Who we were when we met is not who we are today. We have walked through grieving our past relationships with one another, sometimes facing the uncertainty of whether or not we would be together on the other side. We understand how scary this feels, and why in partnership it may feel easier to not look, or try to hold on to a previous version of what the relationship has been. This holding on does not serve anyone. It keeps everyone stuck in patterns of behavior that keep us away from everything that would allow us to experience true freedom. The saddest part is that we are conditioned to feel comfortable being enslaved. To trauma, to routine, to systems. Most of us don't even know what could be possible if we started to take an honest look at our lives followed by rigorous action to transform and transcend who we have known ourselves to be.

We have let go of so much. We have grieved deeply. In this, we have created space for so much joy and daily living that makes us feel like we are living in a dream. We sometimes look at one another and ask "is this even real?? How can life be THIS good?!" The answers are YES it is real, and life can be this good when we take those leaps that feel impossible, and almost like we might die. Because we do die, and then, one more time - we are reborn.

Blessings, Rudy and Kelly Castro, Conscious Partnership

www.consciouspartnershipcoaching.com. Rudy is a therapist, and Kelly is a Certified Relationship Coach. 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 partnership, family, and a business designed for service. Whether you are an individual looking to create partnership in your life, or a couple looking to develop deeper levels of intimacy, they are here to help guide you.



It is not my fault that I have mental/emotional challenges, even though my side of the family still today didn't believe or understand this.

Today I live my life Gamble Free and Sober maintaining recovery while I live LIFE. I didn't do it for my husband, nor for my family, my husband's family, or anyone else. I did it and continue to do it for myself. I chose a life of happiness without addiction. Now, I just celebrated my 12th Year of continuous recovery.

All I can tell you is I am a very blessed woman today, and my mission is helping others "QUIT TO WIN!"

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

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.


THE GIVING KEYS
A PAY IT FORWARD COMPANY
www.TheGivingKeys.com

It's time to —
MAKE CHANGES TO YOUR LIFE.
TALK TO US.



BEYOND EXCEPTIONAL treatment

This is our promise to you.

Start your healing journey in a
**private residential setting Located in
Walnut Acres area of Woodland Hills, California.**

A relaxing atmosphere, close to nature,
to reset your mind and body

THERE IS HOPE. CALL NOW

855-995-0808

End Your Addiction Today

We accept most insurance
www.harmonyplace.com

HARMONY PLACE DETOX, RESIDENTIAL & IOP ADDICTION TREATMENT OF SOUTHERN CALIFORNIA

- One on One Therapy
- Family Therapy
- Evidenced Based Treatment
- Equine Therapy
- Gender-Specific Transitional Living
- Group Therapy
- Brain Recovery
- Healthy Cuisine
- Yoga
- Massage
- Acupuncture



NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS

Voice. Vision. Leadership.



R BLVD



www.RichBlvd.com