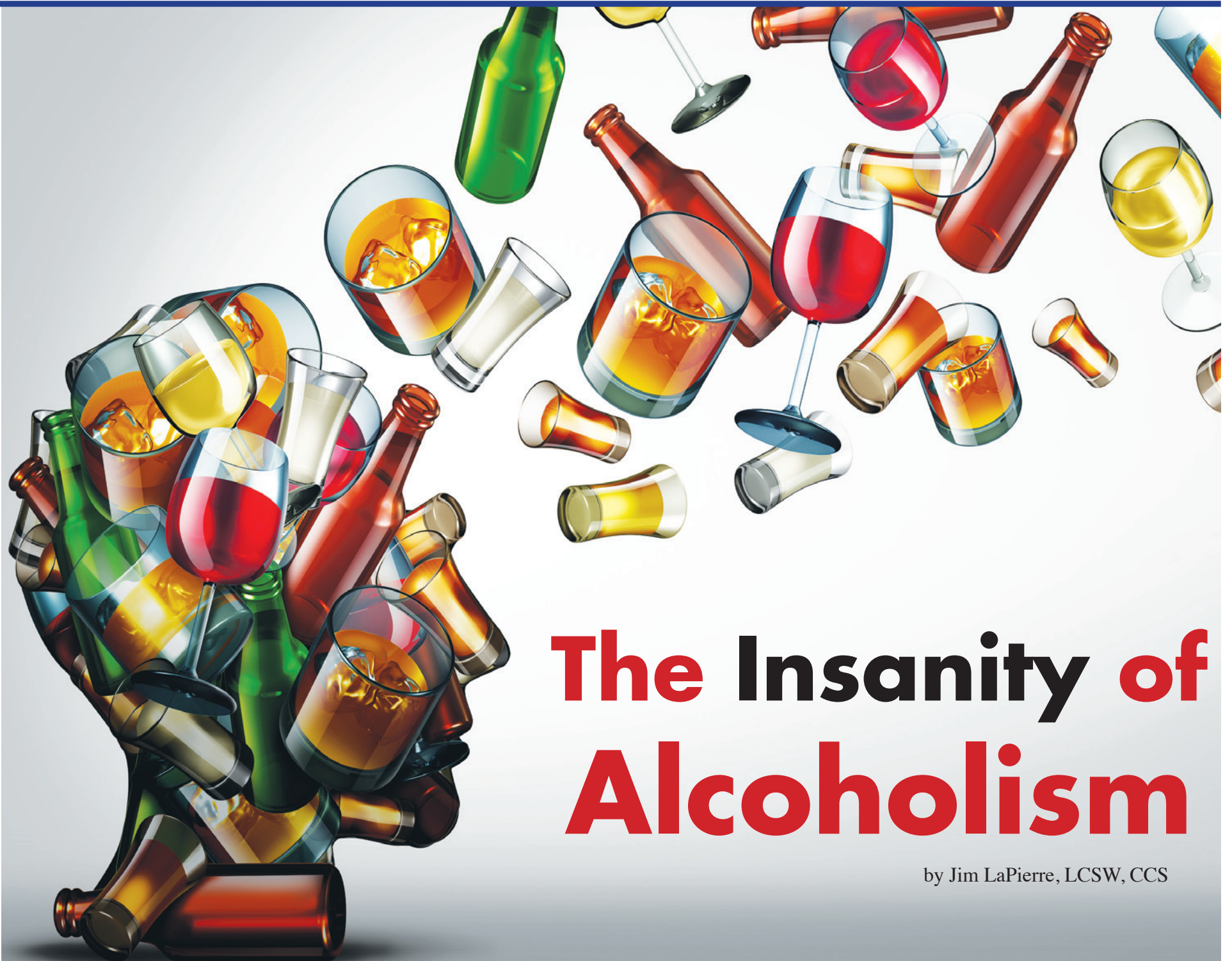


FREE *SPREADING THE MESSAGE OF HOPE FOR RECOVERY FROM ALL ADDICTIONS - READ IT, SAVE IT PASS IT ON*
KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY

June 2019

KEYS TO RECOVERY — NEWSPAPER, INC. —



The Insanity of Alcoholism

by Jim LaPierre, LCSW, CCS

**Stories from
the Heart**
Page 4

**The One Word
Prayer**
Page 5

**What One
Family Learned**
Page 7

 **KEYS TO RECOVERY**
— NEWSPAPER, INC. —

5th Annual Awards & Anniversary Dinner
FRIDAY JULY 19TH 2019





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:

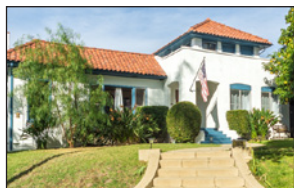
astepintherightdirection.org

Call today for a FREE consultation:

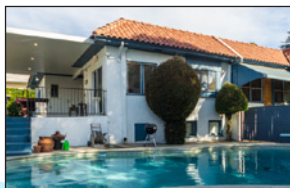
818-231-1400



Miracles in Action Addiction Treatment Center



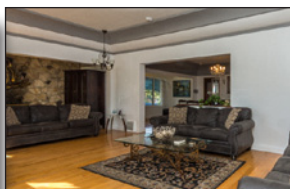
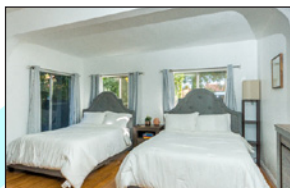
We are here from the beginning to help you integrate smoothly into a sober lifestyle.



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

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

We Accept Most Insurances



CALL TODAY for a Consultation

818-429-9103

Locations in Glendale and Burbank, California



www.MiraclesinAction.info

Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Darrell Fusaro
A New Doctor in Town	Page 6	Dr. Clinton
Food For Thought	Page 7	Jenni Schaefer
Freedom From Bondage	Page 8	Jennifer
Ageless Recovery	Page 10	Dr. Louise Stanger
Matters of the Heart	Page 11	Rudy & Kelly Castro
The Insanity of Alcoholism	Page 12	Jim LaPierre
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	

Contributors

Jeannie Marshall: President, Cofounder, Publisher & Editor
 Marcus Marshall: Vice President & Cofounder, Publisher & Editor
 Staff Photographer: Shalimar Cambria
 Graphic Designer: J Marshall
 Outreach Director: Peggy Salazar
 Social Media: Dominique LaFargue
 Cover Photo: ID 110319273 © Skypixel | Dreamstime.com
 Beth Dewey-Stern: Cofounder
Editorial Contributors: Marcus & Jeannie Marshall
 • Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro •
 Dr. Clinton Weyand • Jenni Schaefer • Dr. Louise Stanger, Ed.D,
 LCSW, CIP CW • Rudy & Kelly Castro • Jim LaPierre, LCSW, CCS
 • 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 you believe we are already in the middle of 2019? Working here at Keys to Recovery Newspaper, we are always a month or two ahead of ourselves preparing for our upcoming issues. Sometimes I have to make myself stop, and remember that although I am preparing for next month, I am living in this month. Staying present and living in the moment, is a great way to enjoy the lives we have worked so hard to create, and it is easier to remain grateful, here and now. In staying present and not losing myself in the daily pressures, I am honoring the work God has done in and through me.

It is through God's grace that I have been able to create a life of sobriety and in turn recover "from a seemingly hopeless state of mind and body". I know that my recovery was based on divine intervention. Everything happened in a certain order. I was brought to my knees and I surrendered, just as the opportunity to attend a meeting presented itself. I do not think I would have attended that first meeting if I was not in a state of complete surrender. Being in a room full of sober people was not at the top of my list, or even on my list. Okay, I didn't even have a list.

It is a small dark world when we get close to our bottom. A world that does not include lists of any kind. We can't see a way out or a way in. That is when God steps in and shines his grace and mercy on us. His plan, His will, His way out for us is there for the taking. All we have to do is say yes. Surrender to the miracle that is about to happen. When I was new in recovery it was much easier to remember that first real surrender. As we get a new life, we also get responsibilities, commitments, and opportunities that pull us in many different directions, and can distract us from today.

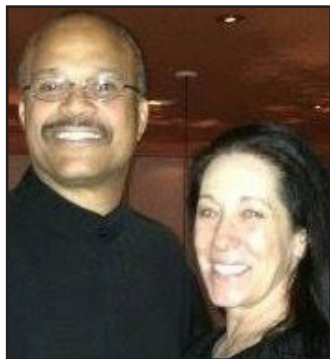
I do not want to lose sight of the miracle of sobriety and this new way of life. God helps me to remember the miracles, by bringing people into my life like my friend Michele T., who lived by the principles I am writing about. Her Facebook page was "Michele Best Day Ever", and that was how she lived - as if each day was the best ever. She lived each day as if it were everlasting, and lived every day as if it were her last...until it was. I miss her emails that always ended with "Life isn't tied with a bow, but it's still a gift." God bless you until next month! - **Jeannie Marshall, President & Cofounder**

Hello to one and all, the month of June has started off with positive affirmations. These various forms of encouragements have been so gratifying, such as being connected with dear friends of long ago. Also, I was given incredible news regarding a family member's health condition, which dramatically improved. I experienced other uplifting information that was so welcomed to hear. Blessings are all around us, it depends on how attentive and open we are to them.

My connection with friends and family have also improved, I now try to reach out to everyone without reservations or biases. I have learned not to be so judgmental about people in general, and I am becoming more openminded when it comes to viewpoints and opinions of others. I still have character defects that I'm trying to rid myself of, or at least get them under control for now. In the present moment it is not always easy for us to see our growth. Like walking down a road, you can only see the steps you are taking as you are taking them, but when you turn around and look at where you started, you can see just how far you have truly journeyed.

I am very grateful after looking back on my journey seeing my own progress. I'm not patting myself on the back, so much as celebrating the blessings God has brought me to and through. I am still considered a youngster in the 12 Step programs with 7 years of recovery, I have been applying the same determination towards my addiction. My life has truly become manageable in so many ways, simply by allowing my Higher Power to take over the reins, and guide my life. The old Marcus would have never relinquished the old behavior, of my ego and pride that ran rampant for 40 years. By surrendering I have gained victory over my addiction and the defects that came with that way of life.

I have an incredible mentor, and role model who has 33 years of experience of conforming to the 12 Step principals and guidelines. My wife has been just that, she is the epitome of what a person in sobriety should truly be like. I have been privileged to have Jeannie to walk with on this road of happy destiny, showing me by example who I could truly become. Until we come together again for reasoning, may God keep you strong and 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 got 12
Recovery gifts InStyle!

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 -

MY 12 STEP STORE.COM got 12
Recovery gifts InStyle!

CELEBRATING PRIDE

from **LOS ANGELES** to **NEW YORK**

LA! PRIDE **STONEMALL**
NYC PRIDE **WORLDPRIDE**

My 12 Step Store
8730 Santa Monica Blvd,
Los Angeles, CA 90069
310 623 1702

NYC POP-UP STORE
The WESTIN New York City
270 West 43rd street, NYC

f t in y

FAMILY LAW

- Divorce
- Domestic Violence
- DCFS Cases
- LGBTQ



- High Asset Cases
- Restraining Orders
- Child Custody Cases

• Child & Spousal Support

**FREE CONSULTATION
WITH ATTORNEYS WHO CARE**

SPERLING, DIARIAN AND McALLISTER

LOW FEES & REASONABLE PAYMENTS

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

**For
More
than 39
Years**

A full service, 12 Step Welcoming Law Firm



www.SperlingLawFirm.com

818.205.9090

THE PROGRAM OF INSPIRATION

THE NEED FOR STUDENTS TO HAVE
SUPPORT ON CAMPUS SEEMS TOO DAUNTING
FOR A NATIONWIDE SOLUTION.

IT IS NOT.
WE HAVE ONE.

ONE-ON-CAMPUS

GET ONE ON YOURS TODAY

ONE ON CAMPUS
EARLY INTERVENTION THROUGH
HUMAN CONNECTION™

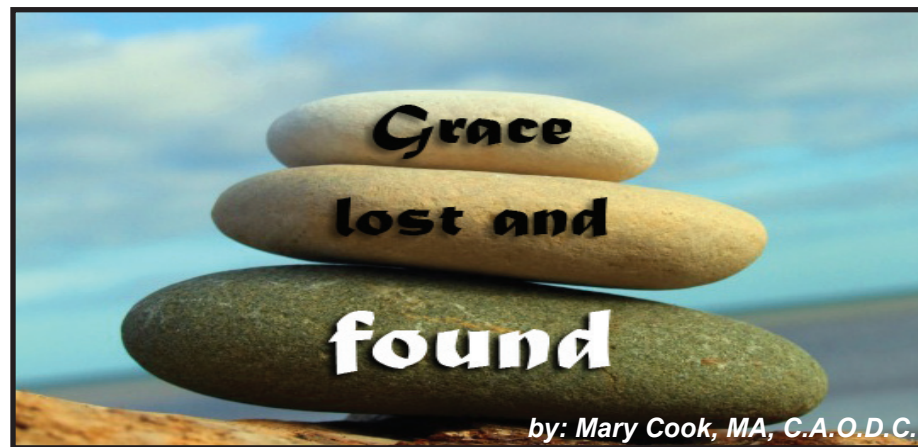


INSPIRE@ONEONCAMPUS.COM
Social Media @oneoncampus



www.oneoncampus.com

A PROGRAM OF ONE RECOVERY a 501c3 nonprofit
888.852.2201



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

STORIES FROM THE HEART

Oh, if we could drop a pocketful of problems by tossing pebbles in a pond. Or paint a pastoral picture and live in its' peaceful beauty. Oh, if we could make a perfect meal to nourish all hungers within. Or walk through a serpentine stream to cleanse ourselves of shame and pain. The stories we wish to live seem to conflict with the nature of life. And yet, we must mine these stories of longing to find what we can use. It is not magical thinking, but mystical thinking that helps us weave a life spanning suffering and happiness, sickness, and helpfulness.

When we're hurt, we can cover the wound and keep others away, but this binds us to the hurt. When despair puts us in bed with blankets over our head, depression deepens. We must let go of the coverings and the secrets we've stuffed behind them, in order to heal. Recognizing the boundless compassion of the wise heart allows us to accept the reality of harm, and the reality of the spiritual revelations of healing. All of creation works through all of life, and seeds are within us waiting to sprout. We are creative, spiritual beings, capable of learning and maturing through all circumstances.

When we remain open to our heart, personal pain gives us empathy for the world, personal healing inspires healing for the world, and spiritual growth motivates positive actions for the world. When we expand our consciousness to include the living, breathing organism of earth and all life upon it, we have a higher purpose far beyond what our ego desires. When we expand our consciousness to include a wise and loving God, we have unlimited support and strength to walk through life's trials and tribulations.

When we've been harmed, we learn self-harm and harming others, and only healing and helpfulness can liberate us from harm. Unhealed trauma leads to a culture of vice, and only practicing virtues can liberate us from vice. There is no magic bullet of transcendence into bliss, but there is a daily practice of spiritual actions that transform painful stories into inspired heartfelt living.

Instead of survivor guilt, we can honor another's memory through an amazing life. Instead of paralyzing fear, we can learn curiosity, joy, and resilience from healthy children. Instead of resentment, we can accept and appreciate ourselves and others as flawed humans with a redemptive spirit. We can find serenity in stillness, beauty in benevolence, and kinship in kindness. We can release the negative energy of our problems through gratitude for our awareness and understanding of them, and for the mentors, role models, and practices which lead to resolution and growth. We can be mindful of peace and beauty wherever it is, and this focus expands our daily pastoral experiences. We can provide healthy nourishment for ourselves and others mentally, emotionally, physically, and spiritually. We can cleanse ourselves of shame and pain through living amends, and positive contrary actions toward ourselves and others.

Stories from the chatter of our mind replay the same fantasies and fears, becoming more dysfunctional and destructive over the course of our life. Stories from our heart however, surprise us as they continuously evolve to reveal our deepest treasures and transformations. When we relax and dive deep into our heart, we meet loving awareness and infinite creative consciousness. What our hearts imagine can propel us into courageous compassionate actions. This allows us to weave a life spanning all that is, and all that could be for the highest good.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 43 years of clinical and teaching experience. Mary is available for telephone and office consultations. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at www.Amazon.com





THE ONE WORD PRAYER

I have transformed my entire life for the better with one word, and the more I use this word, the more my life improves.

I have encouraged many others to use this word to break free from self-limiting beliefs, and to step out boldly. Once you discover how to use it, this one little word will attract every good desire of your heart. This common little word has the ability to release supernatural power. I've witnessed it bring healing to the body, and open doors to prosperity where there were no doors before.

It's a word so commonly used and seemingly ordinary, that you may, like most, including myself, have failed to recognize its power to renew your mind and improve your circumstances.

The little three-letter word I'm speaking of is the word 'yes.'

Dr. Raymond Charles Barker has concluded, "Health is a 'yes' system and disease is a 'no' system. Life responds to affirmative thinking. It flows where the channels are open and affirmative thinking opens the channels."

Likewise, a closed mind is a 'no' consciousness, and an open mind is a 'yes' consciousness; pessimism is a 'no' consciousness, and optimism is a 'yes' consciousness. 'No' is restrictive, 'yes' is expansive. Say 'Yes' to life and your life will expand. When I say 'Yes!' to life, life says 'Yes!' to me. Oui, Oui!

This is true because as Rev. Ike puts it: "Life meets me exactly the way I meet life."

With the power of 'Yes'-ing, I transform problems into blessings.

Therefore, all that is required for you to receive all of these benefits is to begin to think of the word 'yes' as an affirmation.

When the word 'yes' is spoken with this affirmative attitude, it will revolutionize your thinking and make you magnetic to big, happy surprises. Blessings will chase you down. It'll give you a spiritual jolt, regardless of your religious orientation. And if you don't believe in a religious God, it will still kick you upstairs.

Anytime I find myself feeling down emotionally or physically, I'll go for a walk and I'll say the word 'yes' each time my left foot hits the ground. It doesn't matter whether I say it aloud or just audibly within my mind, the results are the same. It releases me from the merry-go-round of old ideas, and opens my mind to receive a new and improved perspective.

'Yes' is synonymous with 'I can!'

You don't have to wait until you're feeling bad to practice affirming yes in this manner. I do it often at moments throughout my day to keep me flowing in the positive stream of life. 'Yes' is an exclamation of gratitude. Yes says, "Thank you God for everything. I have no complaints whatsoever."

Saying 'yes' when your left foot hits the ground wakes up the playfully creative right side of your brain. Inspired ideas flock to a playful mind.

Just the other day, a therapist who I encouraged to practice the 'yes' march called to let me know that he finds it so beneficial to his emotional well-being that he's been prescribing it to his clients. It wakes up the giant within, the God-in-you. It gives you access to the Power to change your mentality, and when your mentality changes, your outer expression and experiences must change too.

By simply affirming 'Yes!' you are in actuality saying...

'Yes' to inspiration!	'Yes' to new ideas!
'Yes' to motivation!	'Yes' to solution!
'Yes' to prosperity!	'Yes' to health!
'Yes' to happiness!	'Yes' to success!
'Yes' to love!	'Yes' to miracles!

And 'YES!' to all the blessings God desires to shower upon you now!

Say it often.
Say 'Yes!'

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, author of "What if Godzilla Just Wanted a Hug?" and a sought-after speaker on the topics of Leadership and Positive Mindset. For more information or to request Darrell as a speaker 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.

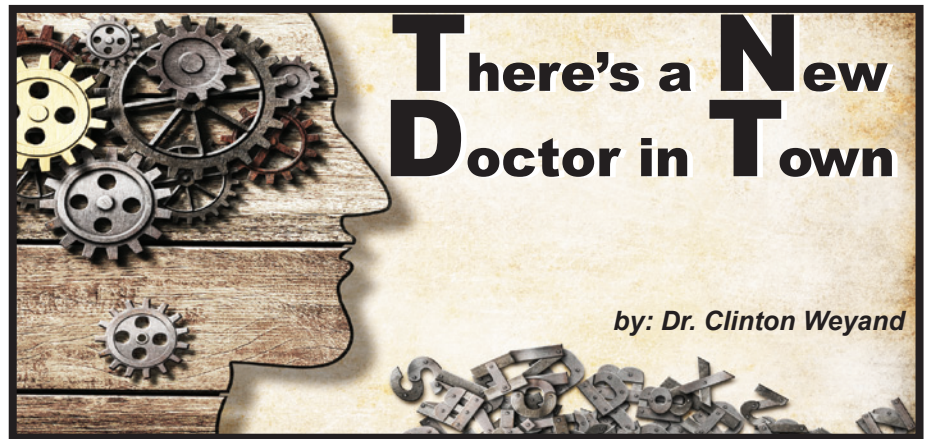
Chandler has proven to be one of the most effective Sober Livings available, literally thousands have benefited from our inhouse and outreach programs. We are not a lock down facility; we function as a recovery program of attraction.

www.ChandlerLodge.org • 818-766-4534

Best Day Ever



Michele Russell Tsiotsias 08.28.1960 to 04.30.2019



ADDICTION - THE COMPROMISE OF INTEGRITY

Integrity, authenticity, and honesty capture a character trait in which people are true to themselves, accurately representing—privately and publicly—their internal states, intentions, and commitments. Such persons “own” their feelings and usually do well in Recovery.

Integrity, authenticity, and honesty have somewhat different meanings. Honesty refers to factual truthfulness and interpersonal sincerity. Authenticity refers to emotional genuineness and psychological depth. Integrity refers to moral excellence, modesty, self-unity and humility.

Carl Jung argues that there is indeed an authentic self beneath the multiple personas, capable of personal growth and of ever increasing contact with rich meanings embedded within human nature.

In recovery, we know the possibility of contacting one’s true rather than false self. Martin Heidegger discussed the need to recover one’s self from society. Sartre focused on the problem of bad faith, stating that integrity is found only by embracing the inescapable reality of personal choice. Ronald Laing focused on the divided self, in which people divorce their inner self from the self they project to the world. The idea is that societal failings and inadequate nurturing push people to adopt phony and addictive selves.

Now we will elaborate the notion that addiction is untruth, and that addicts and alcoholics have real problems with truth, and “objective” reality.

In a certain sense, addicts “dwell in untruth” more than the community, because of the process of addiction itself. Addiction could be defined as a form of emotional untruth. It seeks to cover over emotional and revealed truth, with an artificial paradise that closes the mind and denies reality.

The important thing is to stop lying to yourself. *“A man who lies to himself, and believes his own lies, becomes unable to recognize truth, either in himself or in anyone else, and he ends up losing respect for himself as well as others. When he has no respect for anyone, he can no longer love, and in order to divert himself, having no love in him, he yields to impulses, indulges in the lowest forms of pleasure, and behaves in the end like an animal, in satisfying his vices. And it all comes from lying—lying to others and to yourself.”* - FYODOR DOSTOEVSKY

Recovery requires an “event of truth”, whether dramatic or subtle. This event alters how we experience ourselves and the world. This transformation is not complete immediately and needs an ongoing “refresher”. This new state of truth is an opening into “letting be,” and the surrender must be maintained. It is perhaps here that the twelve-step process of surrender is necessary. The twelve steps do not force the surrender, but once in place, the steps help to maintain this surrender.

Toward the end of my drinking, my memory got worse and worse. To start with, my mind was a big blur from being constantly loaded, or from recovering from a blackout. In addition, it got harder and harder to remember what story or excuse I had recently made up, or told to different people. Because my drinking had become the most important thing in my life, I had begun lying to protect it, and because most of the lies and stories I made up were followed by a drinking binge, I couldn’t keep anything straight.

When I got sober and my head began to clear, I went right on lying and telling stories. As I worked the Steps, I realized that I was lying to protect my ego which was getting in my own way. I quickly found the truth in the statement that self-centeredness and self-seeking was my natural state as an untreated alcoholic. It took a lot of conversations with my sponsor before I was ready to get honest. I also had to uncover a lot of character defects.

These days, my life is much easier now that my default is to just tell the truth. It’s a wonderful feeling being able to look someone in the eye again, and feel a part of the human race. And, best of all, my memory has improved because today, I tell the truth.

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.



WHAT ONE FAMILY LEARNED

One Family - Learning from the Substance Use Disorder Community: Light from a bonfire broke through the dark of night. Thunder loomed in the distance as a young man approached a microphone standing in an open Texas field, where hundreds of people gathered. He warned us that fire ants had been spotted and that we should watch out for these aggressive, Texas-sized creatures.

The threat of rain and bug bites didn't bother us. We were there celebrating recovery, to hear stories of triumph over addiction, and nothing was going to stop us. One by one, brave souls from all over the world walked to the microphone and shared inspirational words. Echoed in the night were words like: gratitude, faith, serenity, happiness, higher power, and God.

The connection between the people on the field, both those recovered from substance use disorders and those still struggling, took my breath away. And, I was taken aback by the way that I was drawn into the group. Even though my "drug of choice" was food, and I had never struggled with an addiction, they fully accepted me as a member of the family.

Recovered from anorexia nervosa, I left that event with hope that one day, people touched by eating disorders might experience this same sense of worldwide, yet intimate, community.

A decade later, in my second recovery, from posttraumatic stress disorder, PTSD — I have this same hope for those who have endured trauma.

In my hometown of Austin, Texas, someone struggling with an addiction or alcoholism can find a twelve-step meeting at almost any hour of the day, every day of the week. Unfortunately, in the same town, there is only one twelve-step meeting each week for people struggling with anorexia and related disorders. Ironically, Austin is luckier than most. In the United States, most cities don't even have one such meeting. There isn't a single twelve-step meeting for PTSD in Austin, nor all of Texas that I know about. When people with an eating disorder, PTSD, or possibly both feel hopeless and lost, they can't just "get to a meeting," as I hear my friends in Alcoholics Anonymous (AA) say a lot. We lack an immediate way to connect face-to-face with others who get it, who understand.

I would not be alive today if I hadn't found peer support for both my eating disorder, as well as PTSD. I credit the individuals in those groups for showing up and giving me hope, the believable, authentic kind, when I needed it most. In eating disorder recovery, I was able to attend a weekly Monday night therapy group. For PTSD, I couldn't find any peer support in my city, so I traveled all the way to Wisconsin to go to treatment. I often wonder what my recovery might have looked like, had there been an Alcoholics Anonymous-level of support available when I needed it most. Let's just say that I needed support on days other than Monday, and I don't live in Wisconsin.

I challenge those of us who are recovered from eating disorders as well as trauma, to reach out to those who still need help. We can share our stories one-on-one with fellow sufferers, encourage people to seek professional help, and even start twelve-step meetings in our communities. We can join together, gather our strength, and we can make a difference.

I know, because we already are making a difference. Today, ten years after I stood in that Texas field, Eating Disorders Anonymous has grown substantially and has even released its own Big Book, following in the footsteps of Alcoholics Anonymous. (To start an Eating Disorders Anonymous meeting, visit EatingDisordersAnonymous.org.) Not to mention, World Eating Disorders Action Day (#WeDoAct) exists! Back then, I could not have even imagined such a day, where countries come together. Many of us with eating disorders also know PTSD, so we can help to build a trauma community as well. In the end, we are all one family anyway.

Let's keep building, keep following the lead of the substance use disorder community. With dedication, patience, and hard work, we can create a worldwide community of support and in-person connection for those battling eating disorders, as well as PTSD. Someday, we might even find ourselves hanging out with hundreds of friends in an open field, sharing our stories of recovery. We won't mind the fire ants, and after Ed (aka "eating disorder") and PTSD, bring on the rain.

We might even invite some of our friends in the addiction community to the celebration. Thank you for teaching me what a community can look like, and thank you for always welcoming me as one of your own. Let's do this. As the #WeDoAct theme affirms this year, truly, we can't afford to wait.

A Senior Fellow with The Meadows and an advocate for its specialty eating disorders program, The Meadows Ranch, Jenni Schaefer is the author of *Life Without Ed*, *Almost Anorexic*, and *Goodbye Ed, Hello Me* (now available in audio!). Houghton Mifflin Harcourt will release Jenni's next book, which is about fighting through posttraumatic stress disorder, PTSD. For more information: jennischaefer.com.



HIRING FEMALE HOUSE MANGER

For NEW Sober Living For Women

Minimum of 2 years clean and sober.

Experience is a plus. Opening May - June

Affordable Beautiful and Luxurious Home

3000 Square Foot home on a ½ acre

Near Balboa & Vanowen in the San Fernando Valley

- Near 12 step meetings
- Large Rooms
- Manager on Premises
- Zero Tolerance for Drugs or Alcohol
- Spacious Modern Kitchen

Contact Ron H. (9-10-76) for more information

Call **(818) 298-6100**

Rolling Sober SFV



Rolling Sober SFV, meets the last Sunday of each month at 9:00 am.



We meet at The San Fernando Valley AA Hall
220 S Brand Blvd., San Fernando, California
Parking Available Across Street Visit our Facebook Page
(Rolling Sober Car Club) for more information.

The only requirement is that you are clean & sober and have a love of old cars.

THERAPIST



**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



by: Jennifer

LEARNING TO LIVE IN HOPE

Jennifer just took a six-month chip for 180 days sober. Six months ago, her life was very different. She was unemployed, homeless, in jail, and facing prison. Now she is employed and furthering her recovery journey by moving into sober living. Here is her story.

It all started after surgery. I was taking opiates prescribed to me by my doctor for pain. Before long I was abusing the medication, and that quickly graduated to shooting heroine. Once I went to street drugs, it wasn't long until I was also using meth. I started getting into trouble with the law and I wouldn't go to court...I'm a runner. I was having warrants pile up. In spite of opportunities to get treatment instead of time, I didn't listen. I'd relapse anyway and each time I did it would get worse. It progressed to being homeless and on the street. I would never show up for my family, I was running on self-will.

This last time I was in jail, I'd made it even worse by bringing drugs into a substation, and I got an add charge to all the other charges I had. It was a turning point in how seriously the courts started treating me, and for me, that turned out to be a blessing in disguise. I was given the choice of a prison sentence or in patient treatment for addiction and alcoholism. On November 8th, the judge granted me treatment at a recovery facility known as House of Hope.

I was released from jail, and moved into House of Hope's residential treatment center. I was so grateful! I checked into treatment, got a sponsor, and started to listen to all the direction from the House, the other women, and the program.

As I went through residential treatment, I really appreciated how structured the program was. I did not have structure before in any of my previous attempts to get clean. I had been to AA, and to NA, but outside the meetings, I had no structure, and I would relapse. It was awful because I'd fallen in love with the fellowship of AA and NA, and had a head full of twelve steps and the Big Book, and that ruined using for me too. It was hell – either clean or using I was 'irritable and discontent.'

I'm started to have a new experience at the all-female treatment facility. I feel safer, more open to share in groups. I have a really good sponsor. She made me go through a waiting process though and checked with her sponsor first, and eventually said yes. She takes it seriously, and I do too now.

I'm also trying very hard to let go of self will. From residential treatment I went into RBH (Recovery Bridge Housing) and intensive outpatient. I was grateful to continue a serious program into the second 3 months of my recovery. With a little more freedom, and with IOP, I got a job – it continued to stabilize me and allowed me the resources to choose sober living as my next phase. I'm able to pay my own room and board, and am still in a structured setting surrounded by other sober women and still very close to outpatient services. The only way I feel comfortable right now is through guidance, and I'm so grateful the House of Hope can continue to provide that to me as I move forward to my next step in sober living.

Before I had a certain lifestyle of living, and it was selfish and self-centered. I'm tired of not paying my own way through life, the program and recovery has taught me to put one foot in front of the other and everything else will fall into place.

Founded in 1955 and located in the scenic South Bay area of Los Angeles, House of Hope is a community of drug and alcohol treatment professionals who are committed to helping women regain their lives, their spirit, and purpose in life. By providing high-quality treatment services, House of Hope creates a warm, nurturing environment where the journey of recovery can begin. Recovery Bridge Housing (RBH) is an option for patients that are in Outpatient Treatment after completing Residential Treatment. House of Hope Foundation, Inc., is an IRS 501(3)(c) non-profit corporation and a 509(a)(2) public charity. House of Hope | (877) 403-8016 | P.O. Box 921, San Pedro, CA 90733 www.houseofhopesp.com | www.facebook.com/HouseofHopeFoundation.



MARY COOK

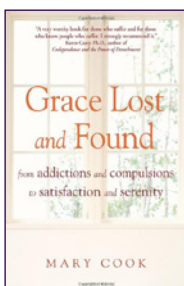
ADDICTION SPECIALIST COUNSELOR

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



Ross Phillips Therapy

Specializing in Chemical Dependency
and the Addicted Family System

Burbank & Eagle Rock, California

RossPhillipsTherapy.com

805-455-1614

Ross Phillips M.A., LMFT
MFC 100034

SoberSolutionsUSA.com

Interventions
Sober Coaching

Personal 1 on 1 Help

To Guide You
From Where You Are
To Where You
Want To Be

Gary Sherwin

805.267.9184



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



I AM Treatment Sanctuary



Alcohol & Drug Treatment

*Our mission at "I AM" Treatment Sanctuary is to provide a thorough, holistic approach to the recovery experience by utilizing both proven evidence-based treatment techniques and developing an outlook of **mindfulness, honesty, forgiveness, and trust in self and others.** Each client is guided every step of the way through their personal recovery and beyond.*

call **I AM**
833-600-5817
We are here to help

Our facilities provide excellent accommodations in a tranquil, healing environment. Our staff is caring and professional

I AM treatment services include:

- Detoxification
- Co-occurring Disorders
- Customized Treatment Plans
- Individual and Group Therapy
- Trauma Therapy (EMDR)
- Nutrition
- Art and Music Therapy
- Yoga & Meditation
- Acupuncture

Our aftercare services include:

- Sober Living
- Sober Companions
- Life Skills
- 12 Step Meetings
- Career Development
- Lifetime Support Network



We accept most insurance plans. Payment options are available.



I AM is located in the beautiful City of San Marino, California



I AMtreatmentsanctuary.com

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

Ageless Recovery

by: Louise Stanger

A STRONG FORCE

Hello! I'm so honored to join the Keys to Recovery newspaper as a contributor. This monthly column will explore a wide range of behavioral health topics as they relate to aging in the recovery process. I believe recovery can be found at any time in one's journey; so here's to Ageless Recovery!

As I observe my friends and colleagues in my 40 years in behavioral health, I am awestruck and humbled by the vibrancy of my peers. I realize we are a strong force of nature. We continue to grow in numbers and by 2050 there will be 2 billion people worldwide over the age of 60, and we will outnumber the number of five year-olds! Put that in your kindergarten backpack.

My first inclination to start this column is with humor. Laughter, as we know, boosts our immune system by decreasing stress hormones and minimizing inflammation throughout the body. Laughter relaxes the entire body and triggers the release of endorphins, the body's feel-good chemicals, that can promote an overall sense of well-being.

Here is a story that hopefully gives you a chuckle as it pertains to aging. I love country music. So when my love Mr. Wadas surprised me with tickets to Stagecoach, I was - as some country folks used to say - over the moon. My imagination went wild. I thought I'd be up front and close, sitting near Luke Bryan and hearing Jason Aldean croon, and have a kicking good time. Boy was I wrong!

In a sea of short-shorts, bras that made me wonder if I ever looked like that in my youth, and adolescents so young they look like they just came out of the womb, we braved the crowds and the roiling desert heat for nearly three hours. At this point I turned to my husband and said affectionately - "what are we doing here?" If we wanted to see young people wearing next to nothing pass out from too much beer we, could go to a sporting event. My husband echoed my sentiment - he was done. So we laughed the laugh of wisdom and walked out of the no return entry and cozied up to air conditioning, turned on country music 105 and enjoyed the evening stars from the comforts of our backyard. Fifty years ago I would have forged ahead - partying and regretting at Stagecoach. I guess I've learned a thing or two in those fifty years. And thanks to Stagecoach and my own foibles, because laughter became the emotion of the day.

When was the last time you had a good belly laugh? This made me think of the funniest things I have discovered growing older:

1. I finally have the D cup I always wanted. All my life I longed for more than an A cup and now my ladies fill out a D.
2. I can no longer get pregnant. God knows in my fertile years I did. I had four pregnancies and have three grown daughters who still challenge me daily, and I had one son that died in infancy.
3. No more periods. I can always wear white jeans! That is if I can fit into them.
4. I am free of child rearing.
5. I get to send my grandchildren home. I can love them, spoil them, share special time with them, take them places, buy them things and at the end of the day they go home with the parents. What a joy that is.
6. I say what I want without worrying if I offend you.

Psychologists have asked folks to assess their own wellbeing, and the results are fascinating. People in their twenties rate themselves highly. and then there's a decline as people get sadder in middle age around the age of 59. Perhaps it is due to career demands, aging parents and rearing and launching children - all very demanding tasks. But the happiness level shoots back up for old folks like you and me. In fact, old people rates themselves happier than young people, and the people who rate themselves the happiest are those ages 82-88.

As we get older, I do believe we gain something we didn't have before: resilience. Resilience, as author Jesse Sostrin says, is a personal act of defiance. Resilience is like super competency, influencing so many other skills like decision making, the ability to write this column on a cross country plane ride, not getting mad when people call me MAMM, trying on a one piece bathing suit and wondering why won't they make them with sleeves?

More to the point, as we age, I believe we become masters of emotional elasticity, of flexibility, of a personal strength that gives us a sense of safety in a chaotic world.

Con't Page 22



REASON, SEASON OR LIFETIME

We want to share this beautiful poem that offers wisdom regarding relationships. As you read the poem below, we ask you to reflect on the many different relationships you have or had in your life. Please contemplate how they have impacted your life and the lessons you have learned. Many times we don't take the time to take inventory of how relationships have deeply served us. Especially when we either have resentments or the relationship feels incomplete. When we are having a hard time understanding the meaning of the relationship because it ended or changed and we don't understand why. This poem speaks to that. We hope it opens your heart.

Here is the poem:

"People come into your path for a reason, a season or a lifetime.
When you know which one it is, you will know what to do with that person.
When someone is in your life for a REASON, it is usually to meet a need you have expressed.
They have come to assist you through a difficulty...
To provide you with guidance and support...
To aid you physically, emotionally or spiritually..."

They may seem like they are a god send, and they are.
They are there for the reason you need them to be.
Then without any wrongdoing on your part, or at an inconvenient time, this person will say or do something to bring the relationship to an end.

Sometimes they die...
Sometimes they walk away...
Sometimes they act up and force you to take a stand...
What we must realize is that our need has been met, our desire fulfilled...
Their work is done.
The prayer you sent up has now been answered, and now it is time to move on.

Some people come into your life for a SEASON.
Because your turn has come to share, grow or learn.
They bring you an experience of peace or make you laugh.
They may teach you something you have never done.
They usually give you an unbelievable amount of joy.
Believe it, it is real. But only for a season.

LIFETIME relationships teach you lifetime lessons.
Things you must build upon to have a solid emotional foundation.
Your job is to accept the lesson, love the person, and put what you have learned to use in all other relationships and areas of your life.

It is said that love is blind, but friendship is clairvoyant.
Thank you for being a part of my life...
Whether you were a reason, a season or a lifetime"
-Unknown author

Is there a relationship where you have a hard time accepting. Did it end before you wanted? Did you feel hurt by the person? Are you confused to it all? Remember our mission in relationships is to see the lesson first. Then accept it. Give gratitude to the person. Apply what you have learned in all your life. And continuing allowing your relationships to teach you.

If you are having a hard time seeing what the lesson might be from a relationship, and feel stuck, we encourage you to take an inventory of that person.

Con't Page 22

Vita Behavioral Health Drug & Alcohol Rehab Treatment



Family Wellness Therapy
Individual & Group Therapy
Medically Supervised Detox
Medically Assisted Treatment
Medical & Psychiatric Sessions
Grief & Trauma Work
Aftercare & Alumni Programs

Welcome to Our Family **Call 888-848-2234**

All PPO Insurance Accepted - Located in Van Nuys California

[wwwVitaBehavioral.com](http://www.VitaBehavioral.com)

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



Better Care Within Reach

Affordable Upscale Premier Sober Living
And Addiction Recovery Housing in
Los Angeles & The San Fernando Valley

(818) 903-8440

• Intensive Outpatient Treatment Available
• A Professional Recording Studio On-Site!

ColorBlindRecovery.com



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



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



Jeff Schlund
Outreach Manager

Cell 626-372-4550

Direct 760-423-6728

Toll Free 855-348-7018

JSchlund@hazeldenBettyFord.org

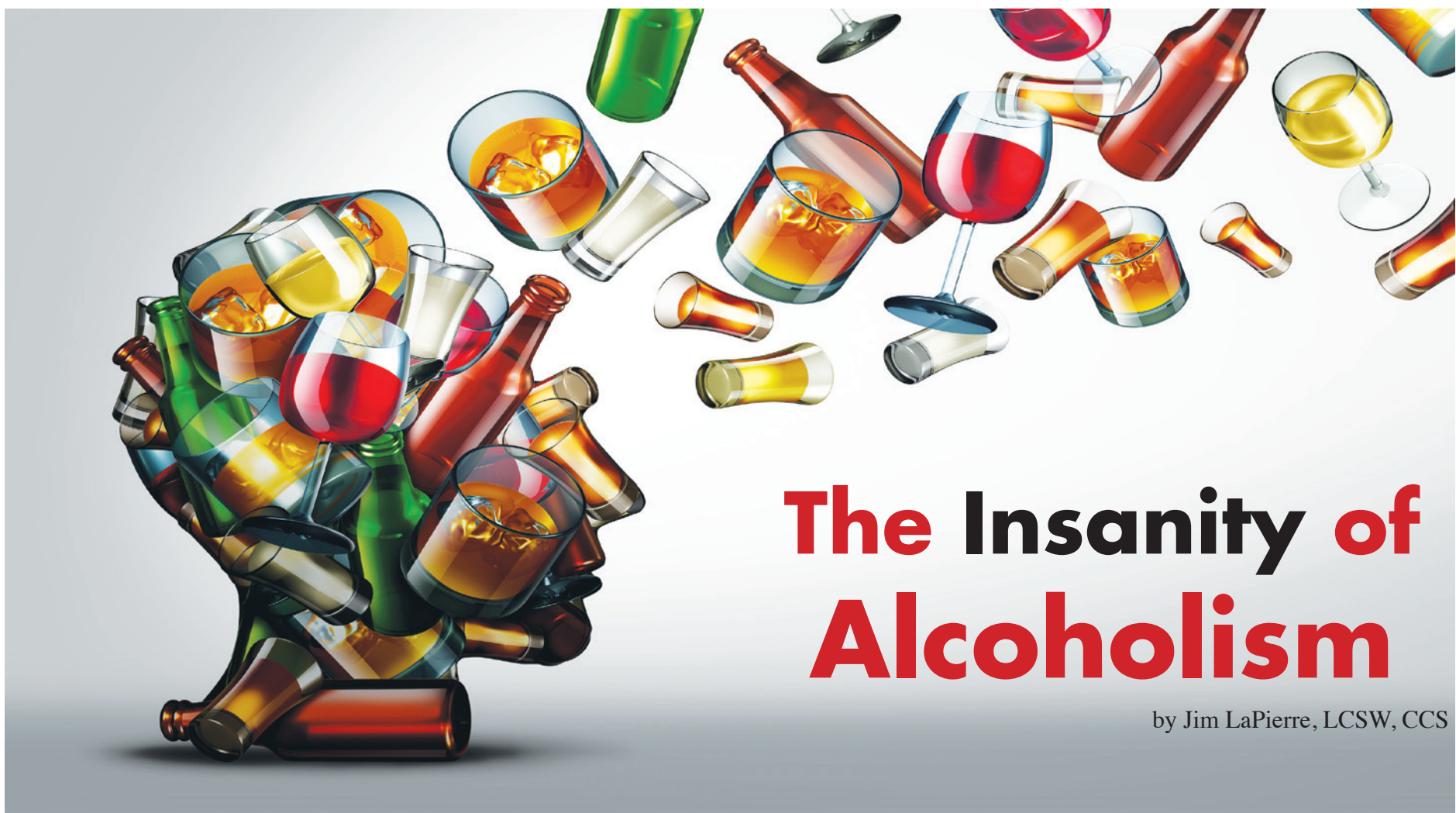
www.HazeldenBettyFord.org

www.Momentumsvcs.org



Recovery is Possible

Call 424.421.4068



The Insanity of Alcoholism

by Jim LaPierre, LCSW, CCS

Sadly, well intentioned folks try to protect the alcoholic from him/herself (enabling), or try to predict what they will do next (no crystal ball available). There are hundreds of wise sayings amongst alcoholics in recovery. Some are meant to make you think, and some are meant to be taken quite literally. Alcoholics Anonymous refers to, “the insanity of our disease.” This is a very literal statement. I can tell you a bit about understanding the active alcoholic but I cannot make it make sense to you because understanding the active alcoholic requires stripping away a lot of rational thought, the acknowledgement and willingness to learn from mistakes, the ability to recognize obvious patterns of behavior, and quite often, the application of common sense.

There are at least a hundred forms of alcoholism. What I am describing here is the person who is still drinking, is high functioning, and has not yet lost the things they hold dear. The disease of addiction dictates that they will lose these things in time, and the rule of threes determines a grim long-term prognosis (jails, institutions, and/or death).

Alcoholics think, act, believe, and feel based on distorted perceptions of themselves and the world around them. They live at the extremes of all or nothing. There is no moderation, no middle ground, no compromise, and no gray area in their worldview. To varying degrees, alcoholics live in denial of their destructiveness (self and others), and this further distorts what they are able to make sense of.

“PROBABLY”

Alcoholics are the very best liars, because they are able to use rationalization and justification to convince themselves that a lie is truth. This happens subconsciously. They are not aware that they are, if you’ll pardon the term – mind screwing themselves. Alcoholics adopt a language that facilitates lying in a way that sounds very well intentioned. Their favorite word is, “probably.” This word implies intention where in fact none exists. An alcoholic who tells you they will probably do something is highly unlikely to do it. Using words like these provides them a loophole – an escape hatch in which no absolutes are given and no promises made. The alcoholic relies on words and phrases like: possibly, maybe, would, could, should, I’d like to, I want to, I need to. These words mean nothing. They sound good but almost always lead to disappointment. Progressively, alcoholism blurs every line and impacts every interaction, every relationship, every part of the alcoholic’s world.

FIREHOUSE MANAGEMENT

Putting blinders on a horse leaves it with no peripheral vision; such is the worldview of the alcoholic. They may attend to many things, but in order to do so they must turn their attention away from one thing and toward another. Multitasking for the alcoholic means making many messes at once. There is no balance for the active alcoholic. As one area of their life declines they will often focus their attention on it and take it to an extreme.

As this happens, another part of their life declines and gradually their life becomes dictated by “firehouse management” – every course of action becomes based on the most pressing problem. This is an inevitably downward spiral, though some alcoholics manage to maintain it for a very long time.

EXTERNAL LOCUS OF CONTROL

As alcoholics tend to drink progressively more, they will generally conceal the frequency and amount they drink. They will tell you they only had three glasses of wine, and this is true. What they have not told you is that each glass was a 16-ounce tumbler. It is not only the drinking that gets hidden; it is also the negative affects alcohol produces in their lives. Alcoholics develop what counselors call “an external locus of control.” Progressively, everything is someone else’s fault. If their job is going poorly it’s because their boss hates them. If their marriage suffers then their spouse is unreasonable. If they fail as parents they will see their children as ungrateful. Everything and everyone becomes a reason to drink. The spiraling alcoholic will often say that they don’t even want to drink, but that circumstances like their horrible job/spouse/kids “force” them to.

SELF-PITY & THE SENSE OF ENTITLEMENT

Alcoholics often have a bizarre sense of entitlement. They reason that having such a difficult/stressful/demanding life entitles them to act in ways that are immature, irresponsible, and selfish. To observe their behavior is to conclude a belief that the world must owe them something.

The active alcoholic wallows in self-pity, and concludes that they are a victim of life. As they demand more from the world they expect less and less from themselves.

APPEARANCE OVER SUBSTANCE

The quickest routes to self-destruction for alcoholics are the words, "Screw it." This is a declaration that everything is already screwed so they might as well drink. When people decide to stop drinking we encourage them to notice "It" is actually, "Me." This is evident in, "It's not worth it." On some level the alcoholic always knows the truth, and they are usually working hard not to know it. They pretend and demand that those close to them buy into the fantasy, that all is well. Life becomes progressively less about anything substantive and progressively more about maintaining appearances. This is well explained in Pink's song, "Family Portrait." "In our family portrait we look pretty happy. We look pretty normal..."

MASTER MANIPULATORS

Alcoholics are master manipulators. They may not have been con artists before they started drinking, but they come to have remarkable skills. They are the folks who can sell ice to Eskimos. They will pick a fight with you because they want to leave, and they will have you believing it's your fault. They show little or no accountability.

They may have had integrity before their addiction kicked in, but it will be conspicuously absent from their lives as they spiral. There is often one exception to this rule for each alcoholic – one thing they do especially well and it will most generally be their sole source of self-esteem. We have known a large number of alcoholics who have incredible work ethics, because being a good worker is the one thing they know they're good at...well, they will say that and drinking.

ALCOHOLISM - A UNIQUE DISEASE

The disease of alcoholism gradually and insidiously strips everything away from a person. We have been asked countless times whether alcoholism is truly a disease or a choice. In truth it is both. Alcoholism is unique as a disease in that it not only hides from view – it also lies to its carrier about its presence. The person who is active in addiction has a unique choice relative to all other diseases. The alcoholic can go into remission at any time and many do. We see that alcoholics will abstain from drinking for a time to prove to themselves or others that they are not addicted, only to return later with a vengeance.

ALCOHOLICS ANONYMOUS (Real Recovery, for Real Alcoholics)

Recovery from alcoholism involves far more than sobriety. Recovery from alcoholism involves changing every part of a person's life.

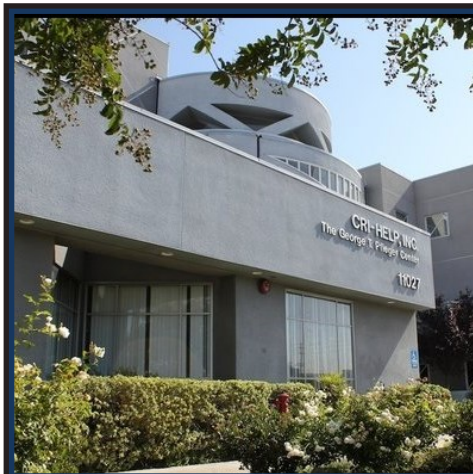
The person who only stops drinking is what we refer to as a "dry drunk" meaning that they are every bit as unhealthy they have simply stopped drinking – a small percentage of them manage this long term. In my professional opinion, real recovery is only made possible by the program of Alcoholics Anonymous. There are countless positive things that can be added to the program of AA and their importance cannot be overstated.

I meet many friends and family who are unwittingly enabling (protecting an alcoholic from the natural consequences of their behavior) the alcoholic and this can result in a person staying stuck in their alcoholism and addiction. But that's another topic for one of my future columns.

People in recovery need the support of family and friends. Simply expressing that you believe in us and have faith that we can ultimately succeed is huge. Offers of support for healthy undertakings are always welcome, as are hugs, honest feedback, and encouragement. Please take excellent care of yourselves as you maintain hope for us.

Blessed be.

Jim LaPierre LCSW, CCS is the founder of Sobernow.com. A home study program for recovery from substance use disorder and for those with loved ones in active addiction. He welcomes your comments and questions: Jim@sobernow.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



OPENING IN JUNE



HOLLYWOOD MEDICAL REHABILITATION CARE

Medication Assisted Treatment for Opiate Dependence
Compassionate Understanding from Skilled Professionals

Struggling with Addiction to Hydrocodone, Oxy,
Norco Vicodin, Heroin or other Opiates?

Allow **Hollywood Medical Rehabilitation Care** to help
you break free from the suffering of opiate addiction,



And Reclaim Your Life!

Call Now **323.660.0900**

HOLLYWOOD MEDICAL REHABILITATION CARE OFFERS:

- **Methadone Maintenance • Drug Medi-Cal Pending**
- **21 and 180 Day Detox Programs**
- **Burpenorphine (Suboxone/Subutex)**
- **Individual and Group Counseling**

Located at: 5232 West Sunset Blvd., Los Angeles, California, 90027

www.HollywoodMRC.com 323.660.0900



DO YOU PUT YOUR GAMBLING RECOVERY FIRST!

Now that summer is almost here; many get outdoors, plan vacations and just LIVE LIFE. So, how can you put your gambling recovery first?

See, there was a time I could never do that. What I mean is, when I was still active in my gambling addiction, it seemed even in the summer or vacation time, it always had to have some form of "gambling venue", or option attached or nearby. How sick is that? It made me begin to wonder, how others maintaining recovery from gambling put their recovery first, and find a balanced healthy Lifestyle.

I feel and have seen my recovery go through phases as we begin to live life again, while keeping mindful of our recovery journey. We don't LIVE IN Recovery; we LIVE LIFE while maintaining our recovery. I hear too many people, specially from 12-step recovery programs, say that they feel they can only have friends within the 12-step program, or only do the 12-step program activities. That to me is not living a well-balanced lifestyle or recovery. I recently came across a fantastic article written about these topics and concerns I had putting my recovery first, and having a balanced lifestyle on "The Hazelden Betty Ford Foundation" website/blog.

Here are a few areas I'd like to Share and Highlight as they are essential, while we continue our life-long path of recovery living life.

From The Hazelden Betty Ford Foundation:

"For many addicts of all addictions, our lifestyle blocks our recovery. It is easy to see the problem when we have a terrible lifestyle: living with an abusive partner, hanging out with drug-dealing and drug-seeking friends, or going to bars or casinos to gamble with old friends, or to prove that we can have a soft drink among all that alcohol. Counselors and sponsors tell us that we must leave behind all negative influences in order to make recovery our highest priority, and make Recovery First. Healing needs to come first place, ahead of wife, kids, job, and other relationships that we treasure. Part of this decision is practical. If we put recovery in second (or lower) place, we will eventually lose our recovery, as well as whatever it was we put in the first place."

"There is also another way that lifestyle can interfere with recovery. Our mistake is taking a good, attractive lifestyle and making it the center of our lives. We require our treatment and recovery goals to "fit into" our lifestyle, and not disrupt it. The more attractive our lifestyle, the more likely we are to COMPROMISE our recovery in search of a pleasant and comfortable way of life. If our lifestyle is healthy, easy and well funded, we take that as a "given" fact of life and then try to accommodate our recovery without disrupting all that's pleasurable about life."

"In treatment, this shows up as an unwillingness to spend more than 28 days working on our recovery full time. Patients frequently say they'd love to have additional time here, but something about the home or workplace demands the highest priority instead. Many professionals feel, such as doctors and lawyers, say that they must return to their professional practice right away. Managers and directors swear that their companies could not live without them, and so the patients must get right back to work. Mistake."

Look, I love many things in the "real world," but I have learned in my time of 12 plus years maintaining my recovery while living a life? "That I love the world of spirituality, sobriety, and being BET-FREE more." It is no different than having a medical ailment or being a diabetic, as you learn to manage it as you continue living your life. Recovery is NO different. And why I always suggest my sponsees to work with a recovery life coach, or if you are early into treatment and your recovery. Talk with your counselor or therapist about "Lifestyle Balance" so you can be on the right track living life and continue to "Quit To Win!"

Catherine is a former columnist for InRecovery Magazine, the author of her debut memoir, "Addicted To Dimes," a gambling recovery coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, Facing Addiction.org and Heroes in Recovery.com. She is also a member of Big Jim's team helping others who are suffering and need help. For info 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. Help us saves lives from addiction together in unity & fellowship. Collectively through faith and hope, we can help end this addiction epidemic for good.



Recovery is about UNITY of Advocates Together in Action. So as Big Jim Downs continues to heal medically, we will have "Recovery Bike Steward's" passing the "Addiction and Recovery Torch" to other Rider's - Advocates who have stepped up to see Big Jim's Ride Around America 4 Addiction Awareness continue.

FIFTY THREE lives have already been saved! Jim's Recovery Resources Team have helped them receive Free Treatment Recovery Programs, and it will continue. Like Big Jim has said from Day One, "THIS ride is not about me, not about Big Jim, this vital bike ride is about raising awareness, fundraising, and a caring event to help those suffering and who reach out for some hope, and help from addictions.

Will announce the Schedule and More Events like the Speaking Event we just had in Wyoming in July's issue. Big Jim's Walk Foundation.

Follow @Big Jim's Ride www.facebook.com/OfficialBigJimsWalk/ or visit www.BigJimsWalk.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



SATURDAY JUNE 8TH 2019: 29th Annual Bike-N-4-Books. Family Picnic and Bike-A-Thon Fundraiser. Walkers & Runners are welcome. AA Literature Fundraiser Helping the H & I Committee purchase Alcoholics Anonymous Books & Literature to "Carry The Message" to alcoholics within Hospitals & Institutions. Woodley Park Picnic Area #1 Japanese Garden Entrance. 6350 Woodley Ave., Van Nuys, CA. Registrastion is \$15. 7AM Check in. Call Juan (747) 251-8126.

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. ltrevor26@gmail.com

MOVIES, MEETINGS & MORE: BIG GAY SUNDAYS returns with HBO's Six Feet Under starting on May 26 at 6p. And reprise on Thurs at 7p on our HD 10ft Screen w/ surround sound, We also proudly host a variety of 12-step fellowships from A-Z Monday through Sunday 7:30am to 10pm. And 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 & chips with literature for sale upstairs in the AT Cafe. More info: www.atcenterla.org, (323) 663-8882. (5p-9p) 1773 Griffith Park Blvd, Los Angeles, CA 90026.

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.

SATURDAYS IN JUNE 2019: 4PM TO 5PM: June 1st, June 8th, June 15th, June 22nd, June 29th, 2019. The Burbank Group "Back to The 40's Meetings"; Each Saturday in June there will be a meeting based on "Back to The 40's Meetings". These meetings will take you through each of the 12 Steps of AA over a 5-week period. These meetings are held for the purpose of acquainting both old and new members with the 12 steps on which our program is based. Held at the Burbank Group 3217 Winona Ave., Burbank, CA 91504

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

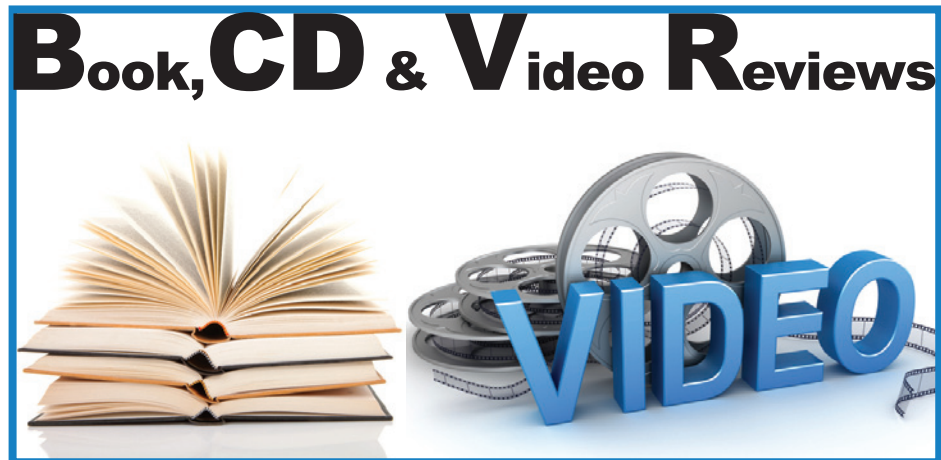
San Fernando Valley Central Office

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



THE NEXT HAPPY, Let Go of the Life You Planned and Find a New Way Forward. Written by Tracey Cleantis; Published by Hazelden Publishing.

This is a non-fiction book that is very hard to put down. This book's target audience is people who are facing the fact that their big dream is dead. Tracey, the author, helps us through the grieving process with a lot of empathy and compassion, having a history of shattered dreams herself.

The theme of dreams coming true spills over into popular media and movies. It's difficult not to buy into the myth that if we don't make our dreams come true, there is something wrong with us. Tracey sets out to help us set the record straight. Sometimes they don't come true, maybe that wasn't the right dream for us. But we need to deal with the grief of losing the dream, and with the feeling of falling short. She helps us understand that giving up does not make us a failure, or a quitter. There is a point when giving up is the wiser option. Perhaps you can't be anything you want. You can't always achieve your dreams, and that IS OKAY. Sometimes you have to let them go. Maybe it is time for you to rethink your goals in life and your big dream, and Tracey lets us know that is okay.

This is a MUST READ for everyone that has wanted to take those self-help books and throw them against the wall. Tracy is definitely a cheerleader throughout this book. She is constantly encouraging the reader that they will get through their grief, she balances it with a nice dose of reality. She is realistic and doesn't believe in platitudes.

If you are feeling like you can't do it, (anything) do yourself a favor read this book. It will give you the reassurance you need. You are okay and there is so much you can do, you just need to find the right thing for you. Available at Amazon.com.



KISS ADDICTION GOODBYE: The Twelve Step Diet to Aid Recovery and Help Heal Addictive Compulsive Behavior. Written by Mary-Margaret Stratton, CRFN. Published by Futura House.

We were blessed enough to meet Mary-Margaret the author of this book at a gathering in our home. We did not know that she wrote, and she did not know that we published Keys to Recovery. As it is commonplace in my life these little God moments, where you meet the right person at the right time.

I loved this book from the very beginning actually at the dedication page, where her caring soul begins to shine. Mary-Margaret addresses each step in detail, separately in each section. She lays it out in a way that both new members and old-timers can learn more about addiction and old behaviors. Not just getting rid of defects, but a deeper look into the how and why. I found answers to questions I did not know that I had, and in turn ways to answer others questions about recovery.

This book is informative, enlightening and so enjoyable to read. Kiss Addiction Goodbye is a must read, and a must buy for the person in and out of recovery. Available at Amazon.com.

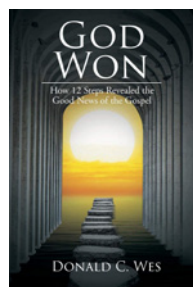


GOD WON: How 12 Steps Revealed the Good News of the Gospel. Written by Donald C. Wes. Published by Christian Faith Publishing, Inc.

This is one of those rare books that is a privilege to read, enlightening the mind of the reader. The correlation between the scriptures of the Bible, and the 12 Steps from the Big Book are remarkably in sync with one another. The scriptures are interpreted spiritually, as with the 12 Steps and its principals as well. Donald opens a window allowing us to view how God transforms us, by giving us a renewing of the mind.

This book shows us how the redemptive power of Jesus Christ works in the lives of those who trust in Him, helping those that are addicted to drugs and alcohol become clean and sober. The foundation of the 12 Steps are founded on God's word, applying the principals gives us the power to carry out what is needed, for us to become whole again. Donald shows us that absolutely none of our problems in life, are too big for God to take care of.

"All things are possible" when we allow God to be in control, "When we plan, God laughs." Reading this extremely insightful book of Donald's, brings scriptures and sayings into the forefront of my mind. I thank Donald for laying it out, clearly and to the point. I'm thankful for the opportunity to have the information from this book, to help solidify what I have believed all along. This is a must read for all that are in the different branches of 12 steps, and for those that are curiously searching for answers. 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.

KEYS TO RECOVERY — NEWSPAPER, INC. —

Friday JULY 19TH, 2019

5th Annual Awards & Anniversary Dinner at The Luxe on Sunset

Join us in Presenting the award of
“Outstanding Contributions
to the Recovery Community”



to
Danny Trejo - Actor / Producer

&
Lynne Pedersen of **One Recovery**

Made possible in part by our generous sponsors

www.MiraclesinAction.info

Miracles in Action

818-429-9103



TRAUMA & BEYOND
PSYCHOLOGICAL CENTER

www.TraumaAndBeyondCenter.com

818.651.0725

www.HarmonyPlace.com



www.IrisHealingRetreat.com



www.BrassTacksRecovery.com



Limited Sponsorships Available • Tickets On Sale \$100 Per Person

Classified Ads

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.

NEW SOBER LIVING FOR WOMEN: Looking to hire a female house manager, with a minimum of 2 years clean and sober. Experience is a plus. Opening May - June Affordable Beautiful and Luxurious Home. 3000 Square Foot home on a 1/2 acre. Near Balboa & Van Owen in the San Fernando Valley. Zero Tolerance for Drugs or Alcohol. Contact Ron H. (9-10-76) at (818) 298-6100.

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 (310) 362-2534.

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.

SOBER LIVINGS

COLOR BLIND: Better care within reach. Affordable, upscale, premier Sober Living in Los Angeles & the San Fernando Valley. Intensive outpatient treatment available, professional recording studio on-site! ColorBlindRecovery.com. (818) 903-8440.

I AM TREATMENT SANCTUARY: Sober living available after treatment. 12 Step Meetings, Life Skills, Located in San Marino, California www.IamTreatmentSanctuary.com (833) 600-5817.

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.

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

NEW SOBER LIVING FOR WOMEN: Opening May - June Affordable Beautiful and Luxurious Home. 3000 Square Foot home on a 1/2 acre. Near Balboa & Van Owen in the San Fernando Valley. Zero Tolerance for Drugs or Alcohol. Contact Ron H. (9-10-76) for more information call (818) 298-6100.

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

SOBER LIVINGS

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.

SINCE 2002 PRIMARY PURPOSE HOMES SOBER LIVING: 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.

MOMENTUM SOBER LIVING: Beverly Hills. Recovery is possible. Call (424) 421-4068. www.Momentumsvcs.org.

THE VESPER HOUSE! UNDER NEW MANAGEMENT: Are you ready to begin your NEW SOBER future TODAY? We are Southern California's Oldest Women's Sober living Home! Vesper House has been helping women who are in recovery for more than 65 years and is located in the San Fernando Valley. We offer semi-private rooms, parking, bus line access, Living room with cable TV, kitchen access/usage, on-site laundry, computers with high-speed Internet access, on site AA meeting for Clients, and much MUCH more! Located at 6301 Cahuenga Blvd., North Hollywood, CA. Vesper House is a Zero Tolerance Alcohol and Drug Sober Living Home! The weekly rent is \$135. Call for an us TODAY for further information and to set up an interview! (818) 769-3057.

Email your classified ad to us at info@keystorecoverynewspaper.com \$40 for 25 words or less.

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

Dee Baldus
818-742-1100



Animal Transport, Boarding & Day Care

itsddb@gmail.com
www.AnythingsPaws-able.com

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

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.laccaa.org (323) 936-4343 (800) 923-8722.

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

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

A.A. Santa Clarita Central Office: www.aascv.org (661) 250-9922.

Al-Anon Family Groups: www.al-anon.alateen.org (888) 425-2666.

Al-Anon/Alateen: LA County www.alanonla.org (818) 760-7122.

Al-Anon/Alateen Spanish: LA County, (562) 948-2190.

A.C.A. (Adult Children of Alcoholics): World Service Organization: www.adultchildren.org (562) 595-7831.

Adult Children/Codependents: 12 step & recovery based meetings, Every Thurs & Sun 6pm 8742 Mulberry Dr., Sunland, CA. Lisa Moss (818) 293-2222.

Addicts for Christ: Los Angeles www.addictsforchrist.org (310) 452-4328.

Anaheim Alano Club: 202 W. Broadway, Anaheim, CA 92805. Meetings 7-days a week (714) 535-0900.

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

California Depart. of Health Care Services: www.dhcs.ca.gov (800) 735-2922.

California Hispanic Commission on Alcohol & Drug Abuse: www.chcada.org (916) 443-5473.

CEA-HOW: Compulsive Eaters Anonymous – HOW www.ceahow.org. World Service Office (323) 660-4333.

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

CEA-HOW: Compulsive Eaters Anonymous; HOW: San Fernando Valley Intergroup, (818) 667-6722 or e-mail: 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., #200 Agoura Hills. 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

WE CHANGED the Day we Meet

SAN FERNANDO VALLEY CHAPTER



Women's Association for Addiction Treatment

FOR ALL WAAT CHAPTERS GO TO WWW.WAAT.US

NEW MEETING DAY - 2ND FRIDAY OF EACH MONTH

NEXT Meeting: Friday, June 14th, 2019

NEW HOURS 9:00 AM - 10:30 AM

San Fernando Valley WAAT Meeting,
14156 Magnolia Blvd. #101, Sherman Oaks, Calif.

Coffee & Networking Until 9:30am

9:30am Introductions

9:40am to 10:30am -

Panel of Marketing Experts

This month's WAAT meeting will host a panel of Marketing Experts, sharing "tricks of the trade" on ways to start, build and generate lasting business, in today's market.

Ageless Recovery

CON'T FROM PAGE 10



So in closing here are some tips, which I offer you today as you age gracefully:

1. Make connections - there is power in talking with others and being in community.
2. You will make mistakes, these are guideposts for new beginnings. Courageously embrace them.
3. You will grieve those you have loved and lost, and those that never were.
4. You will have arguments and win, and lose friends and relatives.
5. You will journey near and far - take trips as they are presented to you, paint cornfields. Your minds and bodies will change. Stay true to a spirit of health. Your body may take twists and turns you may not like. Get over forcing yourself to lose that 5 pounds.
6. Take time out each week to do something physically, emotionally and consistent with your values.
7. Your children will grow, because and in spite of you. Give them opportunities to grow, to stumble, to fall down. And be there no matter what.
8. You will achieve success and failure along the way. Each one is a lesson, without failure there is no success.
9. Friends and family may please and disappoint you. You can choose who you want your family to be, and if some friends appear or disappear they were likely there to teach you something. One cannot repair that which has not been broken.
10. Not everything is the worst thing in the world. Make lemonade out of lemons. No fight needs to last forever. Do not confuse temporary for permanent.
11. Be mindful, wake up every day and say three things you are grateful for, and be of service. Think outside the box.

Thank you!

Dr. Louise Stanger is a nationally recognized Clinician, Interventionist, Speaker, Author and Trainer. Her books, Falling Up - A Memoir of Renewal and The Definitive Guide to Addiction Interventions- A Collective Strategy (2018) are available on Amazon.

She is the recipient of the Peggy Albrecht Friendly House Award for Clinical Excellence (2018), the international DB Resources award for Journalism (2017) and the Joseph P Galleta Award for outstanding contributions to the recovery field (2016). In addition she has been recognized by the San Diego Business Journal as a "Women who means Business" and as one of the top 10 Interventionists in the country. Her passion is helping families move their loved ones to change as well as teaching and speaking. Dr. Louise may be reached at www.allaboutinterventions.com or 619-507-1699.

Roger Porter (who is her editor) graduated from the University of Texas and is a script writer for Television.

House in the Hills

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

818.264.8545

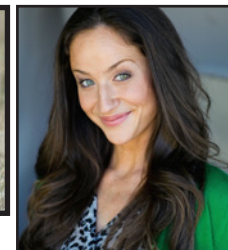
Our core philosophy lies in the belief that recovering addicts/alcoholics must safely reconnect with the outside world, aided by a healthy, balanced, structured & secure environment as their Support System and Home.



www.HouseintheHills.org CCAPP

Matters of The Heart

CON'T FROM PAGE 11



In recovery language that means to write what that person did to cause harm or confusion. We write out our hurt. Then we write our part in the dynamic. We would also include what may be the spiritual lesson to see if clarity may come.

We are always growing. And since we are social animals we learn the most through engagement with others. So be patient and loving to yourself regarding how relationships unfold. They are all gifts for your enlightenment. Treasure the people that come into your life. Whether they stay for a reason, a season or a lifetime.

Treasure the lesson.

Love them. Love yourself.

Continue to expand your heart to love deeper.

May you be blessed in love and joy.

Blessings, Rudy and Kelly Castro

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. www.kellyandrudy.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.



ONE MORE TIME IS ALL IT TAKES



Treatment Centers of California

IWantToLiveAgain.com

(800) 467-5953

Call Now
for a **FREE**
Medical
Assessment!