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August 2019

KEYS TO RECOVERY

— NEWSPAPER, INC. —

ADDICTION IS DISTORTION



By: Marilyn L. Davis

RECOVERY IS TRANSFORMATION

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I have no words to convey my gratitude for all those who showed up to support us at the awards dinner on July 19th. We were overwhelmed by the outpouring of love. I thank God everyday that I did not give up "five minutes before the miracle".

My life has been filled with miracles, one after another. Getting sober was the first miracle that I saw and felt. That first miracle showed me that although I had given up on God, He never gave up on me. Then as time went on I would refer back to that first miracle, whenever I needed hope. I would say "If God could get me clean and sober, He can do anything". As my faith and understanding of God as grown, I have found that ANYTHING is possible through Him.

God planted a dream in my heart. By being sober and faithful that dream grows and He brings me closer and closer to Him each day. Marcus and I work on that dream everyday. My dream, my purpose is to carry the message of recovery to as many people as possible, to remind people not to give up. Spreading a message of HOPE, in a world that tells us we are hopeless can be difficult. But I tell myself that God is bigger than any obstacle or setback this world has to offer. That I will do what He said I can do.

I now look at "problems" as a learning process, most of the time anyway. That I get knowledge as I can handle, bit by bit. At church this past Sunday, our Bishop (Stephen Hamilton of Spirit & Life Ministries located in San Fernando, California) spoke on this subject. This makes so much sense when he says it. I can't say it the way he did, but you can go online and hear it for yourself.

I believe that through these obstacles we are matured and strengthened. Marcus and I have met challenges this year with faith and prayer. I believe that right before a major breakthrough things can get rough and many people give up. But now when things get hard I get excited because I know that God is getting ready to bless us with another miracle, another breakthrough.

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

Hello to one and all, we are here once again in the month of August. This month brings excitement and true appreciation, this is the blessed month that is our wedding anniversary. I was honored at the age of 54 to marry the woman of my dreams (literally), throughout the 33 years that Jeannie and I were out of each other's lives, I dreamed of what could have been... My path throughout those years were filled with self-indulgence, and instant gratification stemming from the lack of motivation. I believe when we look back at our past, we can see exactly where we all went wrong.

Hindsight is 20/20 vision, but foresight is current and available to us daily. When I reflect on the last seven years of my sobriety, I'm amazed at how my uncertainties and fear of my future are now basically nonexistent. I have learned how to enjoy life in the moment, and to not worry about the future. As the scriptures says, "Don't worry about tomorrow, it will take care of itself. You have enough to worry about today." I now understand and try to live by those words, it's truly all about "One Day at a Time!"

My perception has become more compassionate and accepting, regarding anyone who has wronged me in any capacity. The motto where I grew up was "never show weakness", so I began believing that I needed to be tough and hard in all that I did. That persona was tried and tested within the rooms, using the 12 Steps, and after reading the Big Book thoroughly. To be honest, there has been a few times that the old Marcus wanted to rise up. Fortunately, the continual daily practice of the 12 steps and its principals, has strengthened me to overcome my negative impulses.

I appreciate each and everyone that I have come in contact with, since I have become clean and sober. I'm not just referring to just those who that have had positive influences on me during my sobriety, but also those who exhibited negative behaviors causing me to appreciate my life even more. Reflection, appreciation, humility, thankfulness, and acceptance are just a few of the positive attributes that are acquired as we walk this happy road of destiny. Being blessed to venture down this path with an incredible partner, wife, best friend and business partner is icing on the cake!!

I wake up in the morning thankful that I was allowed to start another day, when countless individuals around the world did not have that same opportunity. Until we have the privilege to come together for reasoning once again, may God uplift and strengthen you in all of your endeavors.

- **Marcus Marshall, Vice President & Cofounder**



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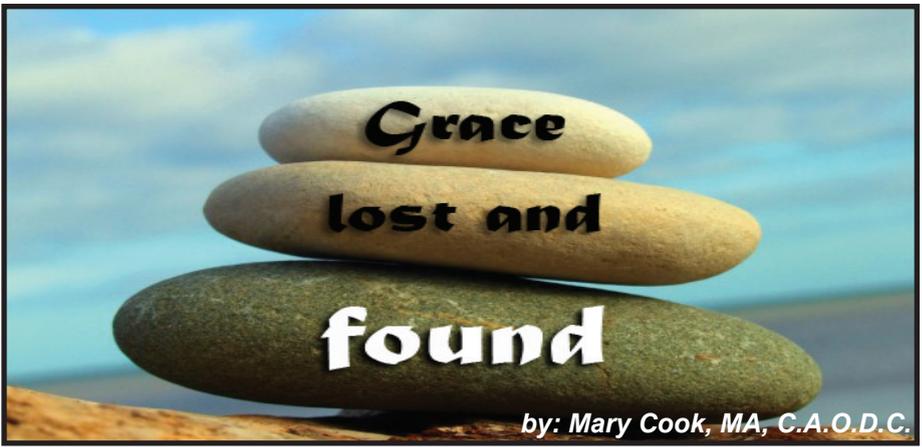
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by: Mary Cook, MA, C.A.O.D.C.

ADJUSTING TO THE LIGHT

As dependent children our mind pays more attention to trauma than joy, for trauma threatens our life, whether physically or psychologically. If there is no healing for trauma, or if trauma continues, life seems very dark. We absorb this darkness and we think it is who we are. Our mind gives us defenses to protect us, but they eventually backfire. Our mind stimulates the consciousness of trauma when anything, even the most superficial qualities in the present remind us of it. This is to protect us so that we prepare to fight, flee, or freeze, but this leads to phobias, paranoia, and feeling crazy. Negative and fear-based energy within us attracts and is attracted to similar energy, so darkness expands and intensifies. As adults we continue to be haunted and hunted, by phantom pains from past trauma. We suffer their repeating themes and feel entombed in darkness.

Destructive, depressed, or dissociative, alienated, apathetic, or anxious, we think darkness is reality and look for places to hide in it, we glorify it, or impose it on others thinking to be rid of it. We don't trust the light of goodness, believing we are unworthy, it is a cruel trick of ultimate betrayal, or the cost is too high to heal in order to accept it. Facing the fallout of human disasters, we wonder how it is possible, and how there is time to clean up the debris of shattered lives. And yet, how can we carry the weight of a wasted life, and wander like a ghost through its' devastation?

It is natural to shield our eyes from the shock of revelation and the shards of pain, but we must recognize that the choice is between destroying or supporting ourselves, and each other. What we shield ourselves from is what can ultimately save us, as it gives us the blueprint for healing. So, we let ourselves slowly adjust to the light of truth beyond defenses. Honest self-examination and dialogue transforms misfortunes and mistakes, no matter how severe, into compassionate understanding. This understanding then allows pain and shame to motivate us toward healthy change. We need encouragement, role models, and patient persistence to accept the light of clarity. We need deep insight to hone talents and gifts, and to create a life with positive purpose. We need to cultivate reverence and humility for life, otherwise we chase artificial thrills and successes, and end up miserable. There is no safety living on the surface of consciousness or life. We must find the source of greater goodness.

When everything seems broken apart, we learn that there is a whole puzzle in those pieces. Putting it together allows us to begin a new life outside of the box, just as understanding problems allows us to practice solutions. For fear, we find safe, solid ground. For anger we find a quiet, calm place. For sadness we find a puppy to embrace. For emptiness, we find people to help. For madness, we find the music of our soul. We must forgive being harmed and abandoned, and forgive harming and abandoning others, and choose benevolence and full authentic presence. We are here to grow, not destroy, to foster unity and harmony, not gluttony and debauchery. We must lift our heads from the darkness of hopelessness to the light of all that is precious and priceless. And we find this light also abides within us. Healing allows us peace and joy, faith and love that is not dependent upon external circumstances. Living in darkness separates us from all that we depend upon. Living in light gives us stewardship for all that we depend upon. Seeing clearly illuminates the reciprocal circular web of life. We understand that living well is giving well, for we can only receive what we willingly give, and there is no end to the gifts of greater goodness.

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 Amazon.com.



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WHAT ARE YOU BROADCASTING

*"There are some things you can't cover up with lipstick and powder."
- Elvis Costello*

Success coaches are constantly reminding their clients to consider their image or brand. It would be much more advantageous to have their clients consider what they are broadcasting.

Like a two-way radio, our mind is both a broadcasting and receiving station. Since we are always broadcasting the general atmosphere of our thoughts, it is important to keep tuning into thoughts that are positive and hopeful. Everyone is attracted to the person who gives off a good vibe. He or she is joyful, confident and kind. It is obvious to everyone that it's not an act, because it can be felt. This good vibration radiates from within them; it is charisma.

Regardless of how you would like people to perceive you the fact is, according to Emerson, "What you are shouts so loudly that I cannot hear what you say."

The secret to success in life and business is simple: switch from trying to figure out ways to impress others in order to gain their admiration, to broadcasting thoughts of health, happiness and prosperity to everyone you think of.

This attitude is an attitude of confidence. The origin of the word confidence is from Latin, meaning, "with faith; to have full trust." It's the joyous expectation that God is arranging things on your behalf, while you bless others with your thoughts. A smiling man is a confident man; confident that all things are working together for the greater good.

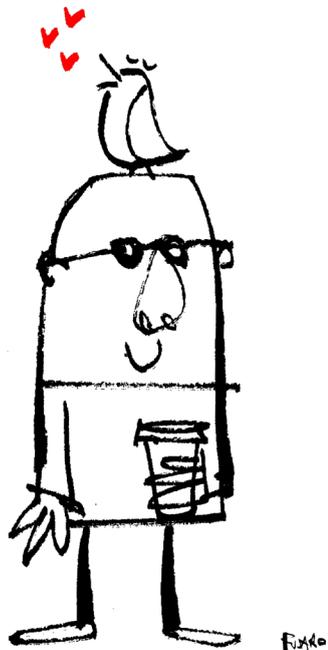
There is no need to convince anyone of anything. Trying to do so will always put you at a disadvantage, because it is motivated by fear, and any action motivated by fear carries the seed of its own destruction. Anxiety over making the right impression is simply an indication that your mind is tuning into fearful rather than faithful thoughts. You have shifted from a giving mentality to a getting mentality. When you find yourself feeling this way avoid the temptation to get busy trying to make things happen. Instead simply bring your thoughts back to blessing others.

What we tune into we broadcast, and what we broadcast we attract. Thought is spiritual energy and it gets it's vitality from Love. So continue to go praise-y in your thinking of yourself and others. Doing this feels good and that good feeling is the vibe people will sense when in your presence.

Therefore the best way to promote yourself is to rely upon the Law of Attraction. Be generous with your thoughts of health, happiness and prosperity for others and health, happiness, and prosperity will be yours to enjoy. Broadcast Love and people will find you irresistible.

Inspired by a Daily Word Magazine article, I jotted down the following affirmation for myself. "Life is a creative journey, one that I'm imagining and expressing. If I find myself worrying, I am misusing my imagination. Instead, I imagine only good for myself and others."

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



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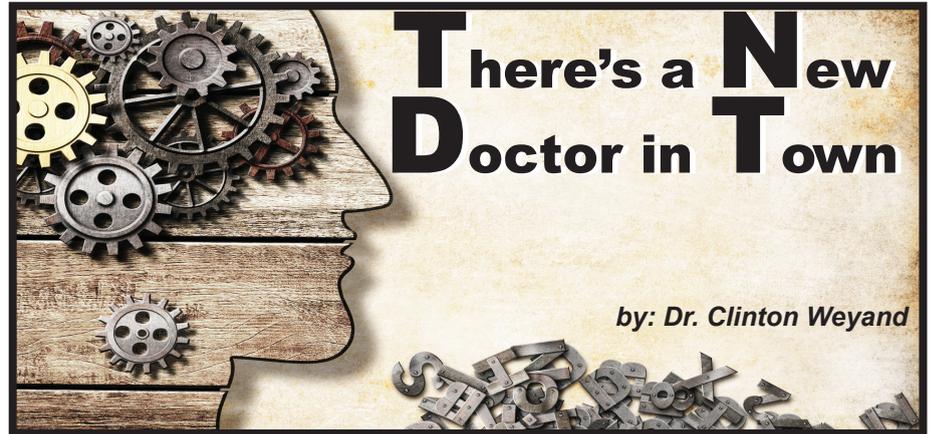
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by: Dr. Clinton Weyand

AUTHENTICITY & RECOVERY

The search to be real and the myth of brokenness.

As we progress in recovery, we learn to value being real, honest, genuine and not phony. For many, addiction is identical with our unreal self, our illusory self, or the self that avoids feeling.

As addicts and alcoholics, we long for wholeness, but our addiction reminds us of our brokenness. The more we strive to leave addiction, the more we are reminded of how broken we are.

The brokenness refers to the mess of a life addiction created, and the character defects that kept this life going. Brokenness seems to be an endless series of flaws, mistakes, shortcomings, and failings. Becoming aware of all these inadequacies, we are inclined to flee because they reveal how far away we are from "perfection", or "health", or "normality".

However, the spirituality of imperfection that runs throughout twelve-step programs strives to interrupt this flight. We realize it is not brokenness but the rejection of brokenness that inhibits recovery. "Rejection" leads the addict to practice her addiction, or the "white-knuckling" that culminates in the "dry drunk," or some other form of denial. Excluding the "broken soul" results in active addiction and phoniness, not to mention the "accidental suicide."

To face one's brokenness instead of fleeing it is to "hit bottom". And the staggering truth is that "hitting bottom" is at one and the same time, what the addict most dreads and what she most needs to do. Brokenness obstructs recovery when it is rejected or pathologized, not when it is affirmed and accepted. Embracing brokenness (my addicted self) transforms it from a potential trigger for relapse into an enabling condition of sobriety.

This transformation can occur because of the fact that the addicts broken self is also her being broken-open-to all that is beyond her, and especially to the power greater than herself that can restore her to sanity. Being powerless over their brokenness enables them to see it not as an excuse to relapse, but as a truth that exposes them to all that the addictive lifestyle has hidden from them.

The addict that makes the heartfelt proclamation, "I'm Jane, and I'm an alcoholic", includes broken-addiction at the very heart of her self-conception. To make this statement in a room of strangers is terrifying for many reasons. But precisely by doing so, she inaugurates a way of relating to herself that enables her to recover from addiction. Admitting the naked truth of one's addiction constitutes the therapeutic authenticity that carries us forward. Each and every meeting is another opportunity to relate to her healthy self instead of practicing her active addiction.

The wisdom of authenticity lies in the fact that it is a mode of self-relationship that enables an addict to steer herself into her slide to the "bottom" of her inadequacy and failure. Pursuing the idea of perfection keeps her stuck and avoiding her true self.

Opening herself to who she actually is, creates an authentic relationship with herself. It is a mode of understanding that can become a way of life. It makes one's very self into a strong and vulnerable bridge to others.

This is a kind of wholeness that involves allowing yourself to be affected by life, by reality, by everything. You are not trying to repress, deny, evade, or escape anything.

Taking her first-year birthday cake, the recovering addict is not celebrating alone, but instead a whole group of people are taking delight in the fact that she has been very real and authentic. Second, the event is the celebration of her whole self; she is embracing her intelligence, her passions, her imagination, her memories, and her vulnerabilities; she becomes her flaws and her strengths, her shortcomings and her gifts, her regrets and her joys.

Third, she is celebrating with her complete self; she shares her story and her experience with the Steps; she laughs and perhaps cries; she hugs her sponsor and perhaps newcomers who are strangers.

Fourth, the celebration gives witness to the fact that her life is whole in a way that it has never been. She is a wholly different person because she has embraced paradox and become authentically, the addict-person that she is.

Thank you for Being . . . a grateful alcoholic.

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 deecoop@att.net We welcome your input.



MODEL BRIDGET MALCOLM GETS CANDID ABOUT EATING DISORDER RECOVERY

"Moving away from any addiction is utterly terrifying. You are left without a form of self-containment," the Aussie model wrote in a blog post.

Australian model Bridget Malcolm struggled with disordered eating for a long time. She's in a place of recovery now, but acknowledged the fact that it is a daily challenge. It does not happen overnight, but rather with every step taken toward a good place.

During a vulnerable moment, she shared her thoughts on her recovery in a new blog post. "My body dysmorphia is bad right now," she wrote.

Malcolm has been candid about her eating disorder recovery. Last September she reached a full year without losing her period since she was 16 years old. "Losing my period was always such a thrill for me, it meant my destructive habits were working and I was really actually skinny," she wrote on her blog last year.

EXPLORING THE ROOTS

In her new blog post, the model explores the roots of her body image issues. "My desire to starve comes from a place of feeling unheard and worthless. I was a sensitive and shy child. As an adult, I used starvation as a means to separate myself from me. I felt less, spoke less and needed less when I was starving."

She admitted that there's nothing easy about recovery. "If anything, the feelings are extra loud and insistent. You have taken away your coping mechanism," she wrote.

BREAKING OLD PATTERNS

Without the comfort of her old patterns, Malcolm has had to transform her mindset and re-wire old habits. "Moving away from any addiction is utterly terrifying. You are left without a form of self-containment. All that remains is the intense craving to go back to your dangerous safe place, a craving that you cannot give in to, or you risk dying."

She acknowledged that she's on the right path but recovery is still new to her and takes time to master. Since she's struggled with her body image and disordered eating since she was in her teens, she has a lot to un-learn.

"I know now that I spent the majority of my life cultivating the thought processes that eventually led me down the path of disordered eating," she wrote. "What this means is that my two years of recovery pales in comparison to the 23 or so years I spent in the throes of my eating disorder. I am still very much a beginner in this thing."

She's now putting in the work toward killing off her old habits by "think[ing] through" her eating disorder. "Reliving the high and sense of control it gives me... Remembering the exhaustion of climbing stairs, the constant anxiety, the distance from my loved ones."

Getting to a place of recovery is an accomplishment in its own right. But it requires hard work, focus, and dedication, as Malcolm said. "I am not the result of one massive lifestyle change. I am a culmination of every little action I do throughout the day. Living in recovery is extremely challenging."

Written by Victoria Kim who writes for TheFix. This article originally appeared on thefix.com.

Jenni Schaefer is taking a short break from writing this column "Food for Thought", while she works on her latest book. We will continue to have guest writers until she returns. We are so excited to read her book and will review it as soon as we get our very own copy!

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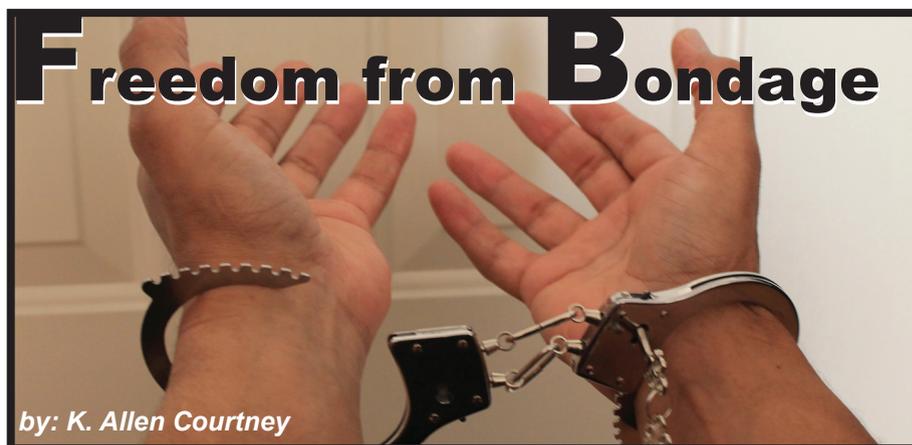
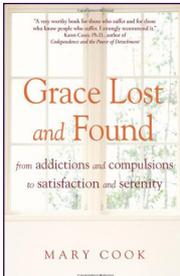
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AUTHOR OF: *Grace Lost & Found* Available on Amazon.com



by: K. Allen Courtney

IT IS MORE BLESSED TO GIVE THAN RECEIVE

It is more blessed to give than to receive...Oh, how this principle has rung so true in my life today. This wasn't a principle I lived by until now! I'm sure a lot of us can agree on the fact that when we were active in our addictions, having a spirit of giving was not at the top of our priority list. In fact, the only thing I gave was the time and effort it took, to chase my addictions at full speed.

Please allow me to share my story with you, in hopes that it motivates, and inspires you to give, whether you give your time, money, love, or even a smile. Because there has never been a time like now when the world needs giving. My name is Allen Courtney, and I am currently writing this article from the confines of a prison cell. My story is very similar to countless others whose lives were destroyed by alcohol and drug addiction.

I was born and raised on the streets of Los Angeles. Raised by a single mother on welfare, who struggled to care and provide for four boys by herself. The things my mother did with what little she had, made her appear to be a superhero to me. And for all of you mothers reading this, you are all superheroes and in a league of your own. If it were up to me every day would be Mother's Day, and you would get days off because you are awesome and amazing!

Back to my story, homelessness, foster homes, and poverty were what I experienced as a child. If it wasn't for my mother's sacrificial love, I really don't know how I could have survived the mean streets of Los Angeles in the '80s and early '90s. With no father nor any positive male role models, I ended up joining a street gang at the tender age of 11 years old. From that point on, I became addicted to a life of crime, drugs, violence, fast women, and breaking out in handcuffs.

I became a selfish and violent person. My drug addiction and distorted thinking led me to take and take, without regard for anything or anyone. The principle that I lived by was "me, myself and I", and I would live by that principle by any means necessary. Even the traumatic death of my mother, couldn't open my eyes to the fact that my life was unmanageable. The guilt over her death just drove me further and deeper into my addiction, and criminal activity!

The birth of my son didn't slow me down. I had several stints in treatment facilities and sober living homes, yet I always found a way or any excuse to relapse (again). I was good at casting the blame on the system, society, my upbringing, all the while not taking accountability for my own actions. During my addiction, I had the principle of, "it is more blessed to give than to receive" backward.

I took so much from others and society in order to give to my addictions, that I slowly began to take my own life. I was blinded by my addiction, and I could have easily died several times had it not been for the grace of God. I was arrested in 2010 and faced a potential life sentence if convicted. I fought my criminal case for five long years while in county jail, still addicted to drugs and criminal thinking.

At the beginning of 2014 is when I had my spiritual awakening, and God stepped in as I surrendered my life to him. By the grace of God, I was sentenced to 15 years (NOT LIFE), and now I have 18 more months left to serve before I am released. As I sit in my cell today, I'm daily reminded of all my blessings, a mattress, a pillow, books, drinking water, soap and three meals a day, access to medical care, etc.

Sometimes I watch TV and see all of the sufferings in the world, and even while in prison I realize how good I have it, and it makes me cry. At times I get discouraged, and then I am quickly reminded of the calling that has been placed on my life, and the ripple effect I now have on humanity (even from a prison cell). I feel truly blessed not because of the things that I receive, but blessed because of what I have to give to others!

It is more blessed to give than to receive comes from the bible, and it is a principle that I now live by each and every day. Two years ago, I had the opportunity to get a good-paying job here in prison, along with the chance to get time off my sentence had I taken this job. Instead, I chose to work as a peer mentor teaching substance abuse classes to inmates.

Our program is contracted through Phoenix House, and I work alongside some amazing counselors as we strive to bring hope and change to countless inmates young and old. I love my job, unlike the job I turned down, I make 24 cents an hour and do not get time taken off my sentence for being a peer mentor. I didn't take this job for what I could receive, I took it because it provides me with a platform to give!

I am currently enrolled in community college, working towards an AA degree in Social Science. My goal is to become a Certified Alcohol and Drug Counselor when I get out of prison. With this career path, it's impossible to ever run out of the opportunities to be of service to others. I hear a lot of inmates boast about what they are going to do when they first get out.

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Ageless Recovery

by: Louise Stanger, Ed.D, LCSW, CDWF, CIP & Roger Porter

ARE YOU THE ADULT CHILD OF AN ALCOHOLIC?

Did you grow up in a confusing family? As a child growing up in a home life beset with mental illness, substance abuse, trauma and suicide, I long ago figured out I had all the characteristics of an adult child of an alcoholic. ACA, as defined by the Adult Children of Alcoholics World Service Organization, is when children share the experience of "growing up in an environment where abuse, neglect and trauma infected us," according to the organization's website. "This [continues] to affect us today and influences how we deal with all aspects of our lives."

Because of my experience of growing up in an alcoholic home, I was a fixer, a hero and a martyr, a young girl dancing down a rabbit hole of denial, an angry teenager wrapped up in cellophane, and an adult who experienced both tragedy and triumph. For many years, even though I excelled in the outside world I never thought I was good enough, pretty enough or smart enough. I learned to talk over people and end each other's sentences, to be a people pleaser, and clueless about where I started and another person began, and constantly worried that my greatest fear would be discovered by someone: that I am an imposter.

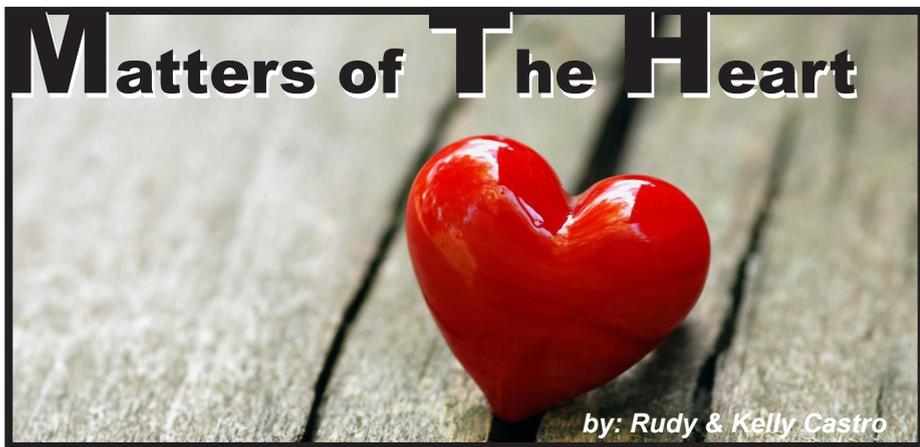
Secrets abound in households and families where one or both parents develop an "ism" - an addiction to alcohol, other drugs, work, religion, perfectionism, shopping, etc., or other mental illness or family dysfunction crops up. Just as I did, children who experience living in a world where what is, is not and they feel like they are constantly walking on eggshells not knowing expectations, or who will show up that day. Could today be the day the good or bad mother, or father turn to coping mechanisms to dance around the elephant in the room, the dark secrets that plague the parents?

Wondering if you or a loved one may identify as an Adult Child of an Alcoholic? Here are some signs adopted from The Laundry List, or 14 Characteristics of an Adult Child of an Alcoholic:

- Isolated and afraid of people, and authority figures.
- Approval seekers, thereby losing one's identity in the process.
- Frightened by angry people and personal criticism.
- Either develop into alcoholics, get into a relationship with them or both, or may find a compulsive personality such as a workaholic to fulfill one's abandonment needs.
- Live life from the viewpoint of victimhood. People may be attracted to this weakness in our love life and friendships.
- Acquire an overdeveloped sense of responsibility. It becomes easier to be concerned with others rather than ourselves. This allows us to overlook our own faults.
- Experience guilt when one stands up for themselves, instead of giving in to others.
- Addicted to excitement.
- May confuse love and pity, and tend to "love" people that one can "pity" and "rescue."
- May have blocked out feelings from traumatic childhoods (i.e. denial), and have lost the ability to feel or express complicated feelings because it hurts too much.
- Judge ourselves harshly and have a low sense of self-esteem.
- May be a dependent or codependent personality, who is terrified of abandonment and will do anything to hold on to a relationship, in order to avoid painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.
- As alcoholism is a family disease, one became para-alcoholic, or experienced 'second-hand drinking,' which means to take on the characteristics and consequences of the disease, even though one never picked up a drink.
- Para-alcoholics react to situations rather than act.

Although you may feel alone as if you are the only one, the truth is you are not alone. Like you, there are other good, wholesome folks who have similar traits and attachment styles. In fact, "one fifth of adults - or an estimated 53 million people in the United States - suffer from other people's boozing annually," according to a new study published in the Journal of Alcohol and Drugs.

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SPIRITUAL MATURITY

There are moments in life that define us more than others. It can feel like time stands still for us offering us an opportunity to see beyond our normal perception. As if our life was our own special movie, the scene slows down, focuses in, waiting for us to respond to our life destiny. It shows us that this moment will dictate our life's direction.

I have had many of these life altering experiences. In 12 step programs we call this a spiritual awakening. The first one I, Rudy, remember having was when I was 15 years old. I was already a full blown alcoholic. Dropped out of 9th grade. Arrested multiple times. Sent to a mental hospital and was in juvenile hall once more. This time it was different. I was in so much pain. Weeping in the fetal position, begging to God that I did not believe in or trust. In that moment, however, I cried out with a desperate and howling plea, "God please help me!" I remember falling asleep soon after that.

The next morning my prayer was answered. A representative from a boys home came to interview me. He took me that day and drove me to the boys home, which became my sanctuary for three years. I was introduced to Alcoholics Anonymous, got a sponsor, worked the steps, I also began to deal with the trauma that I was carrying with a therapist. All this was possible because of that one moment where I allowed myself to feel the deep pain my life was. My mother was in prison at the time, my father had left when I was four and was in an out of jail suffering from addiction. My grandmother raised me and my two siblings on welfare in a gang centered town. My entire life direction was shifted from that moment and I am forever grateful.

What we know through experiencing these shifts in consciousness, is that life continues to present us with opportunities to raise our spiritual awareness. The purpose is to deepen our connection and work toward "Christ consciousness", "enlightenment", "kundalini awakening"(spiritual traditions around the world have different names) all describing the same process of spiritual maturity.

Alcoholics Anonymous was the first place where Kelly and I, began this spiritual maturity journey. After connecting to a higher power, we eventually ventured into the world to develop further. We sought out many teachers, spiritual leaders, power places in the world to learn from. The intention has been to deepen our understanding, of what it truly means to be a spiritual being having a human experience.

What we have learned through this process is that our greatest teacher lies within. Our own master. Our highest self is that little voice that speaks to us when we decide to listen to the silence. It's not loud or forceful. It's quiet and clear. The trick is to remove all the distractions in order to listen. Every spiritual practice, including 12 step programs teach the principle and suggest developing meditation. Any form of meditation will suffice to start with. The process of quieting the mind is personal. There is no one path to enlightenment as they say. The commitment to pursuing spiritual maturity is the only requirement.

Once there is a greater connection to your higher self, than there is more conscious co-creation with spirit/universe/God (whatever choice word suits your life and beliefs). This co-creation is where we use our spiritual maturity to reach our highest potential. In the process of spiritual maturity, we do things such as remove more subtle addictions, adopt healthy lifestyle choices such as food, sex, and work related actions. Things can and do seem to flow with ease. It has been our experience that the more we mature spiritually the more we seem to align with our highest purpose with grace and ease.

Harmony and balance is our birthright. If you look at nature, it lives by this principle. No effort, no struggle. It offers a glimpse of how our entire human species can live together in harmony. And it starts with you!

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ADDICTION IS DISTORTION



By: Marilyn L. Davis

RECOVERY IS TRANSFORMATION

"Until we have met the monsters in ourselves, we keep trying to slay them in the outer world. And we find that we cannot. For all darkness in the world stems from the darkness in the heart. And it is there that we must do our work."

- Marianne Williamson

How convenient and dishonest to say that all the harmful things I did to people were in my use. Then I could blame my behaviors, attitudes, and actions on a substance, not the shadow aspects of myself or my character defects.

I could view my world through rose-colored glasses and pretend everything was okay.

Although my use distorted my thinking, behaviors, and attitudes, it was the shadow aspects that fueled my actions as much as my use.

THE MONSTER WITHIN

In our addiction, we become a monster.

1. We lie, cheat, and steal.
2. Our self-centeredness means we only think of ourselves and our wants.
3. The compulsion to use overrides any other rational thought.
4. It's difficult to see ourselves in the mirror and realize what we have become.

5. We avoid family and friends.
6. We use people to facilitate our addiction.
7. We manipulate to get what we want.
8. We are not responsible and start losing jobs, children, and supportive people.
9. We blame others for our situation.

Distorting Isn't Always about Use

This failure to face or see reality, or denial, is a psychological defense mechanism where we avoid acknowledging or seeing some aspects of our character, life, or truth. We actively deny and distort what we see in the mirror, hear from co-workers, family, or our friends. Usually, it is because we feel ashamed or judge those aspects of ourselves harshly.

Nor, did those shadow traits and character defects miraculously disappear, because I wasn't putting cocaine up my nose, heroin in my veins, or drinking alcohol. You'd think with all those substances, I could blame at least one of them for my actions.

But pretending that something or someone else had been at fault for how I behaved was a waste of time and energy. Not only was it futile, but in many ways, that denial encouraged those aspects of myself to act out.

DON'T KILL IT - INCORPORATE IT

I've heard people in meetings say they'd like to kill their addiction.

However, I'd like you to think about that logically. What does any living thing do if you try to harm or kill it? It retaliates and fights back. This idea made sense to me in my early recovery, so I looked for ways to merge my character defects and use them to strengthen my recovery.

FROM DENIAL TO INCLUDING THE DISTORTIONS

We also hear people talking about the many voices in their heads telling them to do this, do that and creating emotional turmoil. Some people refer to these as the "addiction committee." Again, I decided that I could try to find a way to include my addict while still making progress in my recovery.

Since I knew that I was self-centered, selfish, greedy, arrogant, and jealous, I looked for ways that I could use these attributes to transform my recovery. Here's what I found.

1. Self-centered and selfish became self-interested. I would take the time to find out what I thought, how I thought, and what I could change about my thinking process.

2. Greedy became a voracious wanting to learn all I could about recovery; learning from others as well as reading all I could find on the subject.
3. Arrogant became proud. I would take each milestone in my recovery, whether it was a chip acknowledging the sober time I had occurred, or a compliment about my changes, as validation for improving my life.
4. Jealous became desirous. If someone had a quality, I admired and "wished" I had, I asked them how they incorporated it into their lives. Then I followed their directions.

TRANSFORMING THE DEFECTS AND DISTORTIONS

An interesting thing happened. The voices that were clamoring for attention in my head started working together. No, I do not have a recognized mental health diagnosis, just a way of looking at things and processing them that works for me, and might be beneficial to you as well. When I set about transforming negative aspects into something positive, I got better outcomes.

FROM RISK TAKING TO COURAGE

The addict part of me took risks in my addiction. Therefore, when I needed the courage to explore my character defects or shadow aspects, I called upon her.

FROM AVOIDING TO AWARE

There was the librarian – that one who kept a record of all the good, bad, and the ugly events in my life.

If I wasn't sure about a possible outcome, I'd ask her to take center stage and reflect on our experiences.

I imagined her with a list of books to read that were about my life: The Year of Stupid Decisions, The Year of Disappointments, or The Year of Accomplishments.

Then the memories of the actions and outcomes would give me a historical perspective on how my decisions had panned out in the past and what, if anything, I could do differently in my recovery. From denial to awareness.

FROM IMMATURE TO RESPONSIBLE

My inner child was often the one who felt left out or only wanted to play. All this serious "looking at myself" stuff was just too much some days. Rather than having her act out, I would make her a promise that we would play at a particular time, and then honor that pledge.

DISTORTING YOUR ACTIONS OR TRANSFORMING THEM?

A simple test: If people are questioning your actions, why not hear them out, test their opinion and yours, and then discuss what you find, rather than the predictable reactions of denial like:

- Actively defending the actions, behaviors or aspects
- Becoming defensive when the subject comes up
- Getting angry, irritated or indignant that people speak ill of us
- Changing the subject and avoiding it

I know in the recovery home that I ran, there were decisions that I made that did not please all 17 of the women. Rather than take the position that, "I'm the boss and what I say goes," I would hear their objections, and then either refute them at that time or tell them I would get back to them.

Most of the time, I adhered to my original position; however, there were times that a compromise would work that satisfied the greater number of women.

I could view these episodes of responding and not reacting as progress in my arrogance, self-centeredness, and conceit about my opinions and decisions.

CHALLENGE YOUR ADDICTION

For the next week, see if you can't find your predictable character defects or shadow aspects, and how you might alter them to accommodate your recovery. In the end, that new behavior appeases everyone – you, the shadow or darker self, and surprisingly, others.

There is freedom in awareness; we can make a choice to see our shadow side and not try to avoid or deny it, but rather accept and merge it, and move forward. That is the transforming power of recovery.

Writing, and recovery heals the heart.

In 1990 Marilyn L. Davis opened North House, an award-winning women's residential recovery home. In 2008, Brenau University, Georgia, created the Marilyn L. Davis Community Service-Learning Award. This yearly award is given to advocates in mental health, wellness, and recovery. She received the Liberty Bell Award for her work within the criminal justice system. Before closing the house in 2011, she authored and developed Therapeutic Integrated Educational Recovery Systems (TIERS). After closing North House she started finding outlets online, to share her writing, she shared her 29 years in abstinence-based recovery.

She also realized that how she said something might not connect with all readers. This is one of the reasons that she has made an effort to collaborate with new and seasoned recovery writers when she started From Addict 2 Advocate, and she is the assistant editor at Two Drops of Ink.

As a Certified Addiction Recovery Empowerment Specialist, she conducts groups for men's and women's residential programs, as well as facilitating a recovery group for HIV positive people.



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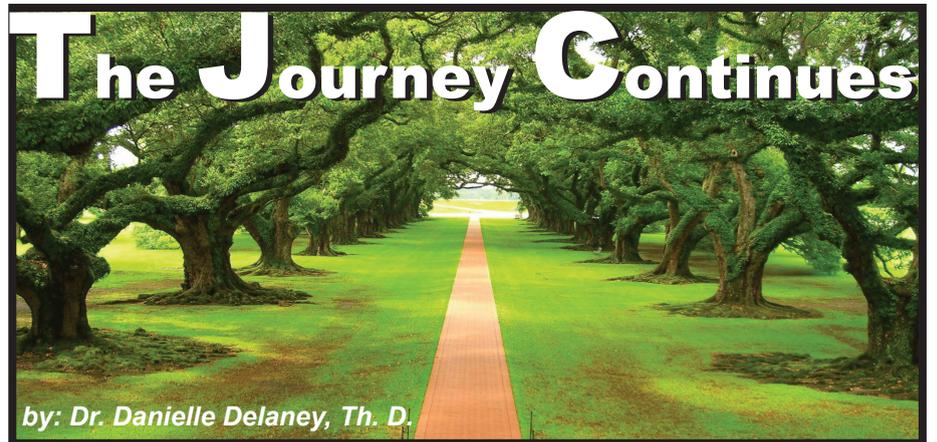


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THE LIBERATION IN TURNING YOUR FOMO INTO JOMO

Summer has arrived! The surf is up, the flowers are blooming, and people are emerging from their cocoons and enjoying the season. Winter thawed and the residual stress from that long holiday season melted into Spring, and now it's time for the sun to rise high in the sky, giving us long, bright days and enveloping us in its optimistic glow.

Along with the pleasures of warm weather, the seasonal change often comes with that sense of missing out on an elusive "something" — the dreaded "FOMO" or "Fear Of Missing Out" that plagues many of us in recovery, when every social media outlet is full of friends on boats, laughing in groups at luxurious picnics, languishing at the beach on sun-drenched vacations, or gathering at weddings, galas and festive events in colorful, minimal clothing and frolicking happily in their relationships, seamlessly and sleevelessly, proudly displaying those "summer bodies" that they worked for, and looking like the very picture of health, happiness, and abundance. The "FOMO" can be absolutely crushing if you are just feeling unable to rise to those occasions, and we often begin to "compare and despair." Observing what everyone else is doing, we just don't feel like our lives measure up to theirs... and that elusive "something" just feels further and further away.

When you are in major transition and dealing with either the newness of being in your recovery or maintaining longterm recovery and the pressures, strain, stress and mixed emotions that come with it, you may feel like you are very definitely and decidedly out of the loop — unable to commit to social situations, and feeling a loss of your more carefree, "fun" self. You may not have had time to commit to a workout routine in Winter or Spring while diving into therapy, meetings and feeling depressed about the dissolution of your own relationship to a substance or behavior. You may have neglected old friendships while dealing with your feelings and thoughts, and perhaps the invitations have even tapered off. You feel like you are watching everyone else's beautiful fantasy and breezy lunches at quaint outdoor cafes, while you are experiencing what feels like your own personal and tragic "Titanic." While recovery is a beautiful gift that will keep on giving, it is certainly a life stage transition that takes some major shifts in what you previously thought of as a "good time." Until you have become very accustomed to implementing new coping mechanisms and have found some new social outlets, this can be a very challenging time.

In counseling individuals, couples and families, I like to remind everyone that what we are seeing on display on social media platforms, is truly just the 'highlight reel' of everyone's true experience. It is a microcosm of their real world and certainly not the whole story. Nobody is posting pictures of their horrible food poisoning experience during that sun-drenched vacation, and no one is sharing on social media that they despise their visiting relatives, and that their children are fighting and misbehaving, or that their partner is being distant. People rarely post about that massive hangover from partying the night before, or that they embarrassed themselves and upset someone that they love while intoxicated. Everyone tends to keep the horror stories off of social media and instead, they share what looks like a fabulous time.

Don't bother assuming that others are living the perfect existence, because perfection doesn't actually exist!

When we compare, we often lose sight of the big picture. Everyone is experiencing the inevitable ebb and flow of life, and the secrets of what they are each individually coping with lurk beneath the shiny surface of what many post, discuss, and share. We are all dealt some difficult reality checks, and each of us cope differently.

With a little shift in perspective, you can shift from experiencing "FOMO" to instead feeling a new emotion of "JOMO" - the Joy of Missing Out! You definitely NEEDED to focus on the dissolution of an unhealthy and unrewarding relationship to a substance, and to shifting away from old attitudes, habits, addictions and behaviors, and it's more than okay! That old saying that "those who mind don't matter, and those who matter don't mind" is really so appropriate now. You're not truly missing out on anything...rather, you can find joy in not being on a constant carousel of social events because, more than anything, you are busy taking care of yourself! Not participating in the whirlwind of seasonal activities is likely exactly what you need, as you recover from and work through these necessary transitions. You can find joy in how many occasions you said a healthy and firm "no" to, and take pride in the fact that you respected your healing and your own recovery process. Sometimes, we have to give up one thing in order to do another thing really well.

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DO YOU FEEL VALIDATED IN YOUR RECOVERY?

My very dear friend, who is a fellow author, Ms. Marilyn Fowler, has published a book entitled 'Silent Echoes.' It is a memoir with psychological undertones spanning three generations. It examines the years of the counseling she did in the prison systems she worked in and how addiction and validation played a role in the inmate's recovery not only from addiction but also from their need to receive validation in a confined facility. It is an interesting read. She has written several articles for Keys to Recovery. She has also blogged about her experiences for many years. I'd like to share one of her posts. This one is very informative about feeling validation. I hope you can learn something from this article and I hope that it can help you while you travel on your recovery path.

Do You Feel Validated? Do You Allow Others Opinions Determine How You Feel? Being "In Self" at Times Can Be a Good Thing: By Marilyn Fowler. Validation, that sense of self as unique, worthy, and valued, with a connection with others and the universe. Validation, with no judgment, is vital for inner peace and happiness, and without it, you may feel you don't matter. You may even feel invisible. In other words. Validation requires unconditional recognition, acceptance, and appreciation for the whole person you are. You may remember when someone lifted your spirits, and you felt good about yourself. And you may remember when someone put you down, and you felt like a nothing inside. So others have the power to validate positive and negative, and you go through the ups and downs of how others make you feel.

Most of us get some positive validation from others, but there are those who live their whole life with a self-image of nothingness. When I worked in the jail, I counseled the homeless mentally ill. Sometimes I told them I saw their bright mind and good heart, and they could do something with their life. Their reaction was always the same. They would pause overwhelmed with tears, and say, "Nobody ever said that to me, nobody." Then they'd wipe their tears on their shirt sleeve and smile. Validation gave them some meaning in their empty lives.

We need to let each other know we are relevant and appreciated, but to gain dominion over our own feelings, we need to learn self-validation from within ourselves. What would it be like if you validated yourself, and not need it from anyone else? You would have dominion over your feelings, and it would prevent opinions by others from invalidating you. And you would be free. "

The only permission, the only validation, and the only opinion that matters in our quest for greatness is our own. ~Steve Marboli

Self-validation – is a life-long process, and our experiences teach us what we need to know about ourselves. We become less critical; we gain more understanding and tolerance of our total self, and we free ourselves to be who we truly are. We don't create a new person. We simply allow our true authentic 'Self' to emerge. So how do you learn self-validation with the strength to maintain it?

1. Assume the role of an observer, and think about how you really feel about you. Sad, wounded, pretty good, could be better, disappointed, etc. No judgment. Just observe and let it be.

2. You don't have to like every feeling you have, but you do need to own all of your feelings. They're yours. They belong to you. And you can do whatever you want with them. Throw them in the trash, hang them on the wall, get a refund. Notice when you're feeling judgmental, and decide, Okay, I'm done with that feeling. Take judgment and criticism out of your life forever.

3. Identify and list what you consider positive and negative about you. Decide what you want to keep and what you want to release. An Example: I interrupt people when they're talking. I can release that one. I let dishes pile up in the sink. It's okay to do that. (Smile) Etc.

4. Start being kind to you, and know you deserve it. Give yourself what you missed as a child; begin giving yourself what you seek from others; when you feel unhappy or stressed, ask what you need, and when possible provide it for yourself; watch for success and praise yourself.

5. Accept mistakes and shortcomings as part of your learning process, and every day, look in the mirror and say, "This is me, warts and all. And I AM Absolutely Amazing." As you move along, practice relating less to your human self and more to your 'Higher Self,' and the part that transcends human pain and knows the truth of who you are. Take back your dominion over how you feel, and let that higher Self shine with love and peace in your heart. You are beautiful." May you always be true to your 'Unique Self' courtesy of Author, Marilyn Fowler, I hope this guest article was helpful and will help you to "Quit to Win!"

Catherine is the author of her debut memoir, "Addicted To Dimes," a gambling recovery advocate, 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. Now that Big Jim's Bike ride had to end due to a serious medical condition, Jim and Catherine are now writing together for Jim Downs new book to publish in early 2020 all about The Ride 4 Addiction Awareness and Crisis in America. Catherine resides in Phoenix, Arizona and continues to help and sponsor those from gambling addiction.



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AUGUST Events

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 7pm on our HD 10ft Screen w/ surround sound. We also proudly host a variety of 12-step fellowships from A-Z, Monday thru 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.

LAST SUNDAY OF EACH MONTH: Rolling Sober SFV, meets the last Sunday of each month at 9:am. Meet us at The San Fernando Valley AA Hall, 220 S Brand Blvd., San Fernando, Calif. 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.

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, Click on the Event tab. Pre-register by July 14th.

SATURDAY AUGUST 24TH, 2019: Foothills H&I presents 14th Step Comedy Show at 8pm. These are great comedians you've seen on Conan, Comedy Central, and the best clubs! Tickets are \$10 and all proceeds benefit the H&I Literature Fund. 2700 Montrose Ave. in Montrose, California. For more info call 310-487-5157.

MONDAY SEPTEMBER 2ND, 2019: Radford Hall Labor Day BBQ Fundraiser. 1 pm to 3 pm. \$8 presale tickets, \$10 day of event. Meeting at noon before the BBQ. At Radford Hall 13627 1/2 Victory Blvd., Van Nuys, California.

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

To find local meetings and events all year long call

Alcoholics Anonymous San Fernando Valley Central Office

16132 Sherman Way,
Van Nuys, California 91406

Telephone: 818-988-3001

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

VOLUNTEERS ARE ALWAYS NEEDED

Book, CD & Video Reviews



IT'S OKAY NOT TO BE OKAY: Moving Forward One Day at a Time. by Sheila Walsh. Published by Baker Books.

Sheila pours out, that "it okay to not be okay"; to question and to wonder, to struggle and to wrestle with hard things. I was in awe at the wisdom and graciousness with which Sheila imparts both her struggles and her victories to the readers. I found that I could easily relate to some of her struggles and found it very helpful how she directs you to God in difficult times without condemnation.

She doesn't hold back. In the first chapter she brings to light the way we approach God after disappointments and heartbreak. She asks hard questions, but they are GOOD questions, at the end of each chapter. These questions help guide you to personalize and to cement what you learn in each chapter.

If you need encouragement to keep moving forward, you will find it in this very helpful book. She meets you where you are at; it's a woman's message and it's a human message. This book has good straight down the line help from a very mature perspective that is helpful and valuable. I now know I can move forward even if I am not okay, because "it's okay to not be okay".

Her candid, gut-honest stories range from heartfelt to entertaining and through it all, Sheila invites you into her heart and life as she shares Biblical truth and wisdom. It will cause you to reflect, laugh and cry. It will remind you of truths you need to remember in the midst of the hard times in life and will encourage your heart. Most of all it will reassure you that there is hope for the best and the worst of us.

If you are struggling with feeling not-enough, overlooked or afraid, you should read this book, it has depth to it and is still enjoyable. Your time will be well spent reading this book. Available at Amazon.com



OUT OF HARLEM. Written by Marty Lipin. Republished by Page Turner, Press and Media LLC.

This is one of those heartfelt books, which define the character's life vividly, honest and forthright. I was so impressed after meeting Marty, that I had to read his story of the loneliness, fear, and uncertainties he faced daily. Being Jewish in an environment that was comprised of different ethnicities, trying to survive in a city harbored by hate, caused Marty to rely on his wits, gangs and his skills of boxing. When it looked like it couldn't get any worse, he was sent to fight in the Korea War.

The hatred for the Jewish people transcended the borders of the U.S., even in a hostile country our own servicemen continued their hate for one another, in a time when they needed each other the most. I admire the resilience that Marty exhibited during one of the worse and most horrific times in his life. The human spirit cannot be quenched, especially when the heart is fueled by sheer determination and will power. The contrast of living in Harlem during those times, compared to the alienation throughout the rank and file in the service, made Marty feel as though he was surrounded by enemies from all sides. I respect the fact, that even though Marty was despised and ridiculed in the states and abroad, he didn't render hate for hate. He directed his anger towards the individual's disrespect of his heritage and not their individual ethnicities.

It is unfortunate that racism, prejudice, and bigotry is still running rampant throughout the world. The lack of freely interacting with each other in Harlem at that time didn't allow them to understand and appreciate the differences between their different cultures. The uniqueness of every race is so incredible, and until we all realize that, the hurt and pain that Marty felt as a young child growing up in Harlem back in the '30s and '40s, will continue to exist. This is a MUST READ. Available at Amazon.com.



THE FOUR AGREEMENTS: A Practical Guide to Personal Freedom (A Toltec Wisdom Book) : Written by Don Miguel Ruiz, published by Amber-Allen Publishing, Inc.

Don Miguel Ruiz is known as a shaman, of the Toltec tradition. Toltec wisdom arises from the same essential unity of truth as other sacred esoteric traditions that are found all over the world. The Four Agreements are very simple, but very profound. To embrace and live each of the Four Agreements is to find yourself experiencing personal freedom possibly as never before.

The Four Agreements are: 1} Be Impeccable With Your Words 2} Don't Take Anything Personally 3} Don't Make Assumptions 4} Always Do Your Best. From the cover of the book. This book may be small in size, but it packs a hefty punch in terms of shattering personal illusions and opening up a path to personal freedom. This book is a must-have for anyone wanting to become more conscious and wanting freedom from personal stories and agreements that cause suffering.

I just read this book again (fifth reading) and I love it more than ever. I reviewed this book in January of 2015 but I felt that if I loved it this much, you might too. 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.



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SERVICES

SELF CARE IS SMART CARE: Juanita D. Dermalogica Expert at Moonlight Fusion Spa On the lovely island of Naples in Long Beach, California. I am grateful to announce that I will be serving the recovery community. I am a dual, licensed massage and skin care therapist. Mention Keys for Recovery & receive a FREE salt foot scrub. Call Juanita at (562) 200-0807.

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.

ALCHEMY HOUSE SOBER LIVING is a structured and supportive heavy 12- step sober living home. Set up for adult and young adult men that have not been able to get sober in treatment or other environments and are willing to work all 12 steps in house! West Hollywood, California. Call (310) 562-2534.

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.

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.

SOBER LIVINGS

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

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

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. Founded in 2009 with the goal of improving quality of services for those seeking treatment in behavioral health. Living Healthy to Recover, using exercise & meditation and good nutrition 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 \$130. 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.

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1/12 Page	275	250	225	200
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Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health

- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries

- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Sober Livings
- Transitional Housing
- Therapist Office

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

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

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

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

A.A. 8752 S Broadway, L.A., 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 meetings, Thurs & Suns 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (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:svvalleyhow@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 debting in a relative or friend. Phone Mtg. Sundays 10am Pacific Time 515-739-1031, 74951#. www.debtanon.org

Eating Disorder Support Recovery Groups 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 Bch; 11455 El Camino Real, #360, Del Mar. for info visit www.centerfordiscovery.com

Eating Disorder Support Recovery Group. FREE. Drop in. Open to the public. Wednesdays from 6-7pm. EDCC (Eating Disorder Center of Calif) 520 S. Sepulveda Blvd., #208, Los Angeles, 90049.

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 (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.

Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474.

First United Methodist Church 18120 Satcoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135.

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 (562) 306-4115.
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.
Union Rescue Mission (213) 347-6300.
Union Station Homeless Services (626) 240-4550.
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.
Bienvendidos 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.hepcctreatmentlosangeles.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.

Many of these Resources change quickly, if you find a number (or place) no longer exists please let us know, we try to keep this guide updated and current, but we need your help.

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



Some say: "A hot shower", "Eat real food", "Go to the beach", or "Time with Family", etc. I don't knock any of these ideas, God knows the time in prison makes you fantasize about the simple things in life we took for granted.

My mind is elsewhere these days, I can't wait to get out and start "giving" right away, to the homeless, soup kitchens, at-risk youth, and anyone and everyone's need, that is what I fantasize about.

I dream about a world that was once in a drug and opiate epidemic, but no longer so, because the people were united and relentless in their giving. Pastor Rick Warren stated in his book, "A Purpose Driven Life": You can give without love, but you cannot love without giving. My mission statement is to be a force of love in this world, and that every life matters!

Every day, I am constantly inspired by others who give. People like Marcus and Jeannie Marshall, who give without expecting anything in return. They truly are leaving footprints of love in the world, as well as all of you who contribute to this newspaper, and are a part of the Keys to Recovery Family. I truly believe that giving back is the antidote to helping us stay clean and sober.

Giving freely of what others gave to us. I hope and pray that my story encourages you all and gives you hope. God took my mess and turned it into a message. A message that says "Love everyone you can, everywhere you can, at every chance you can." With this message comes a chance to impact our world for those that are in need, those who are suffering and those who are still in their addiction,

Last but not least, we create a vertical impact for those we lost who were closest to us, as they see the good we do for one another! I've already received enough blessings, my sobriety with God in the driver seat, what more can I ask for! All that is left is to give because a blessed life is a life that blesses (gives) to others.

By the grace of God and because of wonderful people like you in the recovery community, I have been clean & sober since 2015. It is more blessed to give than to receive. Thank you for your time, and I hope it gave you something that you took from my story so that you can also repeat the never-ending cycle of giving! May God continue to bless you all in your endeavors, and God bless the Keys to Recovery Family.

Respectfully submitted, K. Allen Courtney 7/10/2019



The exciting news is hope and healing is available. Through the grace of therapy (experiential, talk, grief work, etc.), exploring ourselves and our stories as well as the 12-Step programs, I have come to know I am enough. In turn, I share my passion for helping others so that they may learn, live and thrive.

As a professional clinician and interventionist with years of experience, I work with families and their loved ones across the spectrum of ages, backgrounds and credes. I'm here to tell you that in most cases families and loved ones did the best they could, given the tribulations they faced.

I honor strength, resiliency and teach folks new strategies so they may welcome and wear new and novel ways of living, grieve what they may have lost or never had, and dress themselves in the opportunities they have today. In my work, I have discovered that everyone can live their best life.



Dr. Louise Stanger founded *All About Interventions* because she is passionate about helping families whose loved ones experience substance abuse, mental health, process addictions and chronic pain. She is committed to showing up for her clients and facilitating lasting change, so families are free from sleepless, worrisome nights. Additionally, she speaks about these topics all around the country, trains staff at many treatment centers, and develops original family programs. In 2018, Louise became the recipient of the Peggy Albrecht Friendly House Excellence in Service Award, and the 2019 Harvard McLean Hospital and DB Resources Interventionist of the Year Award in London.

Dr. Louise may be reached at www.allaboutinterventions.com or 619-507-1699.

Louise co-writes her articles with Roger Porter. Roger graduated with two degrees from the University of Texas at Austin. He works in the entertainment industry and writes for film and television.



In recovery from anything harmful that was harming our lives, this is especially true! Find joy and pride in the fact that you respected your own needs. In doing so, the Fear of Missing Out cannot coexist with the Joy of Missing Out. Go ahead, accept your circumstances. Watch yourself evolve.

You were never really missing out on anything, anyway. When you have completed the deep and very necessary work on yourself, and this experiencing of the deep emotions that accompany becoming a person whose life is rooted in recovery, new types of "fun" will emerge, and the idea of an enjoyable summer spent with self-aware friends and healthy time for yourself will still be right there, waiting for you to accept it and experience it. Feel the joy of being good to yourself and of "missing out" only on all of that self harm! Walk this road knowing that you aren't ever actually missing a single thing.

(Note: "JOMO" is a term claimed to have originally been coined by an author named Christina Crook and her associate, Anil Dash.) Written by Dr. Danielle Delaney, Th.D.

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



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