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KEYS TO RECOVERY — NEWSPAPER, INC. —

December 2019

INSIDE VOICES:



Insane or Intuition?

By: Marilyn L. Davis

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In Your Favor

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Of One

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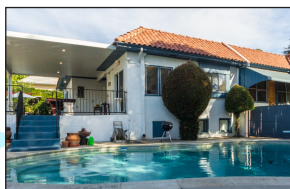
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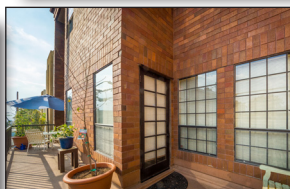
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About Us

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information on Keys to Recovery Newspaper.



Welcome to the last issue of 2019. We are so blessed to have made it through another year, happier, stronger and more determined than ever to carry the message of HOPE and RECOVERY to as many people as possible. We are able to do what we do each and every day by the Grace of God, so we give Him all the glory first.

Next we thank you the reader for sharing our newspapers with your friends, family, home groups, employers and everyone who needs or wants it. We thank the writers who fill our newspaper with wisdom and hope each month. We thank the facilities who have Keys to Recovery Newspaper available for your clients and workers. We thank our team of drivers who make sure the newspapers get out there, rain or shine. Thank you to our staff who help keep us going month after month. Last but not most importantly, thank you to our advertisers who make this whole thing possible. Please remember to let them know you heard about them in Keys to Recovery Newspaper.

Each year we try to expand and grow personally as well as professionally. We, here at Keys to Recovery Newspaper, will be trying some new things and some old things to get the message of HOPE and RECOVERY to even more people in 2020.

In the column "Grace Lost & Found", Mary Cook writes "We need to find people who have suffered and found ways to grow beyond what they thought they knew. We need people who extend themselves to those in greatest need, and in so doing, discover how to fill their greatest needs. We need people curious and courageous enough, to be honest, and ask for and welcome the help of others. We need people who have moved from seeking outside fixes to offering kindness and compassion to others. We need people who have moved from manipulating life into trusting the ever-changing mystery of life."

I could not have said it better - We need those types of people to join us this year, helping us, help others. **God bless you until next month! - Jeannie Marshall, President & Cofounder**

Hello to one and all. We always appreciate you allowing us to come into your thoughts, with our perceptions and perspectives of each month that we are blessed with. I love the month of December, because it allows us to pause and reflect that this is about the birth of Christ, and not Santa Claus giving out presents.

It is a time of sharing the joys of togetherness with family, friends, and the 12 Step fellowship, which is vital to our sobriety. This is the season of "Peace on Earth, and Goodwill to All", which should be an everyday desire for all of us to practice and give freely. I am touched when I witness individuals giving of themselves, during this blessed Christ-mas holiday!

The Christmas season is not about what we will get, it is about what we already have. When we hear through the news media, online or by word of mouth, the atrocities and heartaches that plague our society at large, we become more aware of all the blessings we have. Remember that adage "Here today, gone tomorrow", what we have today, by the grace of God, can always be taken away.

When I wake up and open my eyes every morning, I am very thankful that God allowed me to be given another day, when countless thousands didn't have that same opportunity. We here at Keys to Recovery Newspaper love our Holiday issues, as we have the chance to share the joy and to extend to you information about sobriety, and being of service compassionately, respectfully and unconditionally.

I want to thank each and everyone of you, for the time you spend reading our Keys to Recovery Newspaper. We hope that this issue as well as our past issues give you some insight, about how truly fortunate we are to be given another day, to get it right!! Until we are blessed once again to come together for reasoning, may God guide, strengthen and protect you and yours throughout each day. - **Marcus Marshall, Vice President & Cofounder**



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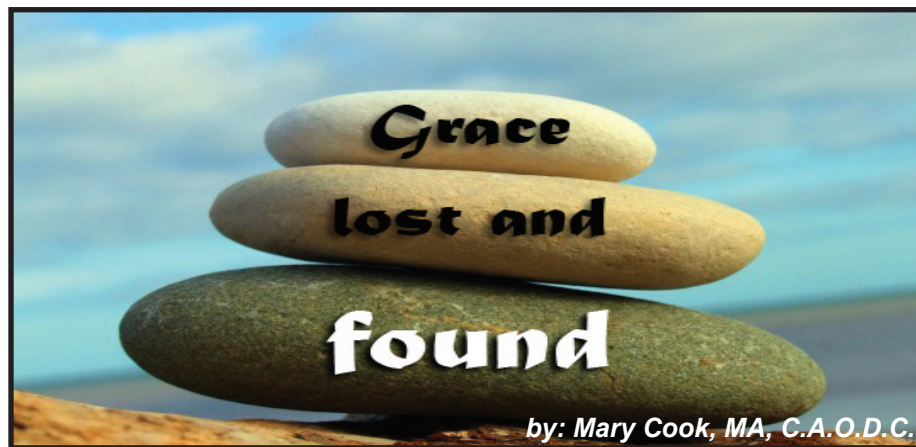
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by: Mary Cook, MA, C.A.O.D.C.

THE HEART OF THE MATTER

We have within us the seed of awakening, yet we seek fleeting pleasures and addictions to hide from the fury of our fears. We keep ourselves enslaved in familiarity. Even our rebellions arise from ancient themes. Smothered needs and stunted, shattered lives are the shackles of scars from long ago. When we only see what we know, we fail to grow. Arrogance is the bully's disguise for bewilderment. Humility is the wise person's key to a fulfilling life.

We must start someplace safe to journey to the heart of the matter. Before the bottle, pipe, or needle, do we recall a time of wholeness and hope? Did we build a fort of blankets and chairs, make mud pies or sandcastles, sit contentedly around a campfire, watch a soaring eagle in the sky? Did we hold a newborn kitten or baby, did we comfort someone in pain, were we held by someone who knew how precious we were? If we have no positive, healthy recollections, then we need to imagine them, look for them in the world around us, and create them, so that we can open our heart to experience what will heal us.

We need to find people who have suffered and found ways to grow beyond what they thought they knew. We need people who extend themselves to those in greatest need, and in so doing, discover how to fill their greatest needs. We need people curious and courageous enough, to be honest, and ask for and welcome the help of others. We need people who have moved from seeking outside fixes to offering kindness and compassion to others. We need people who have moved from manipulating life into trusting the ever-changing mystery of life.

From this fellowship we learn how not to take anything for granted, not our sobriety, not our life, nor anyone else's sobriety or life. We realize that the same way our past misdeeds harmed others, our good deeds can help others. We understand suffering and how our heart can expand to contain it. We understand that praying is better than worrying. We walk together from wretchedness to worthiness by believing in each other. We walk together from greed to generosity by offering what we value most to each other. We walk together from blame to benevolence by healing ourselves and forgiving others. We walk together from hatred to humility by accepting that we are all flawed, and appreciating the lessons learned from these flaws.

We have the seeds of sacred love within us, yet we grow in the soil of human imperfection and dysfunction. We experience ourselves in reaction to conditions surrounding us. There's poison in the soil but purity in the soul. Loosening and aerating the soil, removing the rampant oppressive weeds of fear and addictions, and adding the compost of spiritual nutrients allows a whole new garden of life to grow. We learn that this garden requires daily maintenance. The daily maintenance required by our fears and addictions, and their resulting consequences, yielded a toxic landfill. The daily tending of a spiritual garden feeds every aspect of ourselves and our lives. The heart of the matter is that we are here to grow, and we can only grow in the spirit of love. And the spirit of love can only grow when we abundantly, gratefully, and joyfully, give it away.

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", available at Amazon.com



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THE ODDS ARE IN YOUR FAVOR

“Here I am God. Deal me in!” – Terry McBride

A 54-year-old woman had a heart attack and was taken to the hospital. While on the operating table she had a near death experience.

Seeing God she asked, “Is my time up?”

God said, “No, you have another 43 years, 2 months and 8 days to live.”

Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction, breast implants and a tummy tuck. She even had someone come in and change her hair color and brighten her teeth! Since she had so much more time to live, she figured she might as well make the most of it.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was killed by an ambulance.

Arriving in front of God, she demanded, “I thought you said I had another 43 years? Why didn’t you pull me from out of the path of the ambulance?”

God replied, “I didn’t recognize you!”

The ultimate lie we tend to tell ourselves is that we’re not good enough as is. Actually the exact opposite is true, we are designed to succeed as is. “To thine own self be true”, is meant to be a reminder of this fact. The odds are always for you when you’re not pretending to be something you’re not.

A friend of mine is an actor and called excited about two upcoming auditions. I reminded him to avoid the temptation of trying to figure out what he thinks they want in order for him to get the job. All I said was to make sure you eat before the audition and just be yourself. You don’t have to go on a crash diet, get a haircut, or pretend to be anything other than who you really are. If you’re the right person for the part, don’t pretend to be anything you’re not, or like God in the preceding joke, they won’t recognize you.

Whenever I feel concerned that I might not get something I believe I must have, or might lose something I’ve already got, it’s an indication I’ve lost my faith in God. I’ve lost my joyous expectancy that all will work out better than expected, if I’m rigorously honest as is. Lately I’ve taken to the practice of reminding myself and my friends to just wear the white hat.

In western movies the good guys always wear a white hat. The bad guys wear a black one. Whenever I think that I must manipulate or that there’s no harm in telling a little white lie, I’m putting on the black hat. Since this is the case, it proves that wearing the white hat is our natural state.

The reminder to just wear the white hat is a powerful affirmation that my success is assured when I’m true to myself. This simple idea of just wearing the white hat always elevates me to my ideal. This ideal is the highest image of myself, and it just so happens to be the real me, as is.

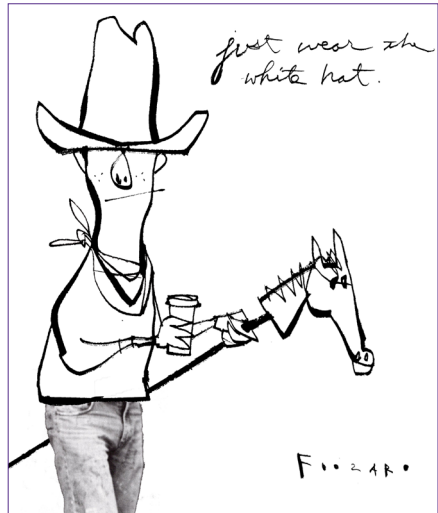
How do I know this is true? The same way you know it’s true. Because it feels great when we behave from this place. We feel secure and display kindness. We can feel enthusiastic and confident that God is arranging things on the unseen plane for our highest good. We have faith that all things work together for good as long as we are honest and true. If we don’t get this job, we’ll get a better one. If we do not make the arrangement that we sought today, a better one will present itself tomorrow.

“Never allow yourself to be strained to tense or overeager... Do not seek by will power to get your own way, but affirm that God’s will in that particular matter is being done... and the outcome will be true success...” Emmet Fox

In other words, just wear the white hat.

If you’re in Los Angeles, CA, I have an invitation for you. I lead a mid-day guided meditation every Friday at Unity of the Westside, 10724 Barman Ave, Culver City, CA, 90230. Drop in, connect with God and leave feeling renewed, healthy and happy. No previous meditation experience necessary. All are welcome. 12pm – 12:30pm.

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran and author of “What if Godzilla Just Wanted a Hug?” For more information visit www.ThisWillMakeYouHappy.com.



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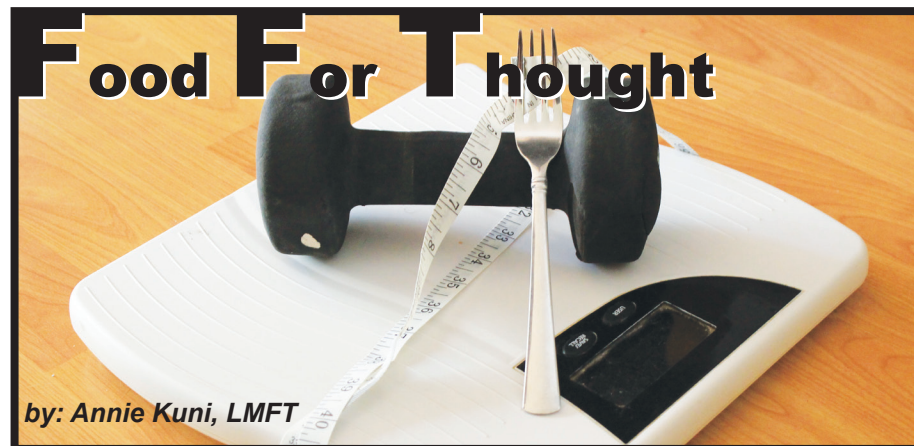
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by: Annie Kuni, LMFT

THE IMPORTANCE OF CHOOSING AN EATING DISORDER SPECIALIST

"Buy a Scale"

"What do you mean you don't like your body, you're thin!"

"What you need to focus on is 'good fats' instead of 'bad fats'"

"I used to not eat enough either, it's no big deal!"

These are all (unfortunately) examples of statements that were either told directly to me by a clinician who didn't specialize in eating disorders, or things that I have heard from other clients about what they were told by someone who was well-meaning but wasn't educated in how to treat eating disorders. While these statements might not seem like a big deal to someone who isn't trying to heal their relationship with food, they can be devastating to hear when in recovery from disordered eating.

It can be really overwhelming to find a provider in the first place. I'm here to walk you through what you need to focus on, to make sure that you're getting someone who is going to be properly trained in eating disorder recovery. When you're first starting to look into eating disorder help, you're probably going to be thinking about a therapist, a dietician, a support group, and a doctor.

With each of these options, you want to make sure you are working with a professional that has experience and expertise with eating disorders. While a clinician might mean well and want to help, if they don't have the language or the tools to guide you through recovery, then it's not going to be very useful. It actually might make things worse. That was definitely my own experience, and I know that has been the experience of other people as well.

What should you look for? What kinds of questions should you ask? Below are some examples of questions to ask a potential provider, to make sure you're both on the same page with eating disorder recovery.

Do you specialize in eating disorders? What is your experience? See if you feel comfortable with the level of experience and expertise that your potential provider has specifically with eating disorders. If they don't specialize in that, or if they don't have experience treating eating disorders or body image, that doesn't mean they're not a great clinician. It just might mean that they won't be able to deep dive into the food and bodywork that you need. Even though I consider myself "recovered" from an eating disorder, I still make sure to see a therapist who has expertise in disordered eating. You never know when you might need some support around that issue again, even if it's not a full-blown relapse.

Do you practice from a HAES (Health at Every Size) perspective? If the provider that you're thinking about working with isn't familiar with HAES, then I would view that as a big red flag. A Health at Every Size perspective celebrates body diversity, and doesn't automatically equate health with weight. Someone who is familiar with and practices HAES is going to be able to help with large scale systemic issues around body dysmorphia, fear of weight gain, and body acceptance.

What is your personal food philosophy? The answer to this should look something like "The goal is for food to just be food" or "Food is a part of your life, not your whole life" or "Food is a way to nourish yourself to meet your goals and a connection with loved ones, but not a mechanism for coping with trauma, control, or other emotions." Anything about "Healthy eating" or "Eating the right foods" is a big red flag to me, as it would mean classifying food as "good" and "bad," which we want to stay away from in eating disorder recovery.

Can I involve the whole family if necessary? Much eating disorder work involves the larger system of your family. This is on a case-by-case basis, and sometimes it's not in your best interest to involve the family.

Con't Page 22



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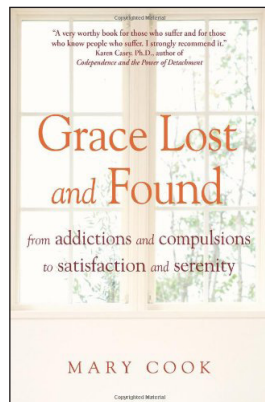
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by: Dr. Clinton Weyand

THE BEAUTIFUL FEELING OF TELLING THE TRUTH

In recovery, we value truth, honesty, and integrity very much. Some define recovery as the living truth, the truth that radiates clearly in our experience.

Truth is almost too big a word. There is complicated truth, ugly truth, objective truth and subjective. There is situational truth and individual truth.

Truth frightens many, but it also heals and restores. We are honest with ourselves and others because we know the value of truth. Liberated from the expectations of external authorities, we share the truth as we see it.

Truth must be used in a delicate and sensitive manner, so as not to destroy the healthy bonds of our connections. We distinguish between telling the truth for someone else's sake, and telling the truth for our own sake. Doing it for ourselves is more important. Speaking the truth with compassion and without judgment seldom wounds the other.

Truths we are given today won't always make us immediately happy or relieved. We may learn a job no longer fits us or a once-nourishing relationship is now toxic. We must reflect that in the grand scheme of our lives; these changes and these truths will contribute in time to our fulfillment.

Public selves and private selves, many alcoholics and addicts live a double life. Growing up in addicted families, we learned this double life early by hiding from outsiders and ourselves, the true reality of life at home. Sometimes we learn to live our truth before we can speak it. Quietly, the truth slowly emerges. We begin to feel whole again and surrender our double lives for a single truthful life.

As a child, I needed to distort my vision of truth in order to survive. When Mom was passed out on the floor from drinking, I held up my "creative mental kaleidoscope" and saw that mother was "napping", minimizing and distorting the truth.

Unfortunately, this childhood distortion destroyed my adult life. When I view life through my childhood lens, I don't see people for who they are, and I stay in abusive jobs or situations too long. Now, I know that I am entitled to tell myself my truth without sugar coating or minimizing objective reality.

In a world of shifting, slipping reality, where it sometimes seems that our identity is just part of a database that one computer error could erase, we need all the inner stillness and serenity we can find. Belief in constant recovery values can anchor us. Truth is truth, love is love, and we are what we are. The energizing values are always true for us.

The important thing in life is to know what matters for us. Our reality and values are our own; no one else can dictate them to us. They come out of our experiences and observations, and our spiritual health asks that we be true to them.

Recovery teaches us to tell the truth. We must be honest if we want to save our lives. We learn that the only way to speak the truth is to speak lovingly.

"To thine own self to be true", Hadn't we thought only of ourselves before recovery? The answer is no. That wasn't the real us. Each of us lost touch with our real self because of our addiction. We lost our goals, our feelings, our values. We chased the high. In this way, many of us lost our spirit. We became addicts and alcoholics.

With sobriety, we find ourselves again—and it feels great. We stop playing a role and become ourselves in more complicated and deeper ways. Now we can follow our dreams and true beliefs, not some addictive wild-goose chase. We are free to be ourselves.

What is truth anyway? What one person defines as truth may not be consistent with another's views. Two peoples' perceptions of a single situation usually differ, but appear truthful to each one individually. There is really no such thing as the simple truth. I will search for truth today. I may have to give up yesterday's truth to find it. I will be open to all of it.

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.

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

13 WAYS TO STAY STRONG

The Holiday season is upon us and everyone knows about the Twelve Days of Christmas. In the spirit of that, I'd like to share with you *13 Things to Check Out to Stay Strong in Recovery*.

Long before anyone takes a drink or uses a drug, the signs of relapse rear their head and are often overlooked. We bat a blind eye to that sneaky bandit called relapse. If you're in recovery, the holiday season makes it hard not to be tempted by all the people and places, gifts and parties, sights and sounds, smells and tastes. If you experience any of these 13 signs of relapse, get yourself help fast, go to a support group, reach out to your sponsor, work a fourth step and make sure you are not alone.

1. Oftentimes our ego, that little voice in our head that says "I'm better than this", runs the show. When we think we are bigger, better, faster than everyone else and don't need anyone, we are headed for a disaster. In 12-Step, we often call this "self will run riot." If your ego is whispering in your ear that you're the best, better check it at the door, before that boozy eggnog gets the best of you.

2. No more 12-Step meetings. If you have stopped your regular meeting routine, spouting a thousand excuses to bail, reevaluate your steps. They are there to keep you on the straight and narrow. Set your alarm, wake up early and get yourself to that 5:30 a.m. meeting. You'll be glad you put in the work.

3. Holing up in your room, staying under the covers and being your own best friend gets you stuck in your head. When this happens, the negative scripts in your head tell you the wrong things, and may open a path to relapse. Be sure to have a pact with a buddy that allows for you to be thrown out of bed and back on the road.

4. Stop taking your medicine. Oftentimes folks that experience depression decide they no longer need their meds. "I can do this myself!" However, if you start rapid firing – ordering lots of things online, shopping sprees, talking super fast and claiming to know everything, that's a sure-fire sign you need to ask yourself: Am I filling an empty hole?

5. Hanging out in dangerous places. Going to the local bar, or holiday party that you know will be full of drugs and alcohol is tempting fate. Have an exit plan in place.

6. Telling everyone they have a problem. When we take inventory of other's lives, we travel down resentment road and hang a left at poor-little-me lane.

7. Not taking care of yourself. You smell like a week-old hamper. Ew! Letting self-care slip demonstrates you're not exercising self love. Even though you put on a smile, your breath reeks and your holiday best wishes turn into a mess. If this is the case, both you and your clothes need a fresh clean.

8. Being a narcissist. Mirror, mirror on the wall, who is the fakest of them all? The truth is it's you! Only you and perfection will do, you might think. Check yourself and summon empathy to stay in recovery.

9. Throw gratitude out the window. All of a sudden you stop doing your morning ritual, which includes a grateful list. When we lose sight of gratitude, we turn to the negative and suddenly our bright sunshine becomes a gloomy storm. There's always something to be thankful for – focus on that.

10. Stop being of service. When we stop lending a helping hand, we let ourselves fall into the trap of being a narcissist (see #8). Remember to say thank you to the grocery clerk and Starbucks barista, help your neighbor unload groceries, hold the door for the mom with a stroller and smile at strangers on the street.

11. As if overnight you forget what's important and make mountains out of molehills. You forget that you are alive today, and where you have been and how you got here. Our journey is one of the most valuable tools in showing us we mean something. When all else fails and you forget to write down a gratitude list, recall where you were five years ago in comparison to where you are today, and you'll remember our journeys make us stronger.

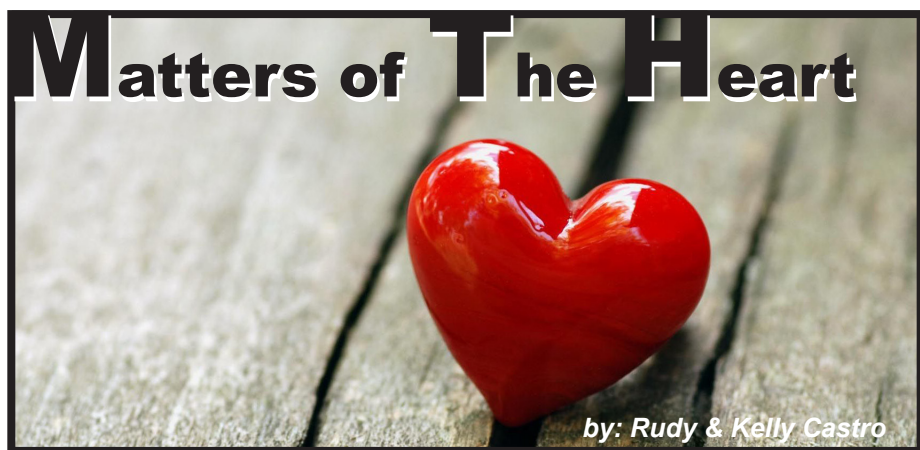
12. Ready to pull a punch. If you're on edge, ready to pick a fight at the slightest provocation, maybe it's time to step away and take a breather. You don't have to take everything personally. Most of the time, people are consumed with their own lives and haven't even considered their words and deeds, as a target for your personal life. Let everyone else be nuts so you don't have to be.

13. Posting a Tweet storm. If you're relying on Tinder for dates and posting provocative pictures on Instagram like crazy, you may be feeling insecure. Delete the apps and take a break. Life is much better when we look out the window and notice the trees, and passing clouds. It will help you center yourself and keep your eyes on recovery.

So if you are doing any of these things, ask yourself if you are filling an empty hole or rising to your best possible self. Help and a meeting are always just a few steps away. If you're feeling a relapse is around the corner this holiday season, feel free to contact me.

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. She speaks about these topics all around the country, trains staff at many treatment centers, and develops original family programs. Louise has been the recipient of many awards. 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.





FAMILY OF ONE

Family is everything. Whether it's your family of origin or your family of choice, we all need a circle of people that we consider family. We are social creatures and require connection. Our society is built upon the backbone of us relating to one another. Our planet is experiencing a consciousness revolution with technology leading the way for all of us to connect. This revolution is having a profound effect on how we relate to each other. It is forging a path for us to manifest a world community- a global family. A family of one.

For those of us that come from families that have been dysfunctional (which is most of us) or communities that have struggled to support the whole (which is most of us) than we may have a hard time believing in a concept of unity. We just don't have experiences that support this belief. When we look around and notice the messages we are being presented with, and we see divisive factions in politics, religion, business, and even sports, it can be hard to imagine that world of unity, but it is happening. Maybe not as fast as we would like and maybe not in our lifetime, but our species depends on unity or we will destroy ourselves. We are forced to look at the interconnectedness of all living things. Global changes and the internet show us how connected everything is.

In recovery circles we have learned how community is crucial to healing. There has never been a more powerful message than "one alcoholic helping another". This has been the basis of hundreds of self help communities that rally around a common problem, and a common solution. One day we will have a similar story for our Earth family. We will unite together for a common solution to save ourselves from ourselves.

We recently had the pleasure of working with a couple who came to us to strengthen their partnership before their wedding, to set a powerful intention and foundation to their marriage. In the process they created the vision of taking their family and friends on an Egyptian tour, and creating a unique wedding celebration by offering a theme for each day based on their vows to one another. The first theme they wanted to instill is the intention of service. This couple's life is all about service. They took us, the entire group of about 100 people to the slums of Egypt where they live in trash, to a school run by Mama Maggie who educates, clothes, feeds, and transforms the consciousness of these kids. Mama Maggie has been nominated for the Nobel Peace prize and has created a foundation, building over a hundred schools across all of Egypt, dedicating her life to this cause. As we were shown the impact of how they work with the parents and the community to raise their consciousness and how they are transforming multi generations. Over the years many kids have entered universities, entered the workforce, and dedicated their lives to helping other kids.

In witnessing this phenomenal organization, we saw the power of service. One simple act can have a tremendous ripple effect on the planet. We learned to never underestimate the power of loving action. The path to a Family of One begins with each of us being of service to someone, something, or some cause. Remember that the impact is greater than we know. In recovery circles we learn the principle early on, that the only way the miracle of recovery happens is by passing it on. One member of a 12 step program working with another. Service work is the one major cornerstone that keeps the community flourishing. We ask you whether you are in a 12 step program or not, to consider ways to be of service this holiday season.

As we enter the holiday month of December and our rituals of celebrating with our families, our communities, and cultures, we can be overwhelmed by all the customs we are bombarded with, let us remember that there are always those that are in need. Being of service is one way we can take one step closer to the vision of being a Family of One. We all deserve to have healthy lives, plentiful resources, and loving communities. When one goes without, we all go without. The work of service will never run out of jobs as long as there is that imbalance. May you find joy in the service work you do. Bless you and your family (and our global family) this holiday season.

Love only, Rudy and Kelly Castro, Conscious Partnership



www.kellyandrudy.com, Rudy is a therapist, and Kelly is a Certified Relationship Coach. They are founders of Conscious Partnership Coaching and provide a healing environment for any kind of partnership. Together they have created a beautiful family and a business designed for service. Whether you are an individual looking to create any powerful partnership in your life whether it is business/family/friend, or a couple looking to develop deeper levels of intimacy, they are here to help guide you.



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INSIDE VOICES:



Insane or Intuition?

By: Marilyn L. Davis

Listening To The Distinct Voices : Most of us do not talk about the voices in our heads; yet we all have them. Sometimes they are the common thoughts that we have turned into sounds. Sometimes, these sounds take on the voice of the person who initially told them, as in the critical or negative voice. In my head, I have a Mouse voice that squeaks with fear each time I undertake a new beginning. There is also, what I call my Librarian Voice, that keeps a record of outcomes. I have a Big Girl voice that encourages the Mouse to take action, even when the Mouse is afraid.

All these voices in my head clamor for attention and compete with the outside voices of friends, acquaintances, and others when I ask for, and receive advice from a source outside myself. However, I do know the difference between thinking and hearing what others are saying.

The Guiding Voice Within: Then, within, is the Guiding Voice. Nonetheless, the Guiding Voice seems to speak between these two places; it doesn't sound like a thought even with an assigned voice, nor am I hearing it spoken by others. It seems to be in a space between the two.

That Guiding Voice is outside of my mind, yet within – separate from my hearing, but not a thought.

The Guiding Voice Over the Years: I have had many experiences since I got into recovery in 1988 that I could not explain any other way than to label it my Inner, or Guiding Voice or the “voice between the thoughts and hearing”.

• I have learned to depend on this voice for guidance or an “Aha moment”, where I find peace and wonder at the purpose or the answer, and the feeling of certainty of action.

• It is always present even when I do not see it; rather like seeing only part of the moon on a cloudy night.

I would like to say that the Guiding Voice only came because of getting into recovery, and being able to meditate and quiet my mind; however, that is not my experience with this guidance. I received direction in my drug use as well; it was a firm male voice that told me to, “Wake Up” when I was about to overdose. I had also heard it when I was in a dangerous neighborhood heading to a house to pick up the drugs. That time, the Guiding Voice said, “Get out of here, now.”

The night I left the area, without going to the pickup point, there was a raid. I avoided an arrest, so I had experience that this voice gave me advice and guidance that was in my best interest. The irony was that in my use, I listened and followed the advice without mentally arguing or wondering why I should heed any warning.

Questioning the Guiding Voice in Recovery: After I entered treatment in 1988, I saw a tremendous need for a women's recovery home and opened one in 1990. Shortly after I opened the house, I was traveling about 50 miles to Atlanta to do an interview with a woman incarcerated in a jail. We had talked by phone. However, inmates at that time only had 10 minutes for a phone call. I wanted to meet her face to face to decide if the house would be a good fit for her, as well as determining her appropriateness for the house.

About 15 miles into my trip, the Guiding Voice said, “Turn around and go home.” I had not heard the voice this loudly in my recovery. Without thinking of the times that this voice was my salvation, I start mentally arguing with the guidance. I rationalized that I had to get to Atlanta for this interview.

The Guiding Voice Will Get our Attention: About two miles later, the windshield of my van seemed to vanish. Flashing before my eyes was the van I was driving sliding down the highway on its left side; sparks flying and heading towards the concrete underside of the an overhead road.

I had never been this frightened in my life. I got off at the next exit and sat trying to collect my thoughts, and let my heart stop racing.

I would not drive to the recovery home, as I did not want the residents to see me this upset. I even questioned whether this was some drug flashback from my use, and was too stunned to go anywhere but to my mother's house.

The Guiding Voice was Right: When I got there, two men from my recovery support meetings were mowing her lawn. When I got out of the van, one said to me, “You can't drive that; look at your tire”. When I looked at the tire, there was a section of rubber missing, down to the metal. I asked them what would likely have happened if I tried to drive to Atlanta. They both said that since my van was so top-heavy, when the tire blew, it would topple the van, left side down and slide down the highway. Their assessment of the situation was an uncanny description of what I had “seen”.

Since I was the driver, with my window down and on the left side of the van, I realized the physical damage I would have sustained even if I did not crash into the concrete. So, what was this warning? Why did I experience both a visual and verbal warning?

I do not have those answers. Other than to say that this Guiding Voice has counseled me on other occasions, and I accept that this voice will always have my best interest at heart.

I have since tried to make an effort to listen without arguing.

Meditating and Listening to The Guiding Voice:

Two years into my recovery, I was meditating on the people who I owed amends to for my past actions. I was planning to visit my daughters in Washington, DC and knew that I had people to see for this purpose. I asked for guidance on how best to approach each person so they would understand my sincerity in wanting to correct the harm, in whatever way they determined was best for them. For most of the people, a calm peacefulness came over me, and I knew that I was correct in approaching them at this time.

However, I got to one person, and I heard the Guiding Voice say, "Not now." Still not convinced that this was the correct message, I opened my eyes and started arguing in my head about why I should make this particular amends.

This person is gay and one of the most promiscuous people I knew. HIV/AIDS were still a semi-death sentence in 1991, and I was afraid that I would find him sick or dying, and I needed to connect with him to make amends. Still, the voice said, "Not now." At this point, I listened.

I went to DC, made other amends, and returned to Georgia. Ten months later, I was returning to DC; meditated on this person, and heard, "Now."

Listening Creates the Possibility of Other Outcomes: When I spoke with my former friend, his first comment was, "You are doing something that I am only now becoming familiar with – making amends."

I just got clean four months ago. Whatever you think you owe me put it into the recovery of the women in your house."

That took me aback, and I asked him what his reaction would have been if I had tried to make amends ten months earlier. His response was, "Without being clean myself and understanding the process, you would be paying an arm and a leg, Girl."

Both of these experiences were years ago, but that voice still alerts, cautions, and points me in the right direction.

I find it interesting that my Guiding Voice is so binary or two-sided, yet uncomplicated – on/off, stop/go, yes/no, now/not now. I know other people who have a very advanced Guiding Voice; mine is what it is, and mine is correct for me.

How Can You Listen To Your Guiding Voice?

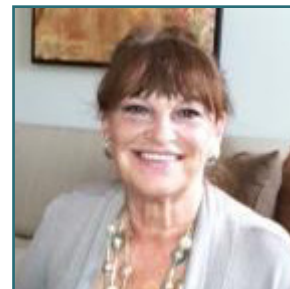
Learn to Be Quiet: I would urge you to be quiet of mind, to deliberately reflect and pay attention to the inner guidance. Our spiritual guidance wants to be helpful. However, we have to learn to listen for it and to it, and that only comes when we are paying attention to it and not just the chatter of our thoughts, or the musings of others. Decide that you are going to become aware of your Guiding Voice. I found it helpful to ask questions to receive directions. Some that proved helpful were:

- "I wonder if. . ."
- "What should I do about. . ."
- "How can I correct. . ."
- "Is there a way to. . ."

Those questions made me focus on moving forward; not dwelling in the past, but giving me concrete solutions for the present. Sometimes I received a message from the Guiding Voice; other times, I stumbled upon a solution while trolling the internet, not looking but finding nonetheless, and other times, I got or made a call, overheard a conversation in a store, or someone mentioned the subject at the meeting.

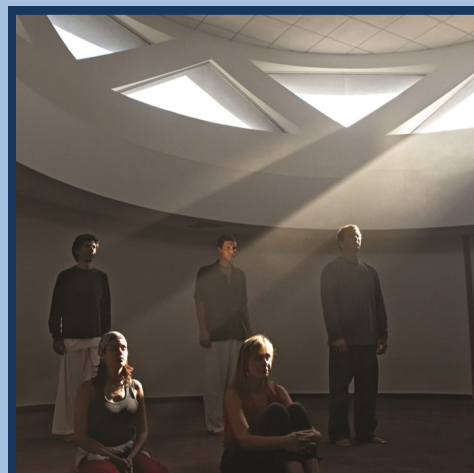
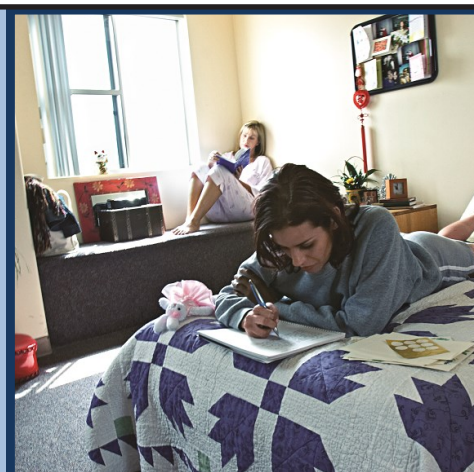
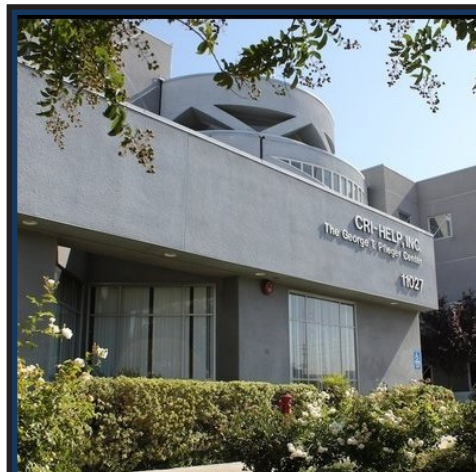
Coincidence? Who knows, and in the end, that doesn't matter. When we get an answer, we are simply appreciative of the directions. Writing, and recovery heals the heart.

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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by: Leslie Gold

OVERCOMING SELF-IMPOSED LIMITATIONS

The 5K was a few weeks away. The men at this Los Angeles based treatment program had been training for 6 weeks for the 3.1 mile event, and were already able to do this distance. For any of you thinking about training for a 5K, even if you have done no exercise in years, barring any significant physical limitations, you can do it! Couch to 5K in 6 weeks is a very achievable goal.

Getting back to the story and the lesson behind it, when I arrived at the facility, I noticed a new member of the team. Ben had been admitted just a few days earlier and wanted to be part of our 5K training community. We warmly welcomed him, and after some warm-ups and group discussion, began our route through the neighborhood. Everyone went at their own pace, with the agreement that we'd all wait for each other at the halfway point.

Ben started out with a relaxed jog. I joined him, told him more about the team and the upcoming 5K, and gave him the opportunity to share whatever he was comfortable telling me about himself. We engaged in friendly conversation as we continued on through the quiet neighborhood, enjoying the cool breeze and the shade of the tree-lined street. He told me about where he was from, about his family, and what his life had been like before he had started using. Five minutes passed, then ten. At about that point in our conversation, he mentioned that he was only capable of running one mile.

I glanced at my watch and noted that we had already gone 0.9 mile. I listened to his breathing, and it was smooth. I looked at his stride. It was still strong. He was showing no signs of fatigue, so I just said "OK". A minute or so later, we arrived at a traffic light, which forced us to take a short break.

"How are you feeling?" I asked.

"Fine", he replied.

"Did you realize that we've already done a mile?" I watched the look of surprise and pride pass over his face. "Want to keep going?"

With a big smile, he replied "Sure".

The light turned green, and we started jogging again. After another few minutes, I saw his pace slow and heard his breathing get harder. We dialed it back to a mix of walking and jogging. At 1.5 miles, we got to the turnaround spot. We met up with the faster men and waited for those who were behind us. After this second break, and when we had all regrouped, the team headed back the way we came. Ben continued at his new walk/jog pace and finished with a huge proud smile. The man who told me he was only capable of going a mile had just done three. The only limitation as to what he is capable of, was in his head.

Think of your own goals. Are they big goals that feel like a stretch, or are they safe, comfortable goals? Do you tell yourself that you are only capable of a mile, set your goal at a mile, and then get to a mile and tell yourself "that's all I can do", even though you want more for yourself?

Here's a new way to talk to yourself as you set your goals and work to achieve them. "Although I believe I can only achieve this small goal, I'm willing to set a more challenging one. When I get to that first milestone, I won't quit. I will continue moving forward. I may need to slow down my pace; I may need to take a few breaks; I may need to reach out to someone to encourage me to keep going; but no matter what, I will move forward. I will achieve my challenging goal."

Your mind may tell you that you have limits, that you are not capable of very much. But you don't have to listen. You are in charge of your mind. You can tell yourself that you are capable of more. You can go out and prove that to yourself.

I urge you to set a challenging goal that is meaningful to you, and to keep going until you reach it. Be the boss of your own mind. Soon, rather than working against you, your mind will work with you. You will be a new person. When self-doubt rears its ugly head, which it does even in thoughts of highly successful people, your new retrained mind will remind you "You can do it!", And you will.

You have the power to turn yourself from someone who sees your limits, into someone who sees your tremendous potential!

"Whether you think you can, or you think you can't - you're right." — Henry Ford

Leslie Gold has been the coach of Beit T'Shuvah's "Running 4 Recovery" Los Angeles Marathon team since 2013, creating experiences which support physical, emotional, mental, and spiritual healing. Inspired by the words of so many team members who view the training as critical to their long-term sobriety, Leslie started Strides in Recovery to bring similar experiences to other recovery communities. To learn more, visit StridesInRecovery.org.





by: Catherine Townsend-Lyon

BEAUTY & THE BEAST OF HOLIDAY RECOVERY

Another holiday season is here. This holiday will be my 7th year of Holiday Blogging and again on "Recovery Watch", my "Gambling Recovery Can Start Here" blog: "Bet Free Recovery Now", betfreerecoverynow.wordpress.com.

I do this for those reaching out for help or those in need of a recovery shoulder to lean on. I began doing this so nobody need be alone through the holiday season. This is no different than being there for my Sponsees. Once again I will be lowering the cost of my e-book and best-selling memoir entitled; "Addicted To Dimes" beginning Nov. 26th, 2019 through December 31st, 2019 for only \$1.99. It makes a great gift for anyone you care about who may have a gambling problem. This could open their eyes and help them to know that there is help available. By reading this book, they may relate to my experiences and this may give them hope, being that many other people have been successful in maintaining recovery from this cunning addiction and disease.

I can still remember past holidays when I was still deeply ensconced in my gambling addiction. It seems like just Yesterday. I recall those times going into a store and walking up and down the aisles, wishing I could get this or that for those I loved for gifts. So many feelings ran through me like sadness, shame, and guilt that I had no money to do so. It would trigger me with more anger and rage. This would then set me up and off to another gambling binge, in the hopes of winning enough money to buy Christmas gifts for everyone. There is a saying "The House Always Wins!", Now I was gambling with my life and not just with money.

Here is yet another sickening holiday war story. In 2002 when due to my gambling addiction, we tried to sell our home before we lost it. An enabler in my life stepped in and gave me the money! I was given the money to get caught up, but within two days I gambled it away. Oh, the lies, the covering, and hiding was exhausting, and the suffering in silence for many years took a toll on me. Then, right before Thanksgiving in 2002, I lost my best friend and watched her die of ovarian cancer. This sent me spinning into an awful gambling binge. It was so bad that I attempted my first suicide. That was how I spent my fortieth birthday. Thanksgiving that year was spent recovering from my first suicide attempt. It was a failed attempt and I spent the next few days in the hospital. From there, I was transferred into an addiction/mental health crisis center for 28 days, where I began treatment for my gambling addiction. While there and after many tests were run, I learned that I had been suffering from several severe mental health issues. They included severe depression with high mania, PTSD from my childhood, sexual abuse and trauma, anxiety and more. I was a mess. We have lost many high profile people to addiction. Every life matters. We have lost many from the disease of all types of addictions. The danger here is that the longer you are abstinent, if you relapse, the risk of death and the chance of not recovering from that relapse are greater.

Even though I did not find research or a study to this fact, I did, however, find a 2014 article close to the topic written by my friend and Author, Omar Manejwala in his book; "Craving: Why We Can't Seem to Get Enough" who shares some perspective of this topic, at www.psychologytoday.com/us/blog/craving/201402/how-often-do-long-term-sober-alcoholics-and-addicts-relapse. I have always been a firm believer that we need to stay very conscious of where we have been, and where we are today in relations to our addictions. We can never be complacent nor think we are ever "done" with our recovery work. If you work a 12-Step program, you have to be diligent and keep reworking those steps. This is an important tool so that you can look back at your earlier work, and see where you need attention in certain areas for your ongoing growth. You can also see how your self-worth and the shaping of your new life begins to come back. There are times like the holidays when we need to look back to gain appreciation for where we are today, in the now, and living a beautiful life, while we continue to maintain our recovery. So don't wait! The holiday season is a perfect time to begin your recovery journey and find a beautiful new life where you can be free and happy. Even for the new year, you can "Quit To Win" I hope you have a happy beautiful "Holiday Season"... You Are Worth It!

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, FacingAddiction.org and HeroesinRecovery.com. Catherine writes and shares her recovery journey from gambling addiction along with resources on her recovery blog "Bet Free Recovery Now" betfreerecoverynow.wordpress.com. Catherine resides in Phoenix, Arizona and continues to help and sponsor those from gambling addiction.



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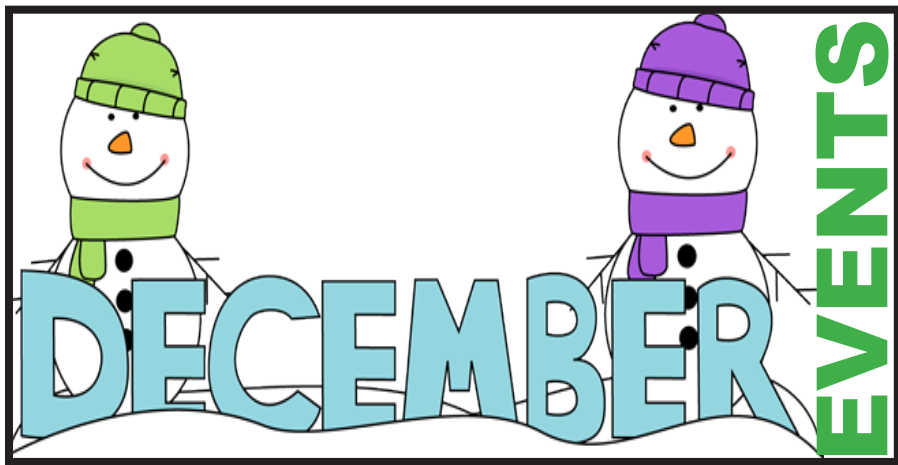
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www.HouseintheHills.org CCAPP



AT CENTER HOLIDAYS AND MORE: www.atcenterla.org/happenings/. In addition to your 40 plus 12-step meetings help support some of our newer offerings. Some held nowhere else in the nation except at the ATC. TRANS AA LA "What's the T?"-Fridays at 8:15pm. AA-Unidos en Sobriedad (LGBT)-Mondays at 8pm AA-Never Had A Legal Drink-Tuesdays at 8:15pm RD-Recovery Dharma (M-F) Noon 1773 Griffith Park Blvd., Los Angeles, CA 90026

LAST FRIDAY OF EVERY MONTH: Sober Cafe Open, all welcome. La Ventana Treatment Centers invites our community each month for free coffee, music, game and fellowship. 8:30 pm to 10:30 pm, 1408 East Thousand Oaks Blvd., Thousand Oaks, California. For more information call (800) 560-8518. www.laventanatrement.com

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 DECEMBER 7TH 2019: RSFVCA H&I Holiday Dance 7pm to 11pm, 18355 Roscoe Blvd., Northridge. CA 91325, \$15 per person.

SATURDAY DECEMBER 14TH 2019: Radford Hall's Holiday Concert at 8pm - 9:30pm. \$5 at the door. Normal Artists in Recovery Meeting to follow from 9:30-11. With: Craig Hasenbank Band performing with Phil Marshall, Greg Hanson Band, Michelle Kolbauer with Shokane & Haunted Heir.

WEDNESDAY DECEMBER 25TH 2019: Christmas Day Unit A will be open all day for fellowship, with regular scheduled meetings at 7:am, 9:am, 10:30am. 12:15pm & 6:pm. Unit A, 10641 Burbank Blvd., North Hollywood CA 91601, 818-505-1905.

MONDAY DECEMBER 24 THRU DECEMBER 25, 2019: Starts 12pm 12/24, End 4pm 12/25. 9604 Christmas Marathon. 9604 S Figueroa Street, Los Angeles, CA 90003.

SATURDAY DECEMBER 28TH 2019: 80 Years Later-Celebrating the First AA Meeting in Los Angeles, 6:00pm-9:00pm. Pacific Palisades Woman's Club, 905 Haverford Ave, Pacific Palisades, California 90272.

THURSDAY JANUARY 9 THRU JANUARY 12TH 2020: 30th Annual River Roundup Laughlin, Nevada. www.rcco-aa.org

FRIDAY, JANUARY 31, 2020 TO SUNDAY, FEBRUARY 2, 2020: 45th Annual San Fernando Valley A.A. Convention with Al-Anon & Alateen participation. Marathon Meetings, Speaker Meetings, Longtimer's Meeting, Golf Tournament, Friday Night Dance, Saturday Night Banquet/Dance, Sunday Spiritual Meeting. Warner Center Marriott in Woodland Hills, California. For more information or to register visit www.sfvaaconvention.org

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

To find local meetings and events all year long call

Alcoholics Anonymous

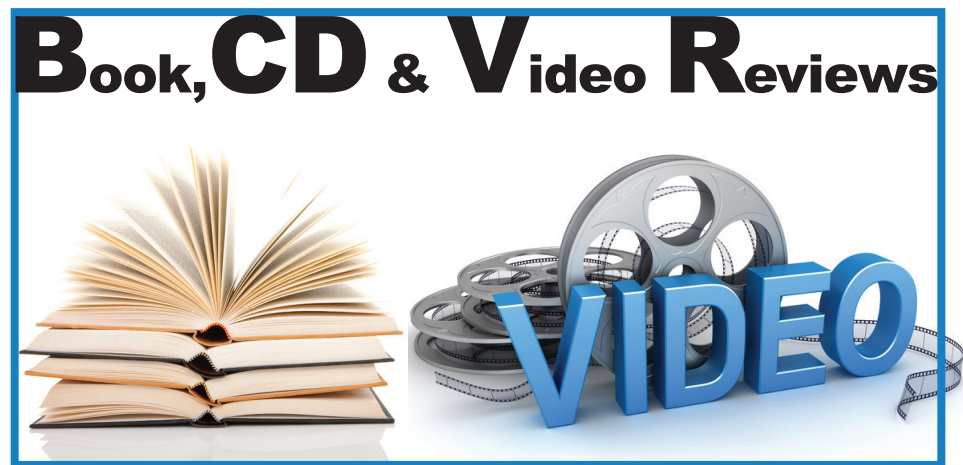
San Fernando Valley Central Office

16132 Sherman Way,
Van Nuys, California 91406

Telephone: 818-988-3001

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

VOLUNTEERS ARE ALWAYS NEEDED

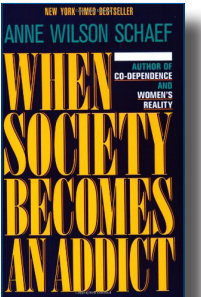


WHEN SOCIETY BECOMES AN ADDICTION. Author Anne Wilson Schaeff. Published by Harper & Row.

This is a book that has been around for a while and has never lost its ability to give us just what we need.

This is another breakthrough book by Anne Wilson Schaeff. With startling honesty she takes us to the heart and soul of our addictions both as individuals and the society at large. This book is an antidote to the systemic poisons that threaten to overwhelm us. A much needed reflection during these times when the evening news is filled with drug overdoses, family violence, workaholicism, faddish cravings, and compulsively driven politics. "When Society Becomes an Addict" moves the reader again and again to "aha, Yes!" recognitions of our deeply human vulnerability to addiction. It can help us to reform ourselves, our corporate cultures and our public policies. This book provides us with a grid on which we can plot, observe our behavior and begin the task of reshaping the lethal "game" that drives our culture. Anne not only confronts us with a new model for understanding ourselves and our world in a new way, but she also offers us help in shedding addictive patterns of behavior in both our individual and social lives.

Anne Wilson Schaeff has a brilliant talent for seeing the connections in complex systems of human behavior and interpreting those patterns in the language of everyday experience. In this book she breaks down the barriers between the personal and the political and shows the parallels between patterns of pathological behavior in private addiction and those that pervade our public, social and political life. Anne is able to draw together diverse insights from psychotherapy, social criticism and personal experience of groups such as Alcoholics Anonymous and Gamblers Anonymous, to show how a different life is possible, how healing can happen, and how a different world can be shaped. Available at Amazon.com



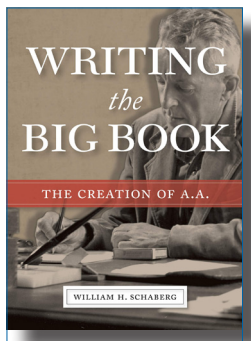
WRITING THE BIG BOOK: The Creation of A.A. Written by William H. Schaberg. Published by CRP, Central Recovery Press.

All I can say is that if you are in any way connected to A.A. or want to be, READ this book. It is an incredible source of information from the early days of A.A. and it chronicles how the Big Book was written. "The detailed retelling - based on primary document research - of the events from Sept 1937 to April 1939."

We have all heard bits and pieces of how the Big Book was written, and what was originally going to be included, and the debates over the content, as it was being written. William H. Schaberg puts all the pieces together pulled from the vast resources found in the A.A. archives. An enjoyable and easy read. Do not let the size of this book scare you. Each area of the Big Book is outlined and explained, with factual detail. He introduces us to the importance of Hank Parkhurst's influence on the text.

William makes sure to include where all this information originated from and he took special attention to separate exact quotes and lightly modified quotes. I feel that the author took extreme measures to give us the REAL re-telling of the creation of the Big Book.

Thank you, William H. Schaberg, for taking so much time, energy and loving respect in the writing of this vital book. My favorite part was The "Original" Twelve Steps. This book would make a great gift. I loved this book and I can't wait to share all the great facts I learned while reading this book. Five Big Shiny Sober Stars. Available at www.centralrecoverypress.com and Amazon.com.



CONQUERING PRISON MINISTRY: Presents Striving for Heaven. Scripted by C.A. Vincent Young. Published by the Lockman Foundation.

Vincent presents the divine nature of the Holy Scriptures within the Bible, and how the application of its spirit filled knowledge could lead us to heavenly realms. This is a remarkable accumulation of Biblical scriptures, which gives each of us a spiritual road map that leads to Heaven. Vincent shows that we all have unseen shackles holding us down, hindering us from ascending to our true home. Many religions describe of an awaiting paradise, which a true follower would receive when they leave this physical realm. Each of them basically conveys that the believer's merits, is what gains them entrance into their paradise/Heaven. The writer explains within the pages of this book, that Christianity tells us that our own merits are not enough. Salvation comes by trusting and truly believing that Jesus Christ died for our sins, and with the shedding of His precious blood we were washed clean. Believing that Jesus is our Lord and Savior, allows us to be born again spiritually as the children of God. Sanctification is the spiritual stages of maturity that Christians develop, while following the statutes and principals of the written word of God. While trusting and obeying Gods laws, the keys that allows us to enter in the kingdom Heaven, is then given to us by the Father. Jesus' example for us is to love one another and unconditionally, this a must read for us all who are looking for biblical answers. Available at Amazon.com.

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



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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.

CATALYST SOBER LIVING & SUPPORTIVE LIVING: 10335 Kurt St., Lakeview Terrace, Calif., \$855 Includes utilities & 3 meals a day. Supportive Services Include: AA Groups, Day Treatment Programs, Partial Hospitalization Services, Mental Health Screenings, Self-Help Groups, Job Training. Call Sergio Ventura (661) 434-8699 or email: sergio@ccs.org

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

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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. 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.

SINCE 2002 PRIMARY PURPOSE HOMES SOBER LIVING: primarypurposehomes.com Separate men and women's homes located in Valley Glen • Van Nuys • No. Hollywood, California. Call us at (818) 612-1439. For our (4) Dallas Texas, locations call (972) 821-9550.

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

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

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1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
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1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
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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 email your information to: info@KeystoRecoveryNewspaper.com or call us at (818) 386-8400.

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

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

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

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

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

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

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

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

A.A. 8752 S Broadway, L.A., CA 90003, www.aa.org (323) 750-2039, info for Spanish Speaking.

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 & Sun 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (818) 293-2222.

Alsana Eating Disorder Helpline: For individuals, friends, families, and providers to receive support, answers to questions, and resources. Monday – Friday, 6am – 6pm PST. Call or text: 314-807-3065. www.alsana.com/helpline/

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

California Dept. of Health Care Services: www.dhcs.ca.gov (800) 735-2922 for deaf and blind.

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

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

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

CEA-HOW: Compulsive Eaters Anonymous; HOW: San Fernando Valley Intergroup, (818) 667-6722 or e-mail: sfvalleyhow@aol.com or Bryce at (818) 621-2130.

CEA-HOW: NEVEDA Compulsive Eaters Anonymous: 12-Step Recover. Las Vegas www.ceahow.org (702) 393-6570.

Cocaine Anonymous: World Service Office www.ca.org. (800) 347-8998 or (310) 559-5833.

Clutterers Anonymous: (866) 402-6685.

Co-Dependents Anonymous: (CoDA) L.A. (323) 969-4995.

Co-Dependents Anonymous: (CoDA) San Fernando Valley (818) 379-3300.

COMMUNITY REFLECTIONS INC.: Prison Outreach, Homeless & Veteran Care, LiveScan, Pop 47, Legal Services, Etc. 10020 S. Western Ave., Los Angeles, CA 90047 (323) 674-4376

COSA for friends & family of Sex Addicts: www.cosa-recovery.org (866) 899-2672.

Crystal Meth-Anonymous: (CMA) (855) 638-4373

Debt-Anon: 12-step recovery program for those affected by a problem of compulsive debt in a relative or friend. Phone Mtg. Sundays 10am Pacific Time (605) 313-5104, 74951#. www.debt-anon.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.ERC Insight: (Mood, Anxiety, Trauma) (877) 737-7391, www.jennischaefer.com/seek-help.

Emotional Anonymous: www.emotionsanonymous.org World Services (651) 647-9712.

Family Support Group: FREE of charge. Have a loved one suffering with mental health and/or substance abuse? Parents & spouses invited to join 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.ocfdoundation.org (617) 973-5801.

LGBTQIA+ AA Meeting: Saturdays, 6:30 PM, Thousand Oaks, CA (800) 560-8518. www.laventanatrement.com

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 & Drug Dependence Headquarters: (NCADD 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

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.

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 & Families of Sex Addicts) www.sanon.org (800) 210-8141.

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

SUPPORT GROUP: Free & open to anyone supporting a loved one through their mental health and/or substance use recovery. 1st and 3rd Thurs. of each month, 7:PM Thousand Oaks, CA (800) 560-8518 www.laventanatrement.com

Survivors of Incest Anonymous: (877) 742-9761. 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.

DISABILITY SERVICES

Job Accommodation Centers, Toll Free (800) 526-7234 (voice & TDD).

ACCESS Paratransit Referral Service, transportation voucher program, (800) 431-7882.

Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

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.

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.

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.

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) 346-5554.

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

CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.

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.

EMERGENCY HEALTH & MENTAL SERVICES

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

Because I Love You, Nationally Known Parent And Teen Support Group. www.bily.org

County of LA Depart. 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.

MISSION HILLS Recuperative Care Shelter (818) 392-0020.

MENTAL HEALTH SERVICES: Hathaway-Sycamores Child and Family Services, For info on mental health services, (844) 222-2377 (1-844-2Access) or email referral@hscfs.org. Please include the type of service being requested, the age and the city of the person you are requesting service for, and any additional comments. We will respond to all calls within one business day. Interested in volunteering with us? Please email mentoring@hscfs.org.

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.

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.

HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living (562) 306-4115.

Centennial Place Permanent Housing (626) 403-4888.

Children of the Night (818) 908-4474 ext. 0.

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.covenanthousecalifornia.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.

Friends in Deed Pasadena Homeless Services. (626) 797-2402.

Family Promise (818) 847-1547.

GRCN Connecting Communities (562) 293-7595.

Glendale YWCA Domestic Violence Project (818) 242-1106.

HPRP Los Angeles Homeless Assistance (213) 683-3333.

HPRP Huntington Park - Homeless Services (323) 388-7324.

HPRP Lynwood - Homeless Assistance (310) 603-0220.

Homeless Health Care Los Angeles www.hhcla.org, (213) 744-0724.

Homeless Adult Center (626) 403-4888.

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.

Jenese Center (323) 299-9496.

Jordan's Transitional Shelter (323) 577-5941 or (424) 785-7781.

Los Angeles Mission (213) 629-1227 x305.

Long Beach Rescue Mission (562) 591-1292.

Los Angeles Youth Network (323) 957-736.

Nancy Painter Home Transitional Housing For Women (818) 246-5586.

National Runaway Switchboard (800) Runaway.

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.

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 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.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

Volunteers of America Homeless Support Services (626) 442-4357.

WLCAC Homeless Access Center (323) 563-4721.

DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792.

Battered Women/Children Hotline, (818) 887-6589.

Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790.

Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).

Center for the Pacific Asian Family (800) 339-3940.

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.

Jenese Center www.jenese.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.

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.scadplne.org (562) 923-4545.

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) 651-6000.

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, (800) 799-7233

Stalking Hotline (877) 633-0044 (Stalking Hotline)

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.

Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, L.A. Calif

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 & community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH.

On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, www.jasonfoundation.com, (888) 881-2323.

National Suicide Prevention Lifeline (800) 273-TALK (8255), www.suicidepreventionlifeline.org, www.veteranscrisisline.net

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

The Trevor Project offers suicide prevention services for LGBTQ youth at (866) 488-7386.

SAMHSA's National Helpline offers referrals for substance abuse and mental health treatment at 1-800-662-4357.

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.

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

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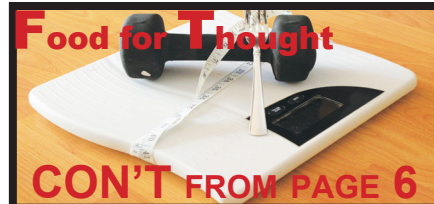
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However, you would want to know if your provider would be comfortable with that if the issues does come up.

Do you ever advocate for dieting? I personally believe that, as a responsible eating disorder specialist, one needs to practice what they preach. If a provider is ever talking about personal dieting and weight loss, then it's not going to be a good fit for healing from an eating disorder. This one is pretty difficult when it comes to doctors because the medical system is very pro-diet, but there are some doctors out there with an eating disorder focus that still avoid diet language.

Will you communicate with my whole recovery team? As a client, you want all your providers to be in contact (with your consent of course!) to make sure that everyone is on the same page with your recovery, goals, and coping tools. This will accelerate the recovery process for you.

I know how hard (and sometimes intimidating!) it can be to ask these types of questions to a professional. I'm here to let you know that it's ok to advocate for yourself and what you need. As a therapist myself, I welcome these kinds of questions and I'm more than happy to answer them. You wouldn't buy something nice, expensive, and time consuming without first doing a little research and weighing your options, so why should eating disorder treatment be any different?

Annie Kuni is a Licensed Marriage and Family Therapist. She co-founded Gemmed with her sister to provide eating disorder support groups for teens and young adults. She can be reached at annie@gemmed.ngo or www.gemmed.ngo

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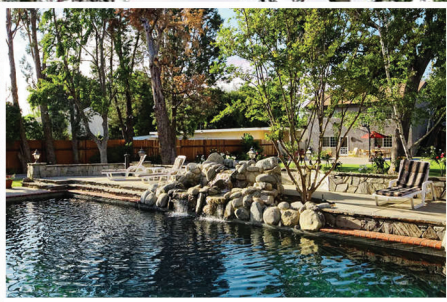
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