

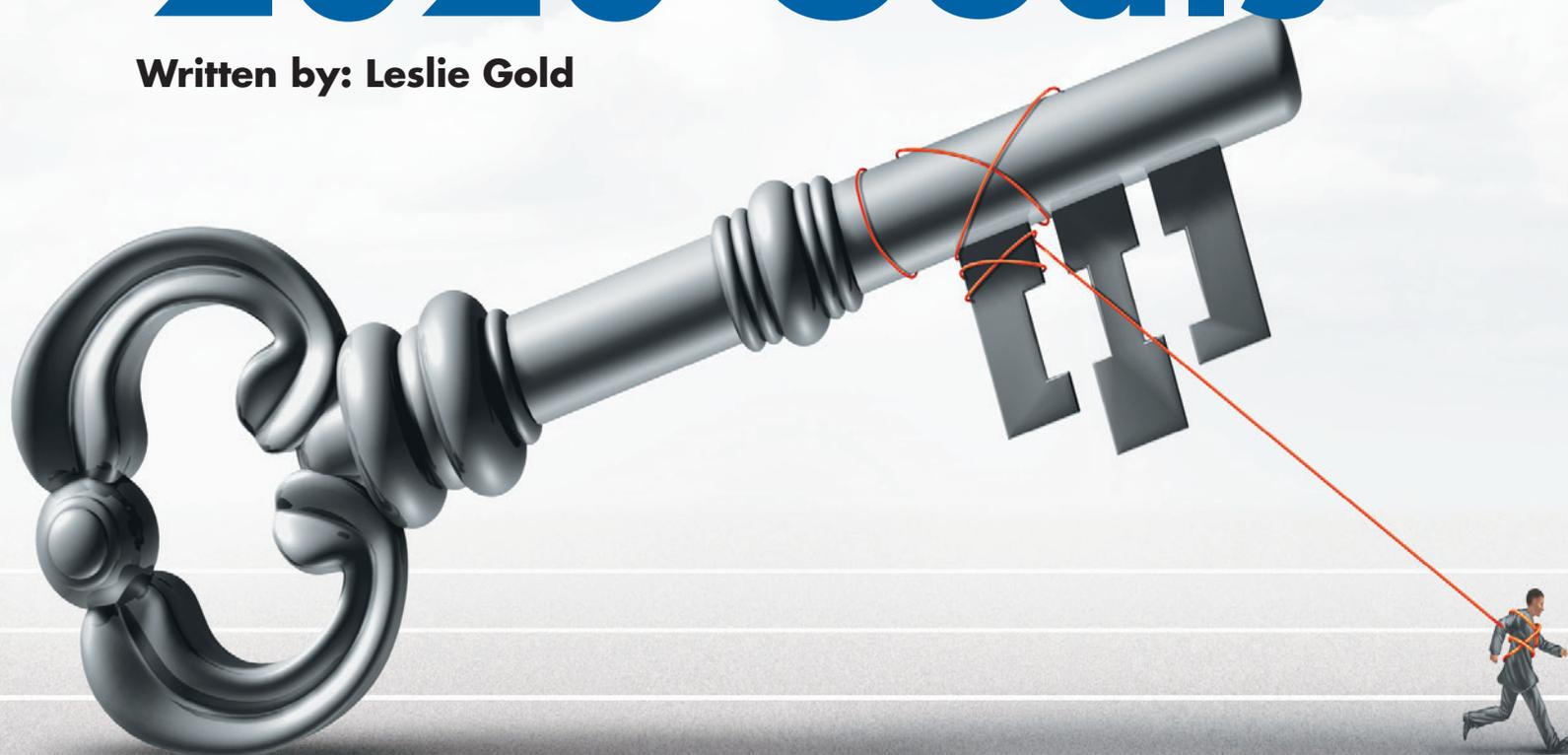
FREE CARRYING THE MESSAGE OF HOPE FOR RECOVERY FROM ALL ADDICTIONS - READ IT, SAVE IT PASS IT ON
KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY

January 2020

KEYS TO RECOVERY — NEWSPAPER, INC. —

THE KEY to Achieving Your 2020 Goals

Written by: Leslie Gold



Swimming
To Safety
Page 4

Living Life
On Purpose
Page 11

Meditation
In Sobriety
Page 14

CHANDLER LODGE
- FOUNDATION -

CELEBRATING
60 YEARS

Clean. Sober. Ready to Live.

Providing 12-step based sober living for men since 1960.

818-766-4534

www.chandlerlodge.org



LUXURY SOBER LIVING HOMES THAT ARE GENDER SPECIFIC, SAFE, AND SUPPORTIVE

*We offer Luxury Sober Livings for both
Women and Men Separately.*



Our Sober Living for women opened
it's doors in 2000.

We offer sober, tranquil, supportive and
structured sober living environment for men
and women who are ready to rebuild their lives.

Both Homes are Pet Friendly and offer:
Weekly House Meetings
Shared/Semi-Private Rooms
Comfortable Accommodations with so much more
Come THRIVE with us!

Northridge & Winnetka, California

Learn More at:

www.AStepintheRightDirection.org

Call us Today **818-209-1631**

Miracles in Action Addiction Treatment Centers AND QUALITY SOBER LIVINGS

Locations in Burbank, Glendale & Northridge, California



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



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

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

We Accept Most Insurances



CALL TODAY for
a Consultation

818-429-9103



www.MiraclesinAction.info

Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Darrell Fusaro
Food For Thought	Page 6	Annie Kuni
Freedom From Bondage	Page 8	Randy Boyd
Ageless Recovery	Page 10	Dr. Louise Stanger
Matters of the Heart	Page 11	Kelly & Rudy Castro
Achieving Your Goals	Page 12	Leslie Gold
The Journey Continues	Page 14	Patrick O'Neil
Quit to Win	Page 15	Catherine Lyon
Events	Page 16	
Book, CD, Video Reviews	Page 16	The Crew
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	

Contributors

Jeannie Marshall: President, Cofounder, Publisher & Editor

Marcus Marshall: Vice President & Cofounder, Publisher & Editor

Staff Photographer: Shalimar Cambria

Graphic Designer: J Marshall

Outreach Director: Peggy Salazar

Social Media: Dominique LaFargue

Beth Dewey-Stern: Cofounder

Cover Photo: ID 148851448 © Skypixel | Dreamstime.com

Editorial Contributors: Marcus & Jeannie Marshall •

Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro • Annie Kuni, LMFT •
Randy Boyd • Dr. Louise Stanger, Ed.D, LCSW, CIP CW • Rudy & Kelly
Castro • Leslie Gold • Patrick O'Neil • Catherine Townsend-Lyon •
Peggy Salazar •

About Us

Advertising Rates - page 19

Distribution Information - page 19

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



Welcome to the first issue of 2020. We are humbled and honored to enter into this new decade with you - our readers, advertisers, distributors, and supporters - let's make this the best year yet.

This has been a year of growing and gaining knowledge. As with most growth I experience, there seems to be a period of uncomfortable resistance from within me. I want to share a few things that help me get through the "growing pains".

Everything has a beginning, a middle and an end. Knowing that I will get through this too, enables me to enjoy the journey, even the painful ones. How I go through something is just as important as making it through. Life can be full of situations, I don't want to just survive life, I want to THRIVE.

Remembering my triumphs over the years, reminds me I am stronger than I think I am. Each time I make it through something difficult, I come out stronger. Once the burden has lifted I feel lighter and freer. I try to thank God in the middle of these times, for the opportunity for more growth. Sometimes it starts as just words, "Thank You, God", but eventually it turns into my truth, "Thank You, God".

Knowing that all of my experiences, good and bad, can be shared with others, to help them, turns "my painful past into my purposeful present". This is the beauty of recovery, that we can share our stories to help others, and in helping others we are healing ourselves and finding purpose.

The most valuable thing I have learned is that I do not have to do ANYTHING alone. My first reaction is usually, "I got this", even if I do not. When I am struggling I reach out to family, friends, my home group, my sponsor or my church. Even when I feel completely alone, I am not forgotten, God is always there waiting for me to call on Him. **God bless you until next month! - Jeannie Marshall, President & Cofounder**

Hello to one and all, I have always loved the month of January with its whisper of new possibilities, and the given opportunities to start over again and get it right this time. Years ago I stopped making New Year resolutions. I've learned to start the process of change as soon as I think of any negative behavior, and/or bad habit that I need to stop. I truly feel that there is no need for me to continue with unhealthy practices of any sort, and then wait until the beginning of the new year to stop doing them.

The promises of a better life when working the 12 Steps, has come true on so many different levels during my sobriety. Not in my wildest dreams, would I have ever thought that my life would be so enjoyable, incredibly filled with gratitude, contentment, servitude, and the love for life on a higher level than ever before. We are parents, and Grandparents of two loving and remarkable individuals, that we could ever be blessed with. Our life together traveling this wondrous road of happy destiny, gets better and better every coming year.

I am looking so forward to what this new year will offer, new relationships, past ones revisited, different growth plateaus reached for my betterment spiritually, emotionally and psychologically. My wife and I have been given so very much, and in turn we what to share our blessings with those that we encounter daily. "It is better to give than receive!" this perspective was engraved into my psyche as a child, so I practiced it even during my drug and alcohol addiction. Together my beautiful wife and I, help to make a difference in the homeless population.

I have learned to listen to the small still voice inside (God), to help direct me to make the correct and mature decisions on a daily basis. Everyday during this new year gives each and everyone of us the privilege and honor, to help the helpless, and bring hope to the hopeless. We want to thank God first from which all blessings flow, for we are reaping the rewards of turning our wills and lives over to the care of God as we understand Him! Until we come together again for reasoning, may God strengthen, guide and protect you and yours throughout the New Year. - **Marcus Marshall, Vice President & Cofounder**




Broad Beach
 RECOVERY CENTER

Premier Treatment for Substance Use and Co-occurring Disorders

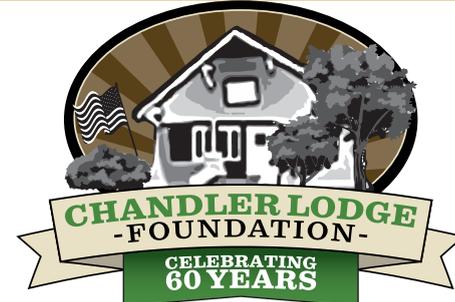
Situated on the edge of the exclusive Broad Beach in Malibu, we offer a truly customized treatment experience in a luxurious and intimate setting designed to heal the mind, body, and spirit.

Contact us to learn how we can help you accomplish extraordinary changes for yourself.

310.905.3774

www.broadbeachrecoverycenter.com
A Meadows Behavioral Healthcare Program

Clean.
Sober.
Ready to Live.



Providing 12-Step Based Sober Living for Men Since 1960

Call us today! 818-766-4534

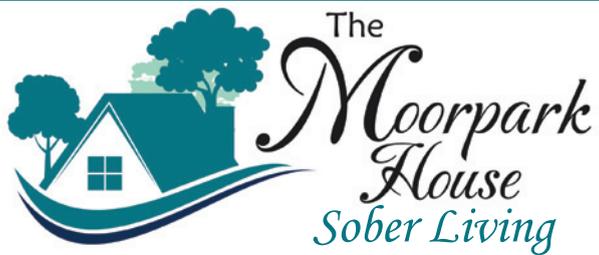
- 28 on-site AA Meetings weekly
- 12-Step Program Guidance
- Relapse Prevention with peer support
- Sobriety Monitoring & U.A. Testing
- Close to Buses • Gym • Cable TV
- Internet • Laundry

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

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

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

www.ChandlerLodge.org • 818-766-4534



The
Moorpark House
Sober Living



The Moorpark House is an **Affordable, Structured, and Safe** Sober Living in North Hollywood, near Universal Studios, and NoHo Arts District. Easy access to public transportation, and the Metro.



Because We Care there are random UA & Breathalyzer, you must actively work a 12 step program, be clean and sober from both drugs and alcohol.

Near multiple meeting halls, which means you can attend meetings daily.

Two men rooms available, new beds, mattresses, bedding, and pillows are provided at move in. FREE Transportation to our facility is available at time of move-in.

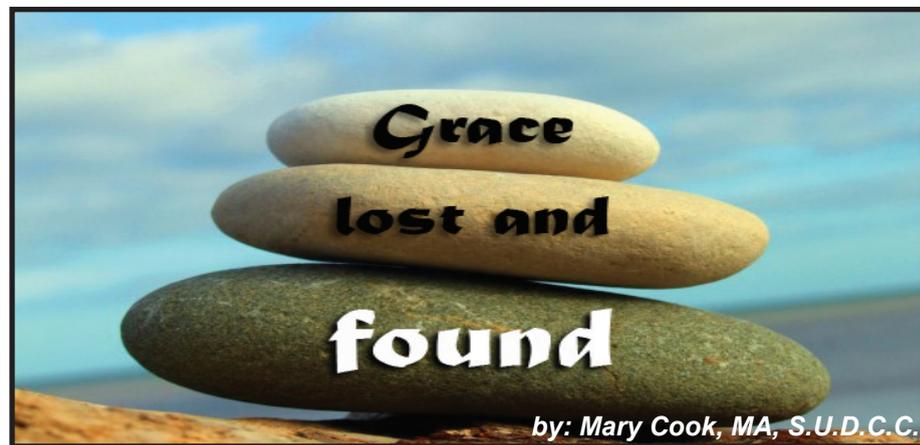
\$300 move-in fee, \$900 a month or \$250 a week

- Coffee • WiFi • Computer/Printer Station • Hulu/Netflix/Prime Video/Disney+ •
- Spacious Rooms • Toiletries • Towels • Community TV • Stocked Kitchen •

All provided in monthly lodging fee.

Call or Text 424.239.9290

www.TheMoorparkHouseSoberLiving.com



by: Mary Cook, MA, S.U.D.C.C.

SWIMMING TO SAFETY

Addictions create an artificial dam to hold back a sea of tears and fears. Little by little the dam cracks and eventually breaks, and there's frantic swimming for safe harbor. Only there's no harbor in sight. Instead, there's pirates preying on others misery, sketchy looking refugee boats, and rotting life preservers. There are lots of people in this sea in varying stages of hope and despair. The task is to determine who and what is trustworthy, but addict thinking is stuck on who to take advantage of for a quick fix. In the meantime, everything in this sea is a reminder of all that is sad and scary.

We encounter increasing rip tides, sharks, rogue waves, and storms. Acting reactively and recklessly in an armed and dangerous sea will cause death by drowning. We can't numb or fight our way out of this, because it is our dominant thinking that attracts what is familiar. We find ourselves longing for that which we are ill prepared. If we're lucky, we begin to wonder how we became so ill. Presumptions, prejudices, projection, and pride are deadly. Against all odds, we must change if we are to survive. And if we are to change, we must identify and let go of addict behaviors and thinking.

External problems indicate internal problems that need healing. What our ego considers valuable, will lead to our demise. We begin to see calm waters and head in that direction, but when we arrive, so has the storm because we bring it with us. We need to let go of all the negativity that comes with addictions, in order to find the calm within us. We admit how we chose fraudulence over authenticity, adrenalin over serenity, how others suffered from our actions, and how we lived dangerously, failing to cherish life. We admit how we used addictions to cover up vulnerability, weakness, pain and shame. Our lives brought untold trauma and upheavals to those around us. We were predators of those we could use and abuse, and we manipulated others' fears and wishes in order to control them. Defenses turned us into caricatures lacking in integrity, a sense of unity, and positive purpose.

When we look honestly and deeply at ourselves, and begin to change positively, we can acknowledge there are people in this sea who are helping others out of compassion, collaboration, and courage. We see people who are creative, resourceful, and have an inner light of faith and goodness. They offer shelter without suppression, comfort without control, support without self-righteousness. They give the best they have, as they have seen the consequences of giving their worst. They have become humble stewards of this vast and diverse life on earth. They inspire us to believe in ourselves and live in a whole new way.

Learning to swim to safety means relinquishing what is dangerous within us. It means finding others who have discovered internal safe harbors irrespective of external conditions. It means facing and embracing our own and others tears and fears with heartfelt understanding, and realizing that this is the key to living in harmony, this is the key to healing, and this is the key to a fulfilling life. Our strength increases immeasurably when we offer unselfish service to others, allowing us to meet tragedy with a boatload of kindness. When we listen to the higher calling of the spirit, we are no longer drowning or lost at sea, but joining with other helpers through sunshine and storms in honor, unity, and purpose, for this is our true safety.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified substance use disorder counselor in private practice. She has 43 years of clinical experience and 29 years of University teaching experience. Mary is available for telephone and office consultations, and speaking engagements. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com.



A FACIAL DESIGNED TO TURN BACK TIME

IN JUST 60 MINUTES

Limited Fall Special
\$79

A CUSTOMIZED FACIAL:
Includes Deep Cleanse,
Skin Analysis, Extractions, Vitamin
A Peel, Microdermabrasion,
Oxygen Infused Stem Cells,
Vitamins & Antioxidants
with LED light.

call now
424.310.8088



ADVANCED AESTHETICS
LOS ANGELES

www.advancedaestheticsla.com

Sherman Oaks, California



*Valid Until Feb. 15th 2020. Limit 2 per client. Cannot be combined with any other offer.



ABANDON YOURSELF TO SUCCESS

On a journey through a jungle, a king accidentally cut off his toe while chopping a coconut. "That's wonderful!" exclaimed his advisor. "There's a blessing here." The king, angered at the advisor's flippancy, threw him in a pit and left him there.

The next day, the king was apprehended by a band of headhunters who decided he would make a good sacrifice. When the tribal priest noticed that his toe was missing, the headhunters released him as an imperfect specimen. Suddenly the king realized that the advisor was correct. He returned to the pit and apologized profusely.

"No apology necessary," said the advisor. "It was also a blessing that you threw me in this hole."

"How is that?" asked the king.

"Because if I was with you, the headhunters would have taken me for the sacrifice."

Nothing, absolutely nothing happens in God's world by mistake, and all things work together for good.

When my wife and I hit a financial rut and were exceeding our monthly budget, I knew I had to transmute my worry into faith.

I began by making a request to God in the form of a written affirmation. "All my needs are met in a wonderful way and I'm debt free miraculously!" Then I "cast the burden", aka releasing my concern, by placing it in my God box, which is an old wooden cigar box I keep on the coffee table. Now with my mental hands off the steering wheel I put my active faith, joyful expectation, in God to bring this about.

The very next day we received a call from our neighbor. Our six-foot high fence that runs the length of the property had collapsed during an overnight windstorm. Good grief. Before I allowed myself to become overwhelmed with self-pity, like the king's advisor, I affirmed, "I wonder what wonderful thing is going to come of this!"

The contractor's fee for the job was \$1,800, which we did not have. To avoid accruing more credit card debt, I decided to withdraw the amount from a CD I had with the bank. To do so would require making an appointment with the bank, because a transaction of this nature must be done in person.

After signing the papers and making the withdrawal, I was in complete acceptance and feeling optimistic. During my pleasant conversation with the bank representative, I was introduced to the new loan officer. He brought up how the current mortgage rate might lower our monthly payment. "Would you like me to run the numbers?" He asked. "Why bother?" I thought. "The last time we applied to refinance our mortgage we didn't qualify due to our income to debt ratio." But, "Yes, might as well," were the words that came out of my mouth. "Nothing, absolutely nothing happens by mistake, just go with the flow," I reassured myself. "This is a sign of land, if not this, something even better. God makes a way where there is no way!"

Funniest thing, we qualified for a new loan. The new rate was significantly lower, and to our surprise our property value had increased 30% since it was last appraised. This enabled us to cash out more than enough to eliminate all of our debt, and still be granted a lower monthly mortgage payment.

Surrendering to life as it unfolds is an adventure. Do what is in front of you to do with the joyful expectancy that God is arranging things on your behalf, and you will be thrilled with better than expected outcomes. Take God as your partner and abandon yourself to success.

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



FAMILY LAW

- Divorce
- Domestic Violence
- DCFS Cases
- LGBTQ



- High Asset Cases
- Restraining Orders
- Child Custody Cases

• Child & Spousal Support

FREE CONSULTATION WITH ATTORNEYS WHO CARE

SPERLING, DIARIAN AND McALLISTER

LOW FEES & REASONABLE PAYMENTS

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



A full service, 12 Step Welcoming Law Firm



www.SperlingLawFirm.com

818.205.9090

OPTIONS

— for — Recovery

An intensive outpatient substance use disorder treatment program for women. Program focuses on issues specific to women and their children and features a non-judgmental and nurturing atmosphere, a coordinated and inter-disciplinary approach, multi-ethnic staff, and an emphasis on long-term follow up and support.

CONTACT US:
(310) 222-5410

We're here



every step



of the journey

VISIT US:
1124 W Carson St., N-33
Torrance, CA 90502

LA BIOMED/Options for Recovery is a Los Angeles County funded program

Handyman Services by **John Paul**

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

- Honest
- Hardworking
- Experienced
- Reliable
- Great prices

818.447.0613



by: Annie Kuni, LMFT

WHAT IS YOUR EATING DISORDER TELLING YOU?

As humans, we all do things for a purpose. Even if the behavior is maladaptive, even if it harms us, it's meeting a need. With certain disorders, like eating disorders and substance use, it can be tempting to "write off" the behaviors as nothing more than self-destruction, vanity, or selfishness. It might appear at first like there is no purpose to the disorder.

For a long time I was so confused by my eating disorder and why it had taken over my life. I found myself feeling really angry towards the time and experiences that I had lost, while I was consumed with food and my body. At the time, I assumed that most of my feelings were about wanting to be perfect and look perfect. It brought up an enormous amount of guilt, because I felt like I was destroying myself and my life for something that seemed very "on the surface."

Of course there was an element of comparing myself to models and magazines, but at the root of my disorder was something much more serious, deep, and impactful. The more I started to think about it, the more I realized that my eating disorder gave me a sense of control. The more my life felt out of control, the more I felt like I somehow had to regain my sense of control through food. Eating disorders have been described as "the false promise of virtue," meaning that they promise a lot of positive outcomes, like control, only to actually add to the problem of feeling out of control in the first place.

It was only when I made the connection to control that I was able to give myself the gift of self-compassion, instead of judgement, for all that I had been through and what my eating disorder was trying to provide me. This also allowed me to then try and find other ways to feel in control, that were more adaptive and not harmful to myself mentally, physically, or emotionally. When I felt out of control, I started to realize that I had a lot of other options to feel better, like getting into a routine, creating boundaries with others, having a go-to list of coping skills, and reciting mantras reminding myself that I'm in control.

So how do you find what specific need your eating disorder is trying to meet? When you feel the impulse to restrict, binge, or purge, ask yourself what you are wanting to happen for you as a result emotionally. Some common needs are: worth, acceptance, and numbing.

If you're looking to food to bring you worth, then you're hoping that controlling food will bring you value, that people will notice you, and that things will line up in your life. You'll want to be happier, get a better job, and you'll be safe from rejection.

If you're looking for food to bring you emotional control, then you're hoping that either restricting, bingeing, or purging food will provide an escape from your emotions. This can look like emotional eating, or turning to food to cope with feelings. It can also look like using food behaviors, like bingeing or purging, to "check out" from the overwhelming emotions you are experiencing.

If you're looking for food to bring you safety, like I did, then you're hoping that control and routines with food will provide order, predictability, and safety. This means that you want to plan your food, you want to have control over when and what you eat, and you want to soothe your anxiety through routines.

Sometimes it can be tempting to try and dismiss these needs that an eating disorder is trying to meet for us, and just focus on challenging the eating disorder behavior. Rather than recognizing our desire for acceptance, we just focus on the meal plan. Instead of realizing that there is a big gap in our lives around stability and predictability, we just focus on pushing through fear foods.

Con't Page 17

Innovations in Recovery

Hosted by Foundations Recovery Network

20
SAN DIEGO

April, 6-9 | San Diego, CA

Join us at the Hotel del Coronado for four days of expert speakers and innovative, industry-leading presentations on the continuum of care in the behavioral healthcare and addiction treatment field.

Over 20 CE credits
will be available.

FRNEvents.com/IIR





Transforming Life Center Addiction/Co-Dependency & Co-Occurring Disorders Treatment Facility The Only Nicotine-Free Facility in Orange County



Sober Living Residential Program
Licensed IOP Intensive Outpatient

*Over a Decade of Lake Arrowhead
Family Healing Retreats*



Family Treatment Programs: They're instructed to attend two family support 12 step meetings such as (Alanon, Coda) and participate in two combined family groups a week. They are also expected to stop and be treated for any possible addiction they may be struggling with including nicotine.

Caring licensed PH.D. and drug & alcohol state-certified counselors CADA11

Highend personalized Sober Living residential facility with a 24/7 Staffed / Licensed Intensive outpatient program (IOP + PHP) with a 24/7 professional staff. sober living in Yorba Linda & Placentia (Orange County)

Trauma recovery specialist and over a decade of Lake arrowhead family healing retreat with different workshops.



Professional intervention services with English, Spanish & Farsi speaking staff.

Sport-oriented program, with a gym on the premises, and being encouraged to participate in Local Marathons regularly, building self-esteem and confidence.

Proud to claim over a 90% success rate, with the clients who have completed our program.

We accept most Private insurance plans such as:
Optum, UMR, Atena, Cigna, Anthem, and United Health Care.



Call for an FREE assessment NOW

714.340.0131 • 818.590.0134 • 949.910.3585



www.TransformingLifeCenter.com

A Safe Place Where Recovery is Possible For Everyone

THERAPIST



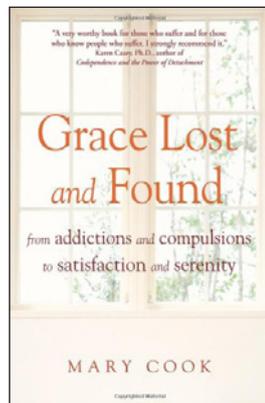
MARY COOK

ADDICTION SPECIALIST COUNSELOR

M.A. Psychology, R.A.S.

43 Years of Experience

310-517-0825



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

AUTHOR OF:

Grace Lost & Found

Available on Amazon.com

WWW.MARYCOOKMA.COM

HOMES OF PROMISE

Faith-Based Recovery

Sober Living Homes for Men



800.769.8421

HOMESOFPROMISE.ORG

VALENTINE'S DANCE

AT **UNIT A**

\$5 per person
\$7 per couples

10641 Burbank Blvd.
North Hollywood, CA
91601

DJ + SNACKS + FUN

Valentine's Day

Friday, February 14th 2020 9:30PM - 1:30AM

Directly after the 8:00PM AA SPEAKER MEETING

RAFFLE FOR
FLAT SCREEN
\$5/ ticket

Freedom from Bondage

by: Randy Boyd

WHITE KNUCKLING

Being clean and sober is one thing. Being in recovery is another. Many people will quit alcohol and drugs, but their lives remain in shambles. They still find themselves with a multitude of legal issues and insurmountable financial problems, their families are alienated from them, and their marriages are in a state of disarray. Relapse is common among these individuals because they often think that, since their lives are still unmanageable, it must not have been the alcohol or drugs that were the problem. Their lives remain unmanageable because they have only quit alcohol and drugs, and they have done nothing to resolve the underlying issues. Their lives remain in shambles because they have no God in their lives, or their God is one of the many false Gods that today's A.A. rooms promote. That was a part of my story, too.

While I was in the Betty Ford Center, I had to create a time line of my life, from my earliest memories right up to the present. As I was doing this, I recalled a two-year period between 2000 and 2002, when I decided to quit drinking just to show my wife and children that I could. For those two years, I remained abstinent or sober, but that is not the same as being in recovery. I was what is known as a "dry drunk." That is, I was not drinking, but my behavior was becoming increasingly worse. I became angrier, more judgmental, and much more arrogant, and the people around me did not like me very much. The fact is, I didn't much like myself.

The underlying issue, my sexual abuse, had not been dealt with, and my way of self-medicating had been taken away from me. I was white-knuckling it every day. Things had changed alright, but they had changed for the worse. My life had been easier to handle when I could work myself into exhaustion every day, and collapse into bed at night.

Vacations or weekend camping, or fishing trips were perhaps the most difficult times to deal with, especially at night. During the day when I was fishing, hiking or touring around town, my mind was occupied with the task at hand. However, at night while sitting around the campfire I would be fine with everyone drinking for a little while, but there would always come a point in the evening when I became immensely uncomfortable. As the campfire popped and crackled, I would listen to everyone laughing and having a good time, but be unable to laugh and have fun myself. The same people I had fished with or hiked with during the day, I could not deal with at night, when conversations tend to become more intimate and personal.

At bottom, I couldn't handle the stress of just being me, for that had never been good enough. I could handle taking action, such as shooting or racing, but the moments when I just had to be myself left me shaking like a child. Sometimes I even ran away to literally pull the blankets over my head. In those moments, when everything was quiet, I felt that everyone around me could see my shame and brokenness.

I'll never forget the evening in 2002 when I started to drink again. In some ways, it was similar to my first experience of drinking when I was back in high school. At the end of a long day, while my buddies were pouring the traditional end-of-the-day round of Jack Daniel's, I rationalized that I could join in. After all, I had not had a drink in nearly two years, so I had proven to everyone, including myself, that I did not have to drink. Besides, what could one little drink do to me anyway?

When I asked my friend to pour me a Jack and Seven, he looked stunned, reminding me that I had not had a drink in nearly two years. When I insisted, he resisted me at first, but eventually poured me a drink with a great deal of reluctance. Unfortunately, that one drink led to two, two led to three, and you know the rest. That one drink started me back on a four-year run that nearly cost me everything I loved.

Alcohol gave me an artificial sense of confidence, which I hadn't experienced since my father died. Although that confidence was a shabby copy of the real thing, when I drank, I was able to interact with people in ways I couldn't when I was sober.

After I started drinking again, I justified it by telling myself that it was so I could continue to maintain the business relationships, that were crucial to my financial success. At that point, I had reached a level of economic success that I never thought possible. Being successful in business was a way to compensate for feeling broken from my abuse. Spending money and buying the latest gadgets made me feel powerful and important, which compensated for the feelings of helplessness and inadequacy that had been festering inside me since I was 12. When I had stopped drinking in 2000, my business was suffering because of my frequent withdrawals. When I started drinking again, I transformed back into that work-hard, play-hard Randy that my clients enjoyed being around. Ironically, I was miserable, but my business was prospering again. My life wasn't turned around this time by another melodramatic scene, with hurt people shouting and crying. Rather, it was turned around when God whispered softly in my ear, "Randy, you need help, and you need it today."

Con't Page 22



TRAUMA & BEYOND[®]
PSYCHOLOGICAL CENTER

Introducing Our **EVENING OUTPATIENT PROGRAM**

Trauma and Beyond Psychological Center offers evening IOP for Trauma and Mental Health issues. Our center works with insurance on an out of network basis. This IOP offers the same quality trauma-focused therapy as our daytime programs. Evening IOP meets 3-5 evenings per week, 3 hours at a time.

Our Evening Program Includes Individual Therapy Each Day and a Combination of:

- **EMDR**
- **Somatic Experiencing**
- **Group Therapy**
- **Mindfulness**
- **And More**

Please call us for admission information:

(818) 651-0725

or

Contact us for a **Free Consultation**

www.traumaandbeyondcenter.com

Meeting Chips - Medallions - Medallion Holders - Plaques -
 - Tops - Hats - Keychains - Books - Book covers -
 - Sober Water - Mints - Candles - Meeting Coffee -
 - Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs -

MY 12 STEP STORE.COM
 Recovery gifts InStyle!

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

got 12

Ageless Recovery

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

I WAS A PEACOCK ON MR ROGERS

This past weekend, I saw the movie *Mr. Rogers* and I like the protagonist was taken back to my childhood. I grew up in Pittsburgh, Penna, WQED was in my backyard and as an elementary school child, I loved Mr. Rogers. He helped take me away from the harsh reality of my father's suicide, and let me dream of places far away, and told me my feelings were okay when nobody let me share them.

I was a very awkward 4th grader with long black hair, oversized body, think Lane Bryant, and the billowing height of 5 feet 1 inch. While taller than all my classmates at the time, that was the end of my growth. Period!

You can imagine my joy when Mr. Rogers invited me to be a Peacock on his show. I was enrolled in Children's Theater, and drama was my middle name, so the mere idea of strutting across a stage, (Me – ugly, fat, no good manners, me!) was music to my being. With multicolored feathers dripping behind me and a cap of feathers, I waddled my body across the stage and Mr. Rogers said, "Louise Ann that was wonderful". No one ever said I was wonderful. I wanted to move into his house where all things were put away, and there was an order to all things.

Later as a young college student at the University of Pittsburgh, I swam daily at Trees Pool, running down the hill to the Cathedral of Learning with my hair soaking wet so as not to miss my Australian Mellon Professors pencil whip whatever I wrote. Little did I know that Mr. Rogers swam daily.

All I knew I remember as a child, and I so loved the consistency of his responses. I loved the comfort of knowing he would wear a cardigan, slip into tennis shoes and even though life was often messy in an alcoholic home, he knew we could weather our feelings.

After seeing the movie, I was jolted into revisiting as a woman of a certain age often does just how profound Mr. Rogers was and is today. Half therapist, preacher, teacher and the make-believe father I never had - Always consistent, always present, always truthful and forever accepting of difference. After talking with Mr. Wadas and my good friend, fellow interventionist, recovery coach, writer and actor, Shayne Anderson, I offer the following words of wisdom that we as human beings and as behavioral health care addiction, mental health, and trauma specialists can live by.

1. Start Each Day With A Belief in a Higher Power. Ask for Blessings and Give Blessings. Every morning Mr. Rogers prayed and every evening. He also meditated. Starting off each day with AA's third step, Prayer, writing a gratitude list and meditating for me strengthens my day. Spirituality is a keystone.

2. No Feeling is too big or too small to think about. In fact, talking about one's feelings is a key ingredient to growth. Art, Music and play also convey how we feel.

3. No Problem is too big or small to talk about. Being able to discern intensity is helpful. Ask yourself if you are having a Big Problem or a Little Problem?

"Some days, doing 'the best we can' may still fall short of what we would like to be able to do, but life isn't perfect on any front and doing what we can with what we have is the most we should expect of ourselves, or anyone else."

4. Play Mirrors our Feelings. Sometimes we can't put words to our experiences, yet we can use play or music to express how we feel. As a puppeteer, Mr. Rogers was adept at showing his feelings and getting others to show theirs. His use of stuffed animals is similar to inner child work that an experiential therapist will use. No matter what age you are, having a stuffed animal that soothes your inner child is a gift.

"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood."

5. Being present is the key to relationships and worth more than any material gift. Perhaps Fred (we are now on a first name basis) had a photographic memory. What he shows us is the importance of being present. When you are with someone, being with them is all that matters. You cannot do two things at once, as it detracts from being present, from connection. He had a way of acknowledging another person, albeit child or adult like none other. Always thanking you for being present and inviting you to share more. Never shaming, always curious and humble. No cell phone distraction, no onset distraction, when you were with him there was no one else.

6. Problems are Natural – Not Everything Can Be Solved. We can talk about them: "There is no normal life that is free of pain. It's the very wrestling with our problems that can be the impetus for our growth."

7. Ask for Help. Fred showed us that some things are just impossible to do alone like putting a tent together. For him, learning how to ask and accept help is part of the human connection.

"When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

8. People Make Mistakes and it's not the end of the world. In recovery and in treatment one learns to accept the good, the bad and the ugly about themselves.

Con't Page 22

CATALYST COMMUNITY SERVICES & SUPPORTIVE HOUSING

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 EMAIL: sergio@ccs.org

HOUSE IN THE HILLS

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

Call Now 818.264.8545

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

The Sober Living Network www.HouseintheHills.org CCAPP



LIVING LIFE ON PURPOSE

Happy New Year! May you be blessed in all that you create in 2020. 2019 was a big year for us. A lot of growth, change, and evolution. We have been challenged and have also had some of the most extraordinary experiences as individuals, as a couple and as a family. One of our greatest adventures and blessings took place in November.

We have had the honor and privilege of officiating weddings, and being able to do so together. It is so powerful to create sacred space with other couples who are sharing their visions, promises and intentions of partnership with one another, while being witnessed by their communities. We LOVE this part of our work so very much.

November 23 to December 1st, we were creating that sacred space for a couple that we love dearly, alongside over one hundred of their family members and friends for one of the most epic wedding ceremonies we have ever participated in; A ten day soul journey through Egypt! Yes, that is correct... A TEN DAY SOUL JOURNEY THROUGH EGYPT. Ninety Seven of these people flew from the U.S. to be a part of this life-changing adventure.

This couple is, BY FAR, one of the most intentional couples we have had the honor of working with. Everything that they do and create is ON PURPOSE, and they live in the world with GREAT PURPOSE. Their desire was to have their wedding be a life-changing adventure for those they love most. Their commitment was to keep the focus off of themselves, and off of anything that would distract from the vision of this experience. They were dedicated to this trip being one that left everyone inspired and deeply connected to their own purpose in life. Have you ever heard of anything so incredible?? We were consistently blown away by the actualization of their vision.

From the very start of their planning, part of the intention was to incorporate the practice of intention setting and completion into their community. They created and fine tuned a list of very specific values, and lined up each value with the day that was best suited to match that value based on where we would be. We would gather as a group each morning, creating the intention for the day by defining the word and bringing in spiritual concepts and ideas to support the value for the day, completing the gathering in prayer. We would gather again, before dinner and recap on the specific value, bringing in some more ideas and spiritual food for thought. We would have anywhere from 2 to 10 people share on that value, and how the day supported their understanding of it. It was AMAZING!!!

Our first day, the intention was "Service." We travelled into a place called Garbage City, finding our way through this village to a small orphanage. As we drove we witnessed garbage literally stacked so high on all sides, even filling the homes and complexes. We had never seen anything like this. Once arriving at the school, we were greeted by some of the most loving and joyful children we had ever met. We got to play with them, laugh with them, sing and dance with them. We were there to give, and were given so much in return - which is exactly how service works. We got to learn about the extraordinary founder of this school and foundation. Her name is Mama Maggie and she is changing many lives all around the world by creating opportunities for children who wouldn't have had many at all. Our son looked at us after learning about Mama Maggie and said, "Wow! One woman created ALL THAT?! Imagine what would happen if everyone on the planet just did a little. The whole world would change." We witnessed the intention of that day being fulfilled in our son, in that moment. Multiply that by over 100 - that is how many lives were impacted that day within our group, just in the area of understanding and embodying the value of service.

The following day was "Legacy", as we spent the day in Giza with the Pyramids. Each of us admiring these phenomenal structures and considering the value in our own lives. What is it that each one of us is creating that will live beyond us? A powerful question to consider.

Day three was centered around the "Value of Community." We set the intention of walking into our day while powerfully creating and defining what community meant to each one of us. It was so beautiful to hear people's reflection at the end of the day around how the power of love disintegrated any illusory walls of religion, race or whatever else the ego may use to keep us (human beings) in a state of feeling separate from one another.

Day Four was so special. The value was "Sacred Union". We began our morning in prayers and in sharing about what "Sacred Union" means.

Con't Page 22

Vita Behavioral Health Drug & Alcohol Rehab Treatment



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

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

All PPO Insurance Accepted - Located in Van Nuys California

www.VitaBehavioral.com

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

Altadena Recovery Center California Non-Profit

626.765.6905

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

We accept PPO & Private Pay

3025 N. Lincoln Ave., Altadena, California

www.AltadenaRecoveryCenter.org



Better Care Within Reach

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

(818) 903-8440

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

ColorBlindRecovery.com

ROMEY'S RECOVERY HOUSES, LLC

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

2132 N. Summit Ave.
Altadena, California, 91001

CALL TODAY!

626-534-2449

Jerome A. Mims

CELEBRATING OUR 50TH YEAR



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

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

www.ATCENTERLA.ORG



**Jeff Schlund
Outreach Manager**

Cell 626-372-4550

Direct 760-423-6728

Toll Free 855-348-7018

JSchlund@hazeldenBettyFord.org

www.HazeldenBettyFord.org

Dee Baldus 818-742-1100



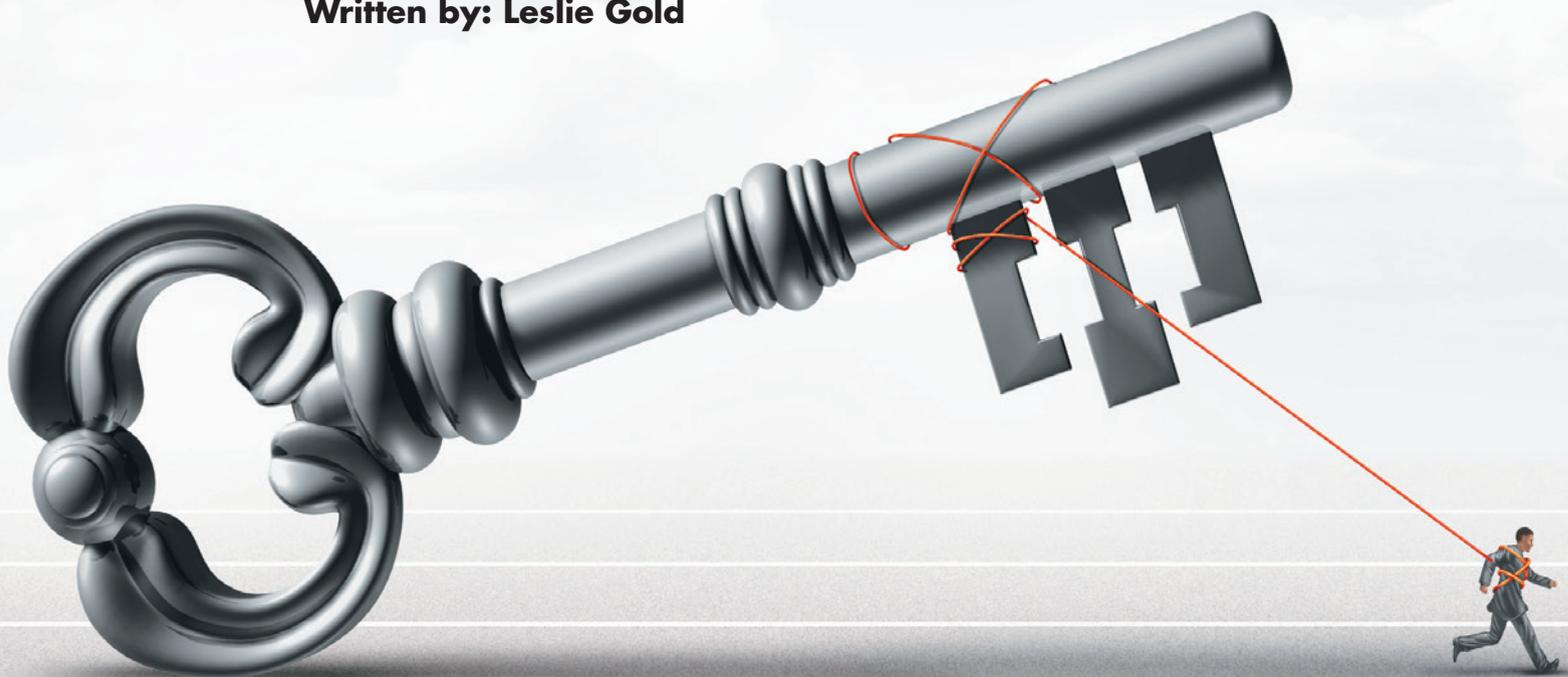
**Animal Transport,
Boarding
& Day Care**

itsddb@gmail.com

www.AnythingsPaws-able.com

THE KEY to Achieving Your 2020 Goals

Written by: Leslie Gold



The shopping is done. The holiday parties are over. You're back from vacation. You look in the mirror. You step on the scale. You are not happy. You tell yourself, "This year, I'm going to get in shape. I'm going to exercise more." Then you remember that you had this conversation with yourself last year. You started out strong, but soon, you lost your resolve. You want this year to be different. And it can be.

First, let me reassure you that you're not alone. Having been a gym member for over 30 years (yikes! that makes me feel old), I've seen lots of Decembers and January's at the gym. It's the same pattern every year. The gym is blissfully empty in December as people are caught up in holiday shopping, parties, and vacation activities. There is no wait to use any of the equipment; and the class sizes drop down enough that I don't need to worry about accidentally kicking someone.

Then, January comes along. The gym is packed. Classes are crowded. If I want to use a machine that's in use, I work out on something else, keep an eye on the machine I really want to use, and then dart over there as soon as the last person finishes. Either that, or I can spend half my time waiting in lines. I used to think this was pretty annoying. Not anymore. Now I tell myself, "Be patient. Most of these people will be gone by February." Sadly, I'm right every year.

This isn't just happening at my gym. According to US News and World Report, 80% of people who make New Year's Resolutions lose their resolve by February. If this is you, you're not alone. The problem, however, isn't you. The problem is your approach. We can fix that.

If you are reading this article, chances are that you got sober. You did not, however, wake up one day, decide you were done drinking/using, and cruise over to a 12-Step meeting to get your 10 year chip. You started out small, taking a one day at a time approach. You asked for help, and you accepted it. Each day that you stayed sober, you felt better about yourself. You may have relapsed, perhaps multiple times; but you picked yourself up each time and kept going. A day became a week, a week became a month, months became years; and soon you had a lot of sobriety under your belt. During that time, you were tempted to drink/use, but you chose not to. You knew why you wanted to stay sober. You harnessed the power of your inner strength, your faith, and your support system to keep you on track.

These are the same skills you need to get in shape and stay in shape. You already have the power and experience to achieve your New Year's resolution. I'm going to show you five tips for harnessing that power to achieve your fitness goals.

Set Small Achievable Goals:

Remember that a lot of baby steps still move you forward, and nearly everyone can take baby steps. After taking a lot of baby steps, one can look back and think "Wow, look how much I accomplished, and it didn't even feel like hard work." The same applies to adding exercise to your day. Try making just one change the first week. For example, go out for a 15 minute walk, just once the entire week. Anyone can find 15 minutes over the course of 7 days. The next week, find time for two 15 minute walks. The third week, try bumping it up to three short walks. I bet you're thinking, "Now she's going to tell me to walk 4 times, then 5 times, then 6 times each week, and finally every day." Nope. Once you get up to three 15 minute walks each week, keep doing that for another month or two. If you're still walking regularly by mid-March, (or doing whatever form of exercise you chose), congratulate yourself. You will have lasted longer than most people. You succeeded because you chose the slow and steady approach. You set yourself an achievable and reasonable goal. You set yourself up for success. That's why you still have your resolve. If by mid-March, you feel like walking further, faster, or more often, gradually add that into your routine. Lots of baby steps really do add up.

Exercise Mindfully:

As much as I'd love to tell you that you'll always be excited to get out there and walk, I will tell you the truth instead. There will be days when you start out not wanting to be there. You may be exhausted, stressed, anxious, or depressed. Your body may feel like it just doesn't want to move. You will come up with lots of excuses as to why you aren't going to exercise. Get out there anyway. It's only 15 minutes! Then, pay attention to the "during" and "after". Pay attention to how you feel and what's going through your head as you start moving. You will notice your body warming up and your muscles loosening. Stress, depression, and anxiety will begin to melt away. You will gain mental clarity. You will recharge emotionally, mentally, and physically. When you finish, notice that you are feeling better than before you started.

Practice Gratitude:

According to Harvard Health, gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Think of each exercise as a gratitude session. Remind yourself that you are exercising regularly because you can. Your sobriety makes this possible. Your body makes this possible. Your mind makes this possible. The simple act of walking is a reminder of how much you have to be grateful for.

Find an Accountability Partner:

Sometimes we can find the strength to keep going by looking inside; other times we need to look outside. Your accountability partner can be anyone who is willing to support you in your journey to better health. Maybe it's your sponsor. It could be a friend, family member, or a walking group. They can support you by getting out there with you, encouraging you to go, celebrating your successes, or any combination of the above. Figure out what works best for you, and then harness the power of your support system. Let them hold you accountable.

Celebrate Your Successes:

Every time you get out there and walk (or do other exercise) for 15 minutes or more, you are succeeding at moving toward your longer-term goal of improved health. Mark those successes. You may wish to use an App, keep a journal, check off exercise days on your calendar, or do something else. You can count total minutes walked, total days walked, or total distance. For example, most people going at a moderate to brisk pace can finish a mile in 15-20 minutes. If you walked for 15-20 minutes a day, 3 times a week, in just two months, you will have walked the equivalent of a Marathon (26.2 miles). Pretty impressive!

Want to be one of those few who proudly sticks to their New Year's resolutions? You can do it! You have the tools to stay sober.

Those same tools can help you improve your physical health through exercise. Harness your inner strength and your support system, and incorporate these 5 practices to support your new healthy lifestyle.

If you'd like to share your exercise success story, and inspire others, you are welcome to post to our Strides in Recovery Facebook group.

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.



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

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

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

800-413-7660 • cri-help.org

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

ADDICTS
HELPING
ADDICTS
SINCE 1971



THE PROGRAM OF INSPIRATION

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

IT IS NOT.
WE HAVE ONE.

ONE-ON-CAMPUS

GET ONE ON YOURS TODAY

ONE ON CAMPUS
EARLY INTERVENTION THROUGH
HUMAN CONNECTION™



INSPIRE@ONEONCAMPUS.COM

Social Media @oneoncampus



www.oneoncampus.com

A PROGRAM OF ONE RECOVERY a 501c3 nonprofit
888.852.2201

The Journey Continues

by: Patrick O'Neil

A BEGINNERS MIND: MEDITATION IN SOBRIETY

I remember sitting in my first AA meeting in a church basement, all fidgety and nervous, staring at a poster of the 12 Steps hanging on the wall. Horrified that in almost every step there was the word GOD, written in huge letters. I just knew this AA thing was some sort of religious cult and I was two seconds away from running out the door. When I read Step 11: "Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out," I came to the conclusion I was definitely in the wrong program. Prayer and meditation, God, His will, really? I wasn't some monk or wannabe shaman burning sage and chanting "Om." I wanted to stop using drugs, not join an ashram.

I was addicted to heroin, my life was a total mess, and it didn't take a rocket scientist to figure out why. I'd been ignoring the consequences of my using for a very long time: my health was on the decline, my family had practically given up on me, I'd been arrested numerous times, all my relationships were bad and centered around drugs. I was depressed and totally defeated. Yet, every time I tried to quit I'd get a few days clean, and then go right back to using. I'd been to rehab three times. I had gone to therapy and lied about being a junkie. I tried methadone and buprenorphine. I'd even moved across the country. Not surprisingly none of that had worked and now I was in an AA meeting, asking for help, and resisting what was being suggested.

Thankfully I was desperate enough that I stayed, eventually found a sponsor, and worked the steps. Although it still took me a year to make it through the first ten and then I hit step eleven, "prayer and meditation," and I totally balked. Prayer I got. I had engaged in a lot of "negotiation" prayers; "I swear god, if you get me out of this mess I'll get sober and be a good person"—that of course I never followed through on. But this meditation stuff was baffling. Truth be told I had no desire to mediate and from the very start it was hard. I have a "busy" mind. There's a ton of chatter, most of it negative, and to find a calm inner peace amongst all that noise is fairly difficult. But hey, Step 11 says mediate and by this time I definitely wanted to stay sober, so yeah—then I'm going to meditate.

From everything I had heard and read meditation was all about being present. Unfortunately, I had spent the last 20 years of life trying not to be present by doing copious amounts of drugs and alcohol. So this concept was very foreign to me, and I had to admit awkward and uncomfortable. But as the Zen philosopher and author Alan Watts said, "The only way to make sense out of change is to plunge into it, move with it, and join the dance," and that's exactly what I wanted to do. I just didn't know how.

A friend told me about a beginner's 11th Step meditation meeting. It was held at a community Zen Center and there were about twenty people sitting on floor in front of the mediation teacher, who was also a recovering addict. I sat down in the back row and looked around at my fellow meditators. They all seemed happy and it felt just as uncomfortably awkward as AA had in the beginning—maybe even worse—but I decided to hold off judging everyone and let myself experience what this meeting had to offer.

"Welcome," the teacher said, as he looked around the room making eye contact with each person. "Shoshin or beginner's mind is a term used in Buddhism that means having an attitude of openness, an eagerness to experience, and without any preconceived ideas, or being in fear. Zen monks with a lot of experience, who have studied at advanced levels, use this technique to gain new knowledge on subjects they already know. So here you all are, beginners, and already you have this advantage." Everyone laughed; he had put the entire room at ease, including me.

For the next fifteen minutes he gave a "dharma" talk about how our desires caused us suffering, and that it was time to let go of all our external issues, and instead concentrate on ourselves as we pertain to the world around us.

Con't Page 22

Creative Change Conferences

Recovering our Power

A conference for women

Inspired by: Ruth Bader Ginsburg.

Saturday, February 29, 2020

8:30 a.m. to 5:30 p.m. Annenberg Health Sciences
Building at Eisenhower

39000 Bob Hope Drive, Rancho Mirage

General admission: \$100 (includes lunch)

Student Rate \$50.00 Seven CE's, raffles, networking

Sign up on our website:

www.creativechangeconferences.com

A day for women to support and celebrate each other. The Beautiful Face of Recovery is a unique conference offering both speakers and experiential workshops that promote both professional and personal growth.

Speakers:



Mary Richardson



Louise Stanger



John Lee



Sparrow Goudey



Chaundra Prehara



Mary Gordon



Kristina Padilla



A NEW YEAR AND A NEW YOU IN RECOVERY

On January 29th, 2020, I will be celebrating my 13th year of recovery. It truly is unbelievable to me that I have come this far, while living such a beautiful and blessed life after addiction. Like many, I came into treatment deeply depressed and a broken shell of a woman. Like my book's *Addicted to Dimes* subtitle, *Confessions of a Liar and a Cheat*, my gambling addiction turned me into 'a liar and a cheat', and I couldn't even look at myself in a mirror. How would I ever dig myself out of this dark hole I'd dug me and my husband into? Feeling lost and hopeless, I never thought I could do it. Slowly, one day at a time I did.

Let's fast forward to today - My heart is filled with gratitude. Not only have I done the hard recovery work needed to get here, and continue to do so, I have a life people only dream of. As woman who has maintained long-term recovery, how do I continue to grow when "feeling stuck"? Or continue gaining more self-confidence, stay away from relapse, and continue both professional and personal growth? Especially when you have done treatment, counseling, meetings, and continue to do step work. What can you do when years of maintaining your path, and traditional or therapeutic therapy isn't working for you anymore?

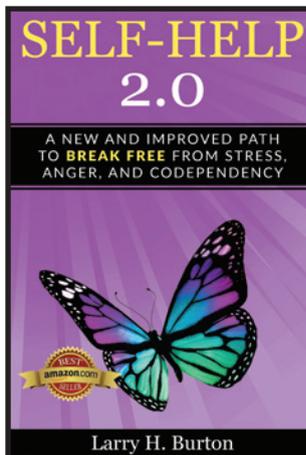
I turned to an amazing life, spiritual, and relationship coach for help! Please meet my friend and recovery advisor Maureen Scanlon, aka., Life Coach Maureen. Maureen has helped me continue to gain self-worth and confidence in all areas of my recovery path and my at-home career, spiritually, and in my relationships to help me live a well-rounded recovery journey, and happier life! See, I have learned through the years that my recovery has gone through many phases. Yes, there is a time in early recovery to do meetings weekly, reach out for support, make those treatment groups when you leave in-patient and transition to out-patient. Even being dually-diagnosed and working with a psychiatrist and a therapist, for me, these last couple of years was not helping me move forward.

So, I turned to a Life Coach. Maureen does offer early to recovery coaching as well, but where she can also help is for those with longer-term time to continue to gain confidence, help through those live events or trials, through stress and fear, and enhance what you do to stay free from a relapse as she reminds us of the skills and tools we have learned already, and make sure we use them. Learn to "live life on life's terms" and get over any bumps on our path. Here is a little more about Maureen who is nationally known, speaks at many events, gives lectures, and much more. She will keep you motivated and inspired by her infectious personality and positive outlook as it begins to rub off on you! Lol. Her business and home are in Mesa, Arizona. Maureen is a certified life and spiritual coach, and relationship expert with training in cognitive behavioral therapy and NLP techniques. She can help unlock your life purpose and help build your best life.

Here is Maureen who shares what she offers in her own words: "I know what it's like to feel stuck. I've been in not-so-happy marriages, hated my job and the future it held in store, and have struggled to meet financial freedom. I began working on improving my communication and enhancing relationships, setting goals and accountability, and nourished my spirituality and well-being. I began meditating, thinking outside-the-box, and using solution-driven techniques for a more meaningful life.

THE END RESULT? A FULFILLED ME! Now it's your turn. Maureen says "Whether it's a relationship with your spouse, family, work, or yourself, I'm here to help you live free of anxiety, resentment, anger, self-doubt, addictions, and fear. I'll start by clarifying your long-term recovery and life goals, discovering the best in yourself, and establishing lasting change so you can be on the road to happiness you never knew you could reach, and I will help you fall in love with your life all over again! So if you'd like to recharge your recovery and life to take it to a new level this new year?" Visit Maureen Scanlon's website and see how her coaching can help you continue to grow, enjoy a happier life, have more peace, and serenity along your recovery journey! Maureen has also just released her first book titled, 'My Dog Is More Enlightened Than I Am,' Maureen offers tips on how to take inspiration from animals to make the most of your life, and nurture your relationships just by following the ways of our furry pets. Begin a new year like I am and use the services of a life or recovery coach to move forward and "QUIT TO WIN!"

Catherine is the author of her debut memoir, "Addicted To Dimes," a gambling recovery advocate, coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, FacingAddiction.org and Heroes in Recovery.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. Maureen Scanlon is the founder and CEO of Maureen Scanlon Life Coaching. She is an author, relationship expert, motivational speaker, positive change integrator, and spiritual coach. (480) 258-9765 www.lifecoachmaureen.com. Be sure you mention "Cat Lyon's Special Session Price".



Feeling frustrated with traditional self-help?

Discover a more empowering way to help yourself feel greater:

• Serenity • Peace • Clarity • Joy • Hope

Help yourself to move forward with greater ease.

Get your copy today.

Available at Amazon.com



FAIR HOUSING CONFERENCE FEBRUARY 12TH TO 14TH, 2020 (Venue TBA) San Diego, California

Please join us for the 27th Annual Fair Housing Laws & Litigation Conference as we organize, mobilize and strategize about Fair Housing for Our Future.

JOIN US TO HONOR AND CELEBRATE THE WORKS OF
ROBERT G. SCHWEMM



ROBERT G. SCHWEMM
Ashland-Spears Distinguished Professor at the University of Kentucky College of Law

Developing Agenda* Topics

Immigration: Identifying a Diverse, Migrant, Immigrant, Asylum Seeking Population - Can We make a Connection to Fair Housing Rights?

Housing Civil Rights for Persons with Mental Health Disabilities-Crossovers to Veterans' Rights, Homelessness, Criminal Justice Reform

Section 504 for Covered Entities and Housing Consumers with Disabilities/Access Needs

Fair Housing Legislative & Regulatory Updates - HUD & DFEH
Legal Ethics Course

Algorithmic and Data Bias & A Homeownership Crisis for Communities of Color

Source-of-Income Discrimination and Comments on "Moving Toward Integration"

The use of Fair Housing enactments in Tenant-Landlord Litigation
18 CLE Credits Available

Agenda subject to change based upon speaker confirmation

CO-SPONSORS: Fair Housing Council of San Diego •

- Mental Health Advocacy Services, Los Angeles •
- Fair Housing Council of San Fernando Valley •
- Other Sponsors Are Invited to Join •

Confirmed Speakers

Jayne O'Donnell,
USA TODAY's Health Policy Reporter
Erwin Chemerinsky Esq.
Dean, Berkeley Law
Stella Adams,
CEO, S J Adams Consulting
George Lipsitz,
Professor, UC Santa Barbara
Michael P. Seng, Professor of Law,
John Marshall Law School
Christopher Brancart, Esq.
Brancart & Brancart
Ken Walden, Esq.
Access Living, Chicago
Lynn Grosso, Esq.
Office of Fair Housing and Equal Opportunity
Scott Chang, Esq.
Housing Rights Center,
Lee Gelemt, Esq.
ACLU, New York Office
Susan Silverstein, Esq.,
AARP
Lisa Rice, President and CEO,
National Fair Housing Alliance
Andrew Servais, Esq.
Wingert, Grebing, Brubaker, Juskie
Nadine Cohen, Esq.
Greater Boston Legal Services
Richard Painter, Esq.
University of Minnesota Law School
Beth Rosen-Prinz, former Deputy
Director (Housing) DFEH

To Register & More Information Call

(818) 373-1185 or (619) 346-0308

www.fhconference.com

JANUARY EVENTS

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.laventanatreatment.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.

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

SUNDAY JANUARY 19TH 2020: 8am to 6pm Radford Hall is having a Yard Sale - Fundraiser for Radford Hall. Please bring us your gently used items to Radford Hall NOW through January 18th 6am until 11am or after 6pm. Radford Hall is located at 13627 Victory Blvd, Van Nuys, California 91401-1735.

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

THURSDAY JUNE 11 TO SUNDAY JUNE 14, 2020: Spa Come and join us for fun and fellowship at the The Renaissance Esmeralda Resort and Spa. The hotel is located at: 44400 Indian Wells Lane, Indian Wells, California, 92210 for more information visit www.desertpowwow.com.

FRIDAY FEBRUARY 14TH, 2020: Valentines Dance at Unit "A", 10641 Burbank Blvd., North Hollywood, CA 91601. Speaker meeting at 8pm. Dance 9:30pm until 1:30am. \$5 per person \$7 per couple. D.J., Snacks, Raffle for Flat Screen \$5 ticket!

THURSDAY JULY 2 TO SUNDAY JULY 5, 2020: 2020 INTERNATIONAL CONVENTION OF Alcoholics Anonymous this year to be held in Detroit, Michigan. For more information and to register www.xpressreg.net/register/ICAA0720/landing.asp.

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

To find local meetings and events all year long call

**Alcoholics Anonymous
San Fernando Valley Central Office**

16132 Sherman Way,
Van Nuys, California 91406

Telephone: 818-988-3001

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

VOLUNTEERS ARE ALWAYS NEEDED

Book, CD & Video Reviews



CREATING A CHARMED LIFE, Sensible, Spiritual Secrets Every Busy Woman Should Know. Written by Victoria Moran, Published by Harper San Francisco, a division of Harper Collins publishers.

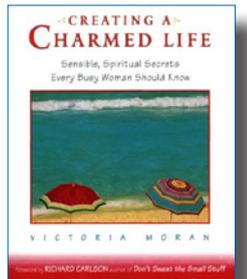
This book is very nice, and a great little book for women. We all have seen, know and envy that woman and we, "Wondered how does she do it?" People that know Victoria know she is one of these women. I am sure that even though she, as all of us, has her fair share of difficult challenges and yet there is something about her that makes life seem so simple, as if her life is somehow charmed.

And, yes I believe that this is not just luck of the draw, but is entirely in results to her own efforts. She has written 75 short stories in this book that will help you change your life into a charmed life to be envied by others.

She tells us things that are easy for us to relate to so we understand that life can be easy for us if we just stop trying so hard. Sometimes we just need to trust that things will turn out right. Just remember when it looks like it cannot get any worse, it is not the end of the story, it is just a twist in the road. When you go past that curve you will see a rainbow, then you need to smile and let out a sigh of relief. With a small smile your whole body will feel better.

As I found a few stories really hit home with me; I am sure you will find some also. I really liked #30, Watch Your Words, #53, Be True to Yourself, #73, Accept Things as They Are, #74, Trust Your Instincts.

Victoria offers sensible spiritual secrets for valuing yourself, savoring experiences, meeting challenges, and finding time for things that are important. These stories are so real to life and talks to all of us. Trust me and do yourself a favor read this book. Available at Amazon.com.

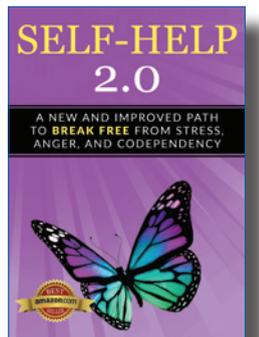


SELF-HELP 2.0: A New and Improved Path to Break Free from Stress, Anger, and Codependency. Written by Larry Burton. Published by Burton Enterprises, Inc.

My wife Jeannie and I had the pleasure of meeting Larry a few years back, at an opening of a Sober Living. Larry captured both of our attention with his perception and applications, of the different tools that could help individuals obtain continual sobriety.

Mr. Burton introduces the reader to the Pondera Process, which is extended to all, who wants to utilize the Key that is within each of us. He explains how his process can help us unlock the emotional, psychological and trust system, giving us truer alignment in the correct proportions. This book is a must-read for those of us that are aware of the attributes, that we already possess. Within the pages of this remarkable book, lies the formula to achieve Transparency of ourselves for the inner peace, that we all are searching for.

Larry gives us information for growth, expansion and the realization of who we are, and who we can become. There are many roads along this highway of life, it is so enlightening to get a heads up regarding a path leading to a positive elevation of self. Thank you, Larry, for sharing your perceptions and perspectives, that can help each of us when we receive them with an open mind. I give this book 5 stars. Available at Amazon.com.

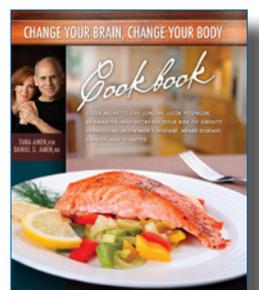


CHANGE YOUR BRAIN, CHANGE YOUR BODY: Cookbook. Written by Tana Amen, BSN and Daniel G. Amen, MD. Published by MindWorks Press.

I met Daniel G. Amen, MD, when he spoke at the San Fernando Valley Chapter of WAAT. His talk about addiction and understanding the brain was so fascinating that I have been following his work ever since. I was given this book a few weeks before I wrote this. Once I read this book, I was excited to see if eating differently would indeed change my brain, and my body. So I chose a few recipes to cook for me and my husband Marcus. This review is two fold, content of the book, and ease of using the recipes.

This book is easy to understand and follow, starting with 7 simple rules for *Brain Healthy Eating*. Dr. Amen applies science to eating. What we put in our body matters on so many levels, not just our weight, which is what we focus on. Some think calories are calories, this simply is not true, but Daniel explains why. He also disproves the myth that vegetarians don't get enough protein. A chart is included showing protein percentages in plant based foods. This is not a vegetarian cookbook, turkey and fish recipes are included, the focus is how to get the most out of our food, and yes there are mostly vegetable based recipes. As with anything, consistency is the key to better health. This cookbook makes it a bit easier to be consistent.

I chose to make the "Herb Garden Frittata", and the "Quick Wet Quinoa Salad". Both of these were easy to create and tasted wonderful. I can't wait to try making the "Chocolate Covered Strawberry Mousse". I give this book **5 Delicious Stars**. 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.



But if we don't also make room for what the disorder is trying to help us with, then we're missing a big piece of the picture. Often that can lead to setting ourselves up for a more difficult recovery.

For example, if your eating disorder is trying to help you find value and worth, then there needs to be a focus in recovery on what makes you feel whole as a person, and building up those skill sets.

If your eating disorder is trying to help you deal with your emotions, then there needs to be work on emotional tolerance and alternative coping skills. If your eating disorder is trying to help you feel safe, then there needs to be a focus on creating a sense of order and routine in your day-to-day life outside of food.

More than anything, these needs must be met with compassion. Even though the eating disorder has been harmful in the long term, it's been trying to help us feel better in its own way. We wouldn't get upset at someone else for trying to help us feel better, even if they don't know what they are doing. Instead of being angry with our eating disorder impulses, we can understand what they are trying to help with and find other ways of addressing those needs that are healthy, safe, and effective in the long term.

~~~~~  
*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.*

*Annie can be reached at [annie@gemmed.ngo](mailto:annie@gemmed.ngo), [www.gemmed.ngo](http://www.gemmed.ngo), or on instagram @theinnergem.*



Writers In Treatment presents  
**11th Annual Experience, Strength and Hope Awards**

**Honoring Leigh Steinberg**  
for his book, *The Agent: My 40-Year Career Making Deals and Changing the Game*

**Thursday  
 March 19, 2020**



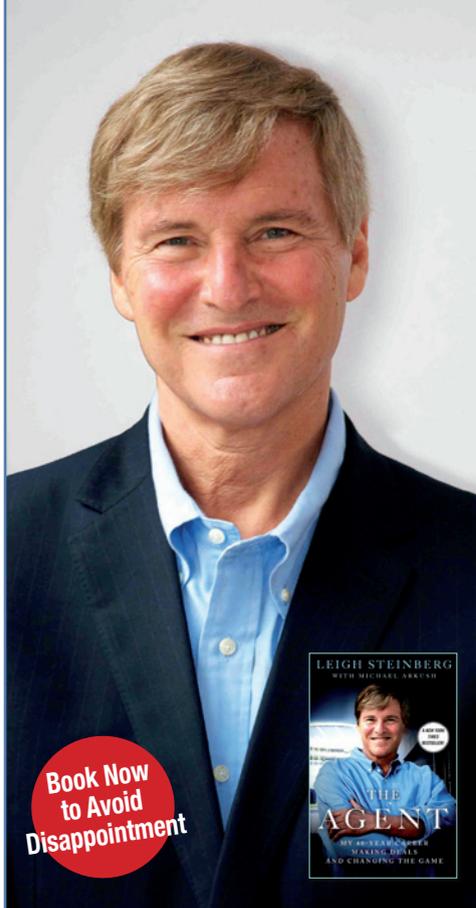
**Host: Ed Begley, Jr.**  
**Presenters: Tim Ryan & Jennifer Gimenez**  
**Special Guests: TBA**

**Skirball Cultural Center**  
 2701 N. Sepulveda Blvd.  
 Los Angeles, CA 90049

**Catered Networking Reception: 5:30-7:30 PM**  
**Awards Show: 7:30-9:00 PM**

**Tickets: \$100**

**Dress Code: No Gowns, No Tuxes, No UGGs**



**Book Now to Avoid Disappointment**

Call Leonard or Ahbra today for more information:  
**(818) 762-0461**  
[www.writersintreatment.org](http://www.writersintreatment.org)

**SAVE THE DATE**  
**CAADE 34TH ANNUAL CONFERENCE**  
**APRIL 17TH THRU 19TH, 2020**  
**CAADE CARES: Professionalizing The Workforce**




**DOCUMENTATION**

**DSM V**

**MI**

**MAT**

**CASE MANAGEMENT**

**20.5 CEU's Available**  
**CCAPP - CADTP**  
**NASW**  
**NAADAC**  
**Approved!!**

**MARRIOT BURBANK HOTEL**  
**2500 N Hollywood Way**  
**Burbank, California**  
**(818) 843-6000**

**CAADE Office (707) 722-2331 - email [office@caade.org](mailto:office@caade.org) - [www.CAADE.org](http://www.CAADE.org)**

# Classified Ads

# Classified Ads

**APT. FOR RENT**  
**SHARE AN APARTMENT:** In Silverlake, comfortable, private bedroom. A/C, washer/dryer, near reservoir walk/running path, shops, public transit, quiet neighborhood. \$1045 plus utilities. Contact Howard at (323) 821-1608.

**ENERGY HEALER**  
 I have a unique program that integrates breathing, mindfulness, meditation, and quantum energy work which helps free you from anxiety, manage stress, learning to be fully present, feeling relaxed, have a new perception about life. My methods are fast, easy and safe. Contact Fanny Energy Healer for the mind, body and soul(310)890-3176. www.FannyEnergyHealer.com

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

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

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

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

**HOUSE IN THE HILLS** Sober Living for Women in Woodland Hills, CA. We believe that recovering addicts/ alcoholics must safely reconnect with the outside world, aided by a healthy, balanced and secure environment. www.HouseintheHills.org. Call (818) 264-8545.

**SOBER LIVINGS**  
**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

**CHANDLER LODGE SOBER LIVING FOR MEN:** non-profit, since 1960. 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.

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

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

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

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

**SOBER LIVINGS**  
**THE MOORPARK HOUSE** is an Affordable, Structured, and Safe Sober Living in N. Hollywood, near Universal Studios, and NoHo Arts District. Easy access to public transportation, and the Metro. Random UA & Breathalyzer, you must actively work a 12 step program, be clean and sober from both drugs & alcohol. Near multiple meeting halls. New beds, mattresses, bedding, & pillows are provided at move in. FREE Transport to facility available at time of move in. Coffee, WiFi, Computer/Printer Station, Spacious Rooms, Toiletries, Towels, Community TV, Stocked Kitchen are all provided in monthly lodging fee. Call or text (424) 239-9290. www.themoorparkhousesoberliving.com

**SOBER LIVINGS**  
**THE VESPER HOUSE! UNDER NEW MANAGEMENT:** Are you ready to begin your NEW SOBER future TODAY? We are Southern Calif. Oldest Women's Sober living Home! Vesper House has been helping women who are in recovery for more than 65 years. Located in the San Fernando Valley. We offer semi-private rooms, parking, bus line access, Living room with cable TV, kitchen access/usage, on-site laundry, computers with high-speed Internet access, on site AA meeting for Clients, and more! Located at 6301 Cahuenga Blvd., N. Hollywood, CA. Vesper House is a Zero Tolerance Alcohol and Drug Sober Living Home! The weekly rent is \$130. Call for an us TODAY for further information and to set up an interview! (818) 769-3057.

*Rolling Sober*  
**SFV**



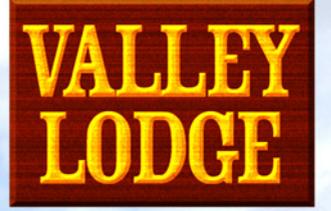
Rolling Sober SFV, meets the last Sunday of each month at 9:am. Meet us at The San Fernando Valley AA Hall, 220 S Brand Blvd., San Fernando, Calif. Parking Available Across Street. Visit our Facebook Page (Rolling Sober Car Club) for more info. The only requirement is that you are clean & sober and have a love of old cars.

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

**SOBER LIVING HOME FOR MEN**

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

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



**CALL: 818.843.9270**  
 446 NORTH VARNEY ST. BURBANK, CA. 91502

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

CLASSIFIED AD HEADING : \_\_\_\_\_

Classified Ad Content: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Billing Address: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

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

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

# KEYS TO RECOVERY — NEWSPAPER, INC. —

## Advertising Rates

## Ad Sizes

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

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

## Materials & Deadlines

## Terms and Conditions

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

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

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

[www.KeysToRecoveryNewspaper.com](http://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](mailto: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](http://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.org

**ERC Insight:** (Mood, Anxiety, Trauma) (877) 737-7391, www.jennischafer.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](http://www.bily.org)

**County of LA Depart.** of Mental Health for listing of providers at [www.dmh.co.la.ca.us/providers/allprov.htm](http://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](http://www.dhhs.gov) (877) 696-6775.

**HOMELESS HEALTHCARE LOS ANGELES:** 2330 Beverly Blvd., Los Angeles, CA 90057, [www.hhcla.org](http://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](mailto: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](mailto:mentoring@hscfs.org).

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F. Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://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.

**NCH National Coalition for the Homeless** (202) 462-4822, [www.nationalhomeless.org](http://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.

**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](http://www.scadplne.org) (562) 923-4545.

**The Good Shepherd Shelter:** (323) 737-6111.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (



I made a commitment then and there that I would stop drinking. I had “quit” several times before, but each time I had returned to the bottle. However, I could tell that something was different this time. In part, I had hit bottom and was sick and tired of it. I knew that if I did not quit drinking, and take care of the underlying conditions that were a direct result of my sexual abuse, I would probably lose my wife and children. This wasn’t like previous times when I had hurt Cathy, and she had forgiven me. By now, Cathy had had enough of my abusive behavior, and was insisting that something had to change, and change quickly. I had to change but didn’t know how to.

The following week I saw my therapist and she suggested that I start going to A.A. meetings, which I kindly declined to do. After all I wasn’t living under a bridge, I hadn’t lost my family, home, or business. I just had a small drinking problem. Once again, I had quit drinking, and once again my behavior had begun to get worse. My therapist patiently worked with me over the next three weeks, each week encouraging me to start attending A.A. meetings, and each week I would insist I didn’t need that kind of help. After a month of no drinking and drugging, after a month of my behavior crashing, my therapist recommended that maybe I should look into going to the Betty Ford Center. For some reason I decided that it was time to listen to my therapist, after all she had always had my best interest at heart.

My sobriety date is Feb. 5, 2006, Superbowl Sunday. I quit drinking that day but that is all I had done. I began my recovery journey in March of 2006 when I entered The Betty Ford Center. I attended the Intensive Outpatient Program for eight-weeks, started attending A.A. meetings on a regular basis, got a sponsor, and continued seeing my therapist. For me it was the combination of all three of these modalities that slowly helped me uncover and discover my character defects, replacing them with the attributes of a healthy father, husband, and contributing member of society. Today I continue seeing my therapist when needed. I work with others on a constant basis. I have become a pastor and oversee the Celebrate Recovery and Freedom Ministries at Destiny Church. Most important of all, I stay close and pray daily to God asking for His guidance, wisdom, and His will to be done in my life.

*Pastor Randy Boyd is a licensed California Alcohol & Drug Counselor (CADC-1), AA in psychology and Drug & Alcohol Studies. He is founder of the Courageous Healers Foundation – Helping Men and Their Families Heal from the Scars of Sexual Abuse. Randy is a certified Trauma Informed Transformational Life Coach. As a courageous thriving survivor of sexual abuse, Randy speaks candidly at conferences, schools and treatment facilities and is a past associate and regular featured speaker at “The It Happens to Boys Conferences” from 2008 - 2018. He also speaks to clergy, law enforcement, attorneys, doctors and teachers about the effects of abuse on men and on healing. Randy is the author of the #1 International Best Seller in 8 countries and 5 mental health categories addressing emotional, physical, sexual, and spiritual abuse titled **Healing the Wounded Child Within** – A guide to healing from the pain of abuse. He is also the author of a devotional, **30-Day Devotional to Wholeness**. Randy’s books are available at [www.Amazon](http://www.Amazon). You can reach Rand at [www.Courageoushealers.org](http://www.Courageoushealers.org), [www.Changeyourlifestorynow.com](http://www.Changeyourlifestorynow.com), Email: [courageoushealers@gmail.com](mailto:courageoushealers@gmail.com) or call (760) 702-5498.*



In life we all make mistakes and with patience we learn that it is not the end of the world, rather it’s the beginning of a new way of being. Acceptance of who we are and our differences. Fred said, “Knowing that we can be loved exactly as we are, gives us all the best opportunity for growing into the healthiest of people.” We all have different gifts, so we all have different ways of telling the world who we are.

**9. Forgiveness is the key to acceptance.** “Forgiveness is a strange thing. It can sometimes be easier to forgive our enemies than our friends. It can be hardest of all to forgive people we love. Like all of life’s important coping skills, the ability to forgive and the capacity to let go of resentments most likely take root very early in our lives.” In 12 step work, during the 4th step, we learn to make amends to those we have harmed. Most importantly, we learn through therapy and 12 step work to forgive ourselves.

**10. Our Imagination is limitless** – like Napoleon O Hill, Fred believed that “anything the mind can believe it can achieve.” Once we are able to work through whatever our past is and who we are, or are not the possibilities of who we are, are endless. That is in essence of existence.

**11. The Value of Human Connection** - “Love isn’t a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly the way he or she is, right here and now.”

**12. Lastly, Fred knew there was “no life that was entirely free of pain.”** He invited all of us to close our eyes and think for a few minutes of all the people who have been important to us and taught us things. In doing so we learn to practice acceptance and forgiveness, to think outside the box and thank our alcoholic father or mother, or someone that was not nice and those that were most gracious, because for Fred there ultimately was goodness in all of us. “There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind.”

*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](http://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.*



One of the questions that we brought into the space was, “What if God designed marriage to become Holy rather than to become happy?” This is a powerful question that invites us to look at how we relate to partnership and/or union. During the completion ceremony of this night our clients had multiple couples within their community, come up and share words of wisdom with them (and all of us!) as to how to create a loving and long-lasting marriage. It was such a blessing to hear from couples who had been married anywhere from 2 to 50 years.

Everything about this experience was a blessing and it was unbelievably powerful, because it was all intentional. We completed the second half of the trip with the “Values of Integrity”, “Respect”, “Trust” and “History”. At our final ceremony everyone was invited to continue this practice in their daily lives, and to live life ON PURPOSE, WITH PURPOSE. We are inviting you to do the same. This coming year may we all live with a daily practice that allows us to set clear intentions on a regular basis. It is important to ask ourselves these questions: 1) What really matters to me and why? (Get clear on values, define them and connect to why they are important to you) 2) Who am I committed to being? (to myself, my family, my community, the world at large) 3) What am I committed to creating? (Get specific in multiple areas; Health, Relationships, Money, Spirituality/Personal Growth, Family, Romance, Physical Environment). Once you have clarity you can create annual, monthly, weekly and daily intentions that will support you in fulfilling the bigger vision. Rome wasn’t built in a day. The greatest things we create in life are built one action at a time and with clear intention. May you be blessed in this practice, and on your journey. We would love to hear your visions and intentions, so please email us with what you are creating! *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. Rudy & Kelly’s email: [consciouspartnershipcoaching@gmail.com](mailto:consciouspartnershipcoaching@gmail.com)*



I had suffered under addiction for many years. I was more than ready and willing to stop.

The first 10 minutes of that 20 minute meditation was the longest 10 minutes of my life. I kept worrying that I was doing it wrong. I initially closed my eyes only to open them and see everyone else seemingly entranced. I wasn’t sure what to do, so I did nothing, and for the second time in my recovery I didn’t run away. I finally got comfortable with my sitting position, adjusting my body, keeping my back straight. I cleared my mind of my preconceived judgments and stopped worrying about every little detail, and people around me. I let go of everything external that I was so concerned with prior to walking into that room. And when I came at meditation with this “beginner’s mind”, I experienced an overwhelming feeling of peacefulness and my internal dialogue calmed down to a dull murmur in background.

Over the next five years I kept attending that meeting and even began meditating at home. Eventually my breath fell into its natural rhythm and my thoughts became less intrusive. In a world that is moving so fast with so much input that at times it can be so overwhelming, the meditation practice that I started then, has helped me find an inner peace I never thought I was capable of obtaining.

*Patrick O’Neil is a former junkie bank robber and the author of the memoirs \*Gun, Needle, Spoon\*, and the forthcoming, \*Anarchy At The Circle K.\* For the past 19 years he has lived and worked in the recovery community as a recovering addict/alcoholic, a drug and alcohol counselor, a college instructor, and he is currently a group facilitator at Cast Centers in West Hollywood. In 2015 the State of California granted him a Certificate of Rehabilitation. In 2016 California Governor Edmund G. Brown awarded him a Governor’s Pardon. He has taught writing workshops in numerous correctional facilities and institutions and continues to be of service to his fellowship and community. For more information, please visit: [www.patrick-oneil.com](http://www.patrick-oneil.com).*

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



# BEYOND EXCEPTIONAL treatment

*This is our promise to you.*

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

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

**THERE IS HOPE. CALL NOW**

**855-995-0808**

*End Your Addiction Today*

We accept most insurance  
[www.harmonyplace.com](http://www.harmonyplace.com)

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

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



NATIONAL ASSOCIATION  
OF  
ADDICTION TREATMENT PROVIDERS

Voice. Vision. Leadership.



**3  
MEN**

**12 STEPS**

**60 YEARS**

**5,000 MEN**

given a solution for recovery

**300,000 MEN & WOMEN**

given support in their recovery



The Chandler Lodge Foundation gratefully celebrates 60 years as a not-for-profit recovery residence for men. The Lodge provides a safe, 12 step based home for those seeking a solution for recovery from alcohol and drug addiction, plus a co-ed clubhouse which welcomes all 12-step based meetings.

**818-766-4534**

**[www.chandlerlodge.org](http://www.chandlerlodge.org)**