

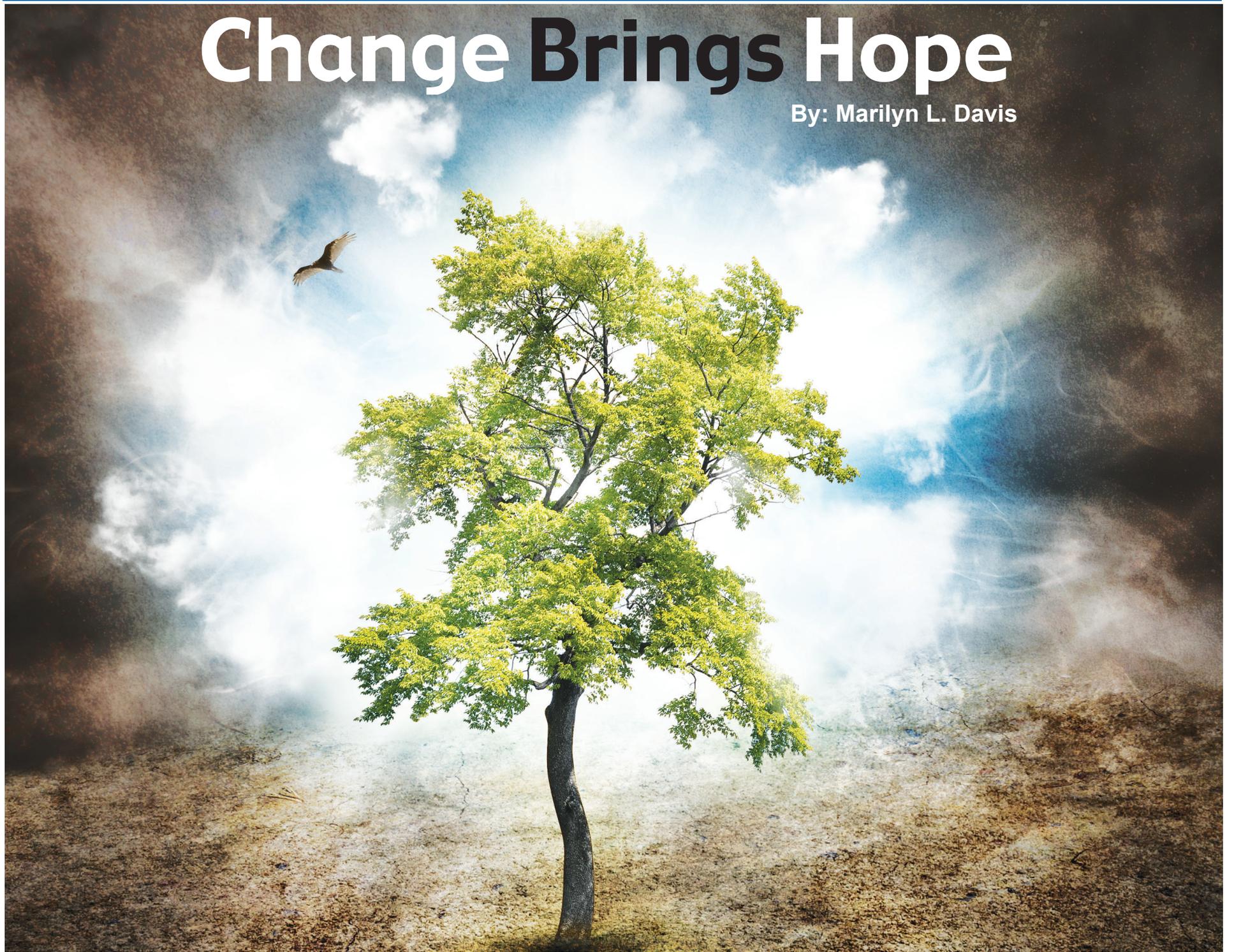
**FREE CARRYING THE MESSAGE OF HOPE FOR RECOVERY FROM ALL ADDICTIONS - READ IT, SAVE IT PASS IT ON**  
**KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY**

May 2020

# KEYS TO RECOVERY NEWSPAPER, INC.

## Change Brings Hope

By: Marilyn L. Davis



**Becoming  
Teachable**

Page 4

**Success Begins  
HERE**

Page 5

**Forgive and  
Move On?**

Page 9



**Miracles  
In Action**

MOST INSURANCE ACCEPTED

Outpatient Detox • Intensive Outpatient Programs  
Partial Hospitalization • Structured & Safe Sober Living Homes  
Telehealth programs now available!

Burbank & Northridge

(818) 918-5822 | [MiraclesInAction.info](http://MiraclesInAction.info)

(See Page 2 for more info)



**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](http://www.AStepintheRightDirection.org)

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



**Telehealth programs now available!**

**Compassionate Los Angeles  
Addiction Treatment Programs**

- Outpatient Detox •
- Outpatient Programs •
- Intensive Outpatient Programs •
- Partial Hospitalization •
- Structured & Safe Sober Living Homes •



Burbank & Northridge • Most Insurance Accepted  
**(818) 918-5822 | [MiraclesInAction.info](http://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
Matters of the Heart	Page 6	Rudy & Kelly Castro
Food For Thought	Page 7	Jenni Schaefer
Healing the Family	Page 8	Peggy Salazar
Freedom From Bondage	Page 9	Randy Boyd
<b>Change Brings Hope</b>	<b>Page 10</b>	<b>Marilyn L. Davis</b>
The Journey Continues	Page 12	Leslie Gold
Quit to Win	Page 12	Catherine Lyon
Provider Directory	Page 13	
Classified Ads	Page 14	
Advertising Information	Page 15	
<b>Resource Guide</b>	<b>Page 16-17</b>	
Events	Page 18	
Book, CD, Video Reviews	Page 18	The Crew

# 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 Art: ID 34391962 © Haywiremedia | Dreamstime.com**  
**Editorial Contributors:** Marcus & Jeannie Marshall • Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro • Rudy & Kelly Castro • Jenni Schaefer • Peggy Salazar • Randy Boyd • Marilyn L. Davis • Leslie Gold • Catherine Townsend-Lyon

# About Us

**Advertising Rates - page 19**  
**Distribution Information - page 19**  
**Provider Directory - page 13**  
**Visit our website for more detailed information on Keys to Recovery Newspaper.**



Welcome to the May 2020 issue of Keys to Recovery Newspaper. April was a character building month for me. How about you? First, I was faced with coming to terms with the defects of character that still exist deep inside me. Next I had to become ready to have God “remove from me every single defect of character, which stands in the way of my usefulness to Him and my fellows.”

It takes a lot of work and dedication to “build character”, and grow beyond my selfishness. Not easy, but the payoff is so worth it. The peace I find inside, when I do what I know God would have me do, is more valuable than words can express. The joy I experience when working with others is so incredible that I want to stay in service as much as possible.

Then why do we find ourselves fighting the things that bring us “peace” and “joy”? I think there are a few reasons, and for me they all come back to fear. Fear that I will fail; fear someone will judge or not like me and what I am doing; fear that there won't be enough (time, money, etc) for “me”; fear, fear, fear... “we could increase the list ad infinitum.”

So how do we override this fear that seems to be a subconscious reaction? Well I can tell you what I do. As soon as I am aware that I am in fear, I take it to God. I remind myself of every fear I have faced with God by my side. I think about how it felt to look back and see that the fear only felt real. In AA we have a few acronyms for fear: **F.E.A.R = Face Everything And Recover**; or **F.E.A.R = False Events Appearing Real**; there are more but you get the point. Sometimes fear can paralyze us, and these simple sayings can help us remember to just take the next indicated action. I have found that facing fears with Faith works every time. And if you do it enough times, Faith not fear, can become the subconscious reaction. It has for me. After being sober for 34 years, and in the program for 40 years, my natural reaction to most fearful situations is Faith. I am by no means perfect, but perfection is not my goal, progress is.

This current state of affairs (Covid-19) has brought many of us to our knees, literally. I love the saying, “When you can no longer stand it, kneel and pray.”

I am praying more often and with more passion than I have in a very long time. Because at the end of the day, the only way to face a God-Sized Challenge, is with GOD. **God bless you! - Jeannie Marshall, President & Cofounder**

Hello to one and all, this month of May continues to bring with it that same strange unpredictably that we felt in April. So many individuals are breathing a sigh of relief, that they are possibly seeing light at the end of the tunnel. During this Covid-19 Pandemic, each day has been a growing experience for me. I really do not have fear so much as I have concerns! My belief in God assures me of who is always in control, so when fear knocks at the door I let faith answer it.

This is a virus that just soap and water can kill and realizing that I, understood that by taking certain precautions my health and safety would not be compromised. By allowing my mind to become free from fear and anxiety, I was then able to focus on what was needed of me to be of service to others. I learned many years ago, that bravery is not the absence of fear, but moving forward to accomplish what is needed regardless.

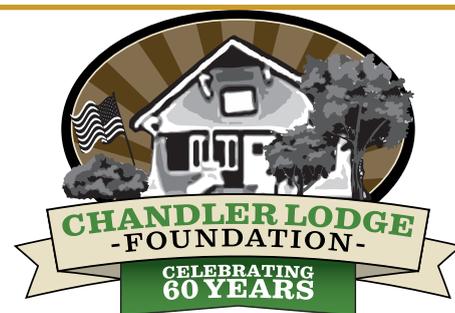
My concern has been directed to my friends and my family that are at high risk, due to their age and/or underlying health issues. My appreciation of most everything has been heightened, what I once took for granted I have now reevaluated. Gratitude has been a large part of my outlook, I have heard of so much suffering- financially, physically, psychologically, and emotionally due to this virus.

I was once told “that it's easy to be content when you have a fist full of hundred-dollar bills”, would you still feel that way if you had a fist full of penny's instead?” I believe it is about one's perception that gives them peace, or frustration during times of uncertainties. With the right perspective, we can view life from a positive viewpoint.

During these unpredictable months ahead, let us reach deep within each of us, and realize like our addiction our God/Higher Power is greater than ourselves- doubt, fear, uncertainties, etc. Until we come together once again for reasoning, I pray that all of our families and friends, will be kept safe and remain healthy. - **Marcus Marshall, Vice President & Co-founder**



**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](http://www.ChandlerLodge.org) • 818-766-4534

## 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

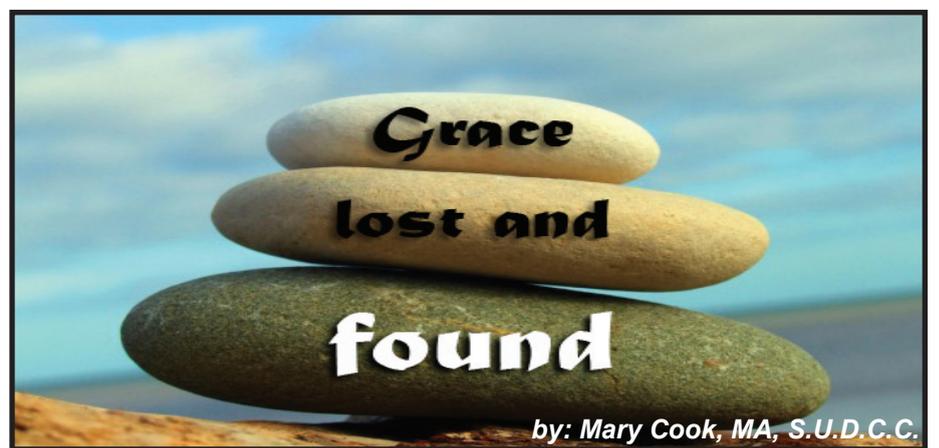
Meeting Chips - Medallions - Medallion Holders - Plaques -  
 - Sober Water - Mints - Candles - Meeting Coffee -  
 - Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs -

**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

Books - Book covers -  
 - Tops - Hats - Keychains -



## BECOMING TEACHABLE

What we don't know is infinitely greater than what we do know, yet we cling to the latter and build our life around it. Who we are is infinitely greater than who we think we are, yet we defend the latter and judge those who are different. We allow conditions and positions to define us and dictate our life, though we feel oppressed. We carry past baggage and project it onto the present, yet dream of a better life. We deny and distract ourselves from what is painful, and sacrifice growth and purpose. When we are young, we are desperate to grow up, and when we are old, we are desperate to be young. We over-think and over-do for fear of what's within us. Without reverence and humility, we are bored, empty, and ceaselessly searching for synthetic stimulation, or subdued in the shackles of despair.

Recovery is focusing on all the ways in which life is teaching us. What we perceive as outside of ourselves is meant to teach us what is inside of us and how we wish to evolve. We must discover what heals us, cleanses us, and nourishes us mentally, emotionally, physically, and spiritually. We must find the center of ourselves where the eternal pulse of creation abides. We can relax and allow a sense of spaciousness to inhabit our mind and body and experience what is timeless and boundless. When pain arises, instead of blocking it or succumbing to it, we can accept it with compassion and curiosity, and determine our healthiest and most helpful response.

We cannot be an extension, addiction, project, scapegoat, or completion for anyone else, nor can anyone else be ours. We are a whole being with a holy purpose, and we require an unhurried pace for this depth of discovery. To be open-minded, patient, and receptive to what each moment teaches us, to come to understand and integrate spiritual principles in our daily life, to learn to live in faith and fortitude, grace and gratitude, is a lifelong adventure with infinite possibilities.

Perfectionism prevents delight and discovery. Dishonesty prevents self-esteem. Controlling prevents creativity. Greed prevents happiness. Selfishness prevents love. This tells us what to surrender and the contrary actions we can take to stimulate positive growth. We can humble ourselves before life and our Higher Power, and welcome awe and wonder. We can be inspired by those who embody integrity. We can be curious, courageous, open-minded, and original in our approach to life. We can be generous in our support and service to others and find joyful purpose in positive connections. We can experience open, expansive, heartfelt relationships that honor each other's authentic journey.

We do not need to pretend to be strong, confident and successful, we only need to be truthful and teachable. We do not need to compete, compare, or pressure ourselves to be the best in our field, we only need to be happy and grateful to collaborate, and contribute toward goals that advance greater good. We do not need to impose our beliefs on others, we only need to be an example of cherishing and nourishing this earth, and all that lives upon it. We do not need to figure everything out; we only need to trust that our Higher Power is offering us a mysterious and mystical journey of lessons, and blessings. And one day at a time, we can work together toward a life of dignity and goodwill for all, for that is the victory of recovery over addictions, and that is the victory of love over force and fear.

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



## NEW BEGINNINGS

### Recovery & Supportive Housing LLC

*Our mission is to provide a positive nurturing, safe & clean environment that is free from drugs and alcohol*

**We have a spot for you \$575 per month  
 Beds available immediately**

## PRAYER CHANGES EVERYTHING

Office (323) 580-6704 ext. 402

Sabrina Rodriguez (323) 580-6703 ext. 403

Casey Morris (310) 738-8837

email: newbeginnings88th@outlook.com

**905 & 907 East 8th Street Los Angeles CA 90002**

## ADVANCED AESTHETICS CARES

WE ARE IN THIS TOGETHER - STAY SAFE



There are many things you can do at home to maintain your healthy glow while we all are "Safer At Home".

Until we can see you again email or text me your skin care concerns, questions about products, and information about our online store.  
 info@advancedaestheticsla.com



ADVANCED AESTHETICS  
 LOS ANGELES  
 www.advancedaestheticsla.com  
 text or call us at 424.310.8088





**SUCCESS BEGINS HERE**

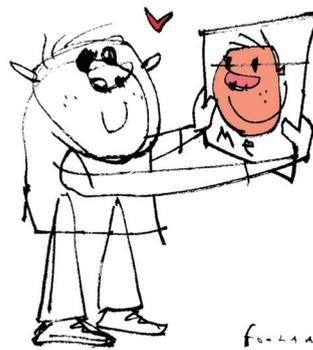
*“How good it feels to be thanked and appreciated. It makes me enthusiastic to continue to give. Well, that’s how God feels when I’m grateful for all I’ve been given.”* – Author’s thoughts jotted down after morning meditation.

Success begins when you say kind things to yourself. When doubtful, judgmental, or discouraged I have found that the best remedy is to treat myself as a kind, supportive, and loving grandmother would.

Each morning I must kindly encourage my grumbling little self. You cannot shame and belittle anybody into changing, and this includes ourselves. Have compassion for yourself, especially in the morning. How we treat ourselves upon awakening sets the tone for the day. I have developed a healthy habit that anyone can do. I get up before my wife to sit on the couch alone and enjoy a cup of coffee, while I read a few inspirational books followed by prayer and meditation.

I rarely wake up optimistic. I must encourage myself every step of the way. From getting out of the bed, to making the coffee, letting the dog out, letting the dog in, gathering up my inspirational books, and then plopping down on the couch to begin. All the while soothing the negative chatter in my head with words of encouragement. It’s often, “Everything’s going to be OK Darrell. Once you have your coffee and do your readings you’re going to feel much better.”

It works every time, and even though I’ve experienced this to be true for over three decades I still must start my day with encouragement. This encouraging of oneself is the most effective method of prayer. It is prayer in its truest sense. The Sanskrit word for prayer, pal-al, means “judging oneself to be wondrously made.”



Prayer is not begging for what you want, it’s acknowledging how wonderful you already are.

Life is not about jumping out of bed and racing into your miserable day. Doing that just reinforces feelings of inadequacy, lack and self-doubt. I can’t imagine a kind and loving grandmother ever yanking a child out of bed and shouting, “Let’s go! Let’s go! Let’s go! You’re going to be late! Now you’ll probably hit traffic! You’re never going to make it on time! Damn it! What a screw up. This is why you’ll never get ahead!”

Self-condemnation is poison to us. It poisons our ambition. It poisons our confidence. It poisons our dignity. It poisons our relationships, and it poisons our success.

If you really want to know how you are treating yourself, just take a look at how you are treating others. This is why we must be kind to ourselves. When I treat myself with kindness, I feel good about myself. When I feel good about myself, treating others kindly seems to be a natural side effect. It’s effortless. To “love your neighbor as yourself” implies that you are as kind to yourself as you are to others.

When people are happy they’re kind to everyone around them. When people are scared or upset with themselves, it brings up feelings of hostility, impatience, frustration, jealousy, envy, and blame towards others.

Treating ourselves with the kindness that a loving grandmother would give makes us feel good, and feeling good always attracts more to feel good about.

**“A change of feeling is a change of destiny.” – Neville Goddard**

*For more on this topic listen to “Funniest Thing! with Darrell and Ed”, via your favorite podcast app or visit [www.DarrellandEd.com](http://www.DarrellandEd.com) - Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, co-host of the “Funniest Thing! with Darrell and Ed” podcast and author of, “What if Godzilla Just Wanted a Hug?” To learn more about Darrell visit [www.ThisWillMakeYouHappy.com](http://www.ThisWillMakeYouHappy.com)*

**Golden Road Recovery - Your Light in the Dark**

We provide detoxification, residential and dual diagnosis treatment



**GOLDEN ROAD  
RECOVERY**

**Call Now (888) 55-DETOX**



**At Golden Road Recovery we provide:**

- Medically Assisted Detox
- On Site Medical Staff
- Our Physician is Triple Board Certified
- Recovery Modalities Include: 12-Step, SMART & Refuge Recovery



**At Golden Road Recovery we offer  
Luxury Treatment at Affordable Prices**

- Private bedrooms • Personal Chef • Equine Therapy
- Art Therapy • Yoga • Full Gym & Personal Fitness Trainer • Breathwork / Meditation

- We Accept Most PPO Plans
- Financing Options Available

**[www.GoldenRoadRecovery.com](http://www.GoldenRoadRecovery.com)**

# THERAPIST



## MARY COOK

ADDICTION SPECIALIST COUNSELOR

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

43 Years of Experience

**310-517-0825**

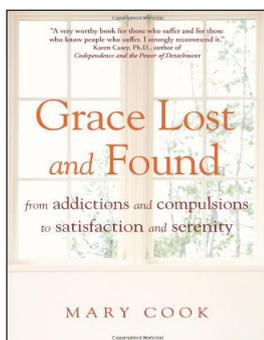
Available for counseling in my office in San Pedro, California or by telephone.

AUTHOR OF:

**Grace Lost & Found**

Available on Amazon.com

**WWW.MARYCOOKMA.COM**



## THE GIFT OF UNCERTAINTY

One thing is for sure, 2020 is turning everything upside down for humanity. We have never experienced a global calamity that has neutralized all our differences such as race, culture, and nationality. None of us have immunity to this coronavirus. We are all in the same predicament. However, we each have a choice in how we experience fear, uncertainty, and disruption to our normal lives. How are you choosing to show up in the face of all of these changes? That's the question we ask you to consider while reading this.

For those that are in 12 step communities we understand the concept of powerlessness. For those that are not familiar, here is the First Step. "We admitted we were powerless over (you fill in the blank) and our lives have become unmanageable." That is the first step we take to our freedom. When we can acknowledge that we truly are powerless, a paradox is formed immediately. What happens is that we find ourselves instantly gaining power in our lives. Choice emerges in our lives. We can choose to recover from addiction, or for that matter any behavior that has impacted our lives.

Both of us have completed the 12 step process in multiple programs, and as a result we now practice letting go of control as much as we can, everywhere we can. When you realize we truly have very little control in the world we can find peace. It does not come easy, because we have to face our fears, our pain, and the ultimate truth of how little we really know. When we surrender we can begin the process of being sovereign.

According to Wikipedia, to become sovereign means to have "the full right and power of a governing body over itself, without any interference from outside sources or bodies". If we apply that definition to ourselves as individual conscious beings, then it means we are not influenced by anything outside of ourselves. That means we don't allow aspects of our world that do not align with our inner knowing. With all of the innumerable cultural influences, peer pressures, institutions, it's far too easy to forget who we are, lose touch with our true being, and become a product of unhealthy environments from which many of us live. In the beautiful book, the Four Agreements by Don Miguel Ruiz, who imparts his ancestral Toltec wisdom, he discusses how we are born into the world with already set agreements, including the name we are given.

Here is what he has to say about choosing love. "The world is very beautiful and very wonderful. Life can be very easy when love is your way of life. You can be loving all the time. This is your choice. You may not have a reason to love, but you can love because to love makes you so happy. Love in action only produces happiness. Love will give you inner peace. It will change your perception of everything."

We want to encourage you to see that choosing love, NO MATTER WHAT, is the path to peace and joy, especially during uncertain times as we are in now. No one knows how deep the coronavirus will impact humanity. We don't know how our economy will be impacted. We don't know how society will handle the fears that will arise.

What we do know is that love is a way of life. We can choose to love no matter what, no matter what the circumstances are. We are free to choose. We are sovereign. Regardless of what you see and hear in the world, ask yourself how am I choosing to live? To love? How am I choosing to experience my existence? How am I choosing to see the world? Is the world really beautiful and as wonderful to you as Don Miguel Ruiz wrote? We know that it is for us!! We will leave you with this.

"Truth resides in every human heart, and one has to search for it there, and to be guided by truth as one sees it. But no one has a right to coerce others to act according to his own view of truth."  
-Gandhi

May you find your truth from your heart and live in peace. Love only, Kelly and Rudy Castro



Conscious Partnership [www.kellyandrudy.com](http://www.kellyandrudy.com). Kelly and Rudy are Relationship Alchemists. 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 a powerful partnership in your life, or a couple looking to



develop deeper levels of intimacy, they are here to help guide you.

Licensed Marriage & Family Therapist



Telehealth Options Available

specializing in...

ADDICTION    TRAUMA    PTSD    EMDR    SELF-ESTEEM



It takes courage to ask for help, and it could be what changes your life in a powerful and liberating way. You just want to experience freedom, but don't know how to get there. My focus is finding clarity about who you are. Together, we'll build up your coping skills, resiliency and self-worth so that you are living in a place of empowerment, compassion and hope.

CALL TODAY 818 425-9337 | [www.mercedescusick.com](http://www.mercedescusick.com)

[mercedesLMFT@mercedescusick.com](mailto:mercedesLMFT@mercedescusick.com)

Lic #118720 | Office located in Woodland Hills

Therapist  
get your Box Ad  
HERE for just  
\$100 per Month  
this size.

Listed on this page.  
Because when  
your budget is  
limited... your  
exposure  
**SHOULDN'T BE!**



## WHEN PTSD COLLIDES WITH AN EATING DISORDER

Trauma specializes in hiding. Often trauma does not wear a sign saying, “Hey, I’m right here!” Indeed, it is frequently the opposite. People who have endured trauma commonly don’t even know it themselves. One of trauma’s favorite hiding places is in our very own brain—denial, minimization, or dissociative amnesia (the inability to remember, that is not associated with usual everyday forgetfulness).

One key aspect of trauma-informed care means, that mental health care providers are aware that trauma likes to fly under the radar. As trauma hides out, it can manifest in all kinds of conditions that are paradoxically quite loud: posttraumatic stress disorder (PTSD), eating disorders, substance use disorder, dissociative identity disorder, borderline personality disorder, among many problems. Because trauma-informed care hasn’t been fully embraced and integrated throughout people-helper settings, one of trauma’s favorite hiding spots in our mental health system.

My story is only one example of trauma-informed care gone missing. When my trauma began, being in a sexually abusive relationship in my twenties, I was already in treatment for an eating disorder that had existed many years prior. For good reason, my treatment team was focused on the eating disorder, a life-threatening illness that certainly needed close attention. What I now know is that we needed to zoom out as well.

When the trauma began, my eating-disorders systems worsened. I also developed an exaggerated startle response, an early sign of PTSD, yet this sudden little gasp of fear was dismissed as being a side effect of a medication I had been taking to reduce binge eating. My psychiatrist hastily took me off the medication, which led to worse binge eating. And PTSD sunk in—undetected.

I hadn’t walked into anyone’s office saying specifically that I had experienced trauma, because I didn’t know. What I did walk in with was a body that was very much talking: guilt, shame, anxiety, fear, and the startle response, among others. I went to sessions completely distraught about that intimate relationship, and talking about my trauma in every way—except with my actual voice. Trauma impacts Broca’s area in the brain, which has to do with putting words together. Many of us quite literally cannot find the words on a very biological level. We need experts to help us make sense of our experience, as well as to provide us with a language, including, simply the word “trauma.”

Ironically, earlier in my eating disorder treatment, prior to the sexual trauma, I was sent to a hypnotherapist to “find the trauma.” Since my eating disorder wasn’t improving at the speed experts had hoped, the assumption was that childhood trauma must exist. This is because childhood trauma frequently intersects with eating disorders, especially those characterized by binge eating and purging. This fact does not, however, mean that everyone with an eating disorder has childhood trauma. We never “found the trauma,” and then we missed the sexual trauma years later. Not to mention, the birth trauma that I experienced was missed altogether.

Ten years of therapy passed before Dr. Google set me on the healing path. I searched online for the words “exaggerated startle response,” and was surprised by the pages and pages of results all about PTSD. For me, a diagnosis is a compass pointing toward treatment. I believe that trauma-informed care could have provided me with this answer much earlier.

The only reason I can write and speak about trauma today, is because of my eventual treatment for PTSD. It included Eye Movement Desensitization and Reprocessing (EMDR), and Prolonged Exposure (PE)—both evidence-based PTSD treatments.

Other therapies like Somatic Experiencing (SE), Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT), helped too, and so did yoga, mindfulness, and acupuncture. All in all, I worked with many providers—

who were trauma-informed—to shine a light on my trauma. We slowly put my PTSD recovery puzzle together over a period of many years.

Trauma is no longer hiding in my life, so it is no longer thriving. And, importantly, thanks to all of those clinicians I worked with who were trauma-informed, I have found my words. Today, I even get to work with The Meadows Ranch where trauma-informed care is surely not missing, and I am honored to connect with patients as they find their words and put their recovery puzzles together. What I know from my experience and that of others is that, without a doubt, healing is possible.

*Brewerton, T.D., Alexander, J. & Schaefer, J. “Trauma-informed care and practice for eating disorders: personal and professional perspectives of lived experiences.” Eat Weight Disorders 24, 329–338 (2019). <https://doi.org/10.1007/s40519-018-0628-5>*

*A Senior Fellow with The Meadows and an advocate for its specialty eating disorders program, The Meadows Ranch, Jenni Schaefer is the author of Life Without Ed, Almost Anorexic, and Goodbye Ed, Hello Me (now available in audio!). Houghton Mifflin Harcourt will release Jenni’s next book, which is about fighting through posttraumatic stress disorder, PTSD. For more information: [jennischaefer.com](http://jennischaefer.com). Kick Ed (“eating disorder”) out of your life at our Life Without Ed® Weekend Workshop! Leave ‘him’ in the desert! Details: [LifeWithoutEd.com](http://LifeWithoutEd.com)*



**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)**

**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@ccssh.org](mailto:sergio@ccssh.org)

# 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](http://www.VitaBehavioral.com)

### 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](http://www.AltadenaRecoveryCenter.org)



**Jeff Schlund**  
Outreach Manager

**Cell 626-372-4550**

**Direct 760-423-6728**

**Toll Free 855-348-7018**

[JSchlund@hazeldenBettyFord.org](mailto:JSchlund@hazeldenBettyFord.org)

[www.HazeldenBettyFord.org](http://www.HazeldenBettyFord.org)



**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](http://www.ATCENTERLA.ORG)



by: Peggy Salazar

### UNEARNED LOVED

My hope is that we all know what unearned love is, "IT IS THE LOVE OF GOD" a special love we can receive from God just by accepting it. It is a love that God want us to pass on to everyone regardless of the fact that we may feel they don't deserve it or they haven't earned it.

I also feel that it is the type of love parents strive to have for their children, after all they did not ask to be brought into this sometime very hard world. I remember one time when I was quite young; my mother was hollering at me about how "I should be grateful to her, because she bought me into this world." At that time I thought to myself "I did not ask to be brought into this world."

As I grew up I really never had a desire to marry or have children for that matter. Things didn't go quite as I had planned: "Thank You God".

When I first knew I was going to be a mother, I promised myself I would be the best mother I could, because my children did not ask to be born. I felt it was my job to take good care of them and always love them, NO MATTER WHAT. That did not mean I would always like some of their actions, or behaviors, but I have always tried to make sure they knew that I love them and I would always be there for them.

Wow that sounds good, but let me tell you it wasn't all that easy. As children do, they sometimes took the wrong path. Each time that happened I thought, "I had failed them and failed as a mother". Even though they told me hundreds of times it was not my fault, that I did it right, that I was a good mother, I still thought that I had failed.

Thank You God, for Your master plan and putting each of them on the right path. You protected them when I could not. You knew what they needed and when they needed it.

My son-in-law's favorite scripture says it all: Romans 8:28 "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."

One of my sons spent more than 20 years going in and out of prison. I never gave up on him, never stopped telling and showing him that I loved him. God gave me the ability to love my son the same way God loves me, freely and without having to earn love...again "unearned love".

Because of my son's time in the prison system, I have come to know quite a few others in prison. I have also seen that many family members and friends sometimes turn away from them, when they end up in prison. I believe that if some of these inmates knew that someone, anyone, cared about them, they might not return to prison.

I know the hardest thing in life is to feel that you are not loved, that no one cares if you are alive or dead. That you are forgotten. Sometimes when someone dies we regret not reaching out and letting them know that we cared, and that we loved them.

So join me in showing unearned love to the people in our lives, and those yet to become part of our lives. Show them they are not forgotten.

Oh and about my children, God turned every one of their messes into a message they could share with others. Our tests have become our testimonies. I could not be prouder of them, if they were the richest and/or the most famous people in the world.

I often think to myself that "But for the Grace of God where would I be; What would my life be". For that matter where would my children be without God's grace?

*Peggy Salazar retired from the Los Angeles Department of Social Services after working there for 35 years. She is a mother, grandmother and great-grandmother, which has given her 60 years of experiencing the good, the bad and the ugly of parenting. She spends her time loving her family and friends, and helping where and when she can.*

A C4 EVENT FOR BEHAVIORAL HEALTH PROFESSIONALS

**NEW DATES**

Join us for the 11<sup>th</sup> annual

**West Coast Symposium**  
**on Addictive Disorders**

**December 3-6, 2020**

La Quinta Resort & Club, La Quinta, CA



**wcsad**  
West Coast Symposium on Addictive Disorders

Register now at [www.C4events.org/wcsad](http://www.C4events.org/wcsad)



by: Randy Boyd

## FREEDOM FROM BONDAGE

### FORGIVE AND MOVE ON?

Often times when a person reaches out to someone for the first time about some form of harm or trauma that has happened to them, they are met with words that I call death words for victims – “You just need to forgive, forget, and move on.” I myself heard these words all too often, and all they did for me was send me back down the rabbit hole of shame. These words need to be removed from every healer’s vocabulary. That being said, we must help people work towards forgiveness, understanding that it is a process that takes work and time. How much time depends on the individual and the depth of the harm or trauma, they have experienced.

Please understand one thing, we will never forget. Asking one to do so has the potential of doing more harm and causing more trauma. If I was to forget my past, two things can happen. First, if I forget where I came from, there is a strong propensity that I could end up back where I was. This is not to say that we look back and park ourselves in the past. We look back to see how far we have come and what lessons we have learned. Secondly, the most important, if I were to forget my past, I would not be able to help the hundreds of people I have helped and continue to help. Remember that every person that has come across our path is a teacher, and everything that we have been through or that has happened to us is a lesson. I take the lessons from my past, both good and bad and use them to help others.

So, let us take “You just need to forgive, forget, and move on” and break it down. We already know that we are removing the word forget from the equation. The reality is, that it is psychologically impossible for us to forget. We might have repressed our memories for a brief period of time. However, with proper counseling and the willingness to better understand one’s dysfunctional behaviors, those repressed memories can come to the surface. There are other biological factors to this as well that I will not discuss in this blog.

Let’s move on to the “F” word that just about every person I have worked with cringes at, Forgiveness. It can be easy to say the words “I forgive you,” but to truly forgive someone is a process and much deeper than mere words. There are so many mistaken beliefs about forgiveness which you can read about in Chapter 12 of my book *Healing The Wounded Child Within*. The reality is, being able to truly forgive is extremely difficult at best.

As I looked back on my own journey of forgiveness, I realize that for me to get to a place of forgiveness I first had to be taught some things. I had to learn and understand about certain things that happened to me, and some of the reasons they happened to me. Yes, I even had to learn and understand why my perpetrator likely did the things he did to me. It came to me while having a conversation with an associate on this topic that the key to forgiveness is learning. Thus, to soften the blow about the word forgiveness, let’s replace forgiveness with the word learning.

I look at every person that has crossed my path in life as a teacher. I look at everything that has happened to me as a lesson, both good and bad. The reality is that we are constantly learning, if we’re not then we can become emotionally and spiritually dead. For example, the homeless person that crosses your path at the precise moment you might be thinking that nothing is going right in your life. I’m constantly struggling to make ends meet. Why is life so hard? As he/she passes in front of you, suddenly you realize your life isn’t so bad after all. You walk away from the very brief encounter with an attitude of gratitude.

Being abused in the ways I was as a teenager; it was hard to see how there was anything for me to learn from my abuse. I’ll admit I in no way thought I had learned anything, other than how to hate my mother, stepfather, pastor, the church, myself, and yes even God. The reality is, I was learning, I just did not know it. I was learning how not to be a parent and how not to raise my children. I was learning what a good pastor was and was not. I was learning what God was not. I was being taught and learning how to lie and deceive people. Please do not misunderstand me, I did learn a lot about love. However, it was from my biological father and his parents, my grandparents.

How does learning then apply to forgiveness? All of the negative things that I had learned had been taught to me by dysfunctional people. Dysfunctional parents, pastors, and siblings. I had to be untaught the negative. I had to learn how to look at life through a new pair of glasses. The way I did this was by working with some older and wiser mentors. I attended a twelve-step process as well as working with a competent therapist. As I worked through these steps which entailed deep soul searching, writing and conversations with my mentors, I was able to see what my part was in the harm done to me and to others by me. I saw how I allowed what happened to me to define me. I learned how all my character defects were developed. After all we are not just born with them. I want to be really clear on one thing, if you were abused in any way as a child, it is not your fault! My therapist was my greatest teacher. She gently and patiently walked with me through all phases of my abuse. Emotional, physical, spiritual, and sexual. She helped me see how God in reality is loving, kind, caring, forgiving, and compassionate. She showed me by her actions rather than telling me. When it came to the emotional, physical and sexual abuse, applying the spiritual principle of forgiveness was much harder.

No matter how gentle she was, she could not convince me to forgive my mother and stepfather. No way, no how! Then came the day that would change my life forever. My therapist believed in the twelve-steps and was happy I was working them. I had finished my fifth step with my sponsor and

immediately told my therapist. She proceeded to sit me down and said, “good, now we are going to talk about your stepfather.” I immediately put up all my walls, dug my heels in and said no way. Eventually I agreed as I knew she had never done anything that would harm me. As she started talking about my stepfather, she explained that is quite possible that he was abused as a child. I know that to be true today. I’m not going to go deep into it, basically we went on a journey about what his life must have been like. The hell he must have lived in as kid, and the hell he is living in today. None of which condones what he had done to me. She told me that hurt people, hurt people. What this journey did was create empathy in me for him. Yes, I said empathy. I had finally fully forgiven both of my perpetrators. I walked out of my therapist office with the weight of the world lifted off of my shoulder. I was finally free.

Lastly let’s talk about moving on. Rather than moving on, let’s use the phrase giving back. After all what good is moving on going to do for us if all we do is sit back and live life as if we are the only ones with the problem. Becoming complacent will only take you to a place of discontentment, or a possible emotional relapse. We must maintain our spiritual and emotional condition. Giving back in my opinion is the best way we can do this. My wife and I have been giving back now for thirteen years, and no amount of money has ever given us the joy, piece, and happiness that working with others does. Freely giving to them what was freely given to us. Yes, it is time to move on and live the life of your dreams that you so much deserve. Let’s not forget to give back along the way. You just never know who your story will help.

We must come to a place of forgiveness if we are ever to be truly free. Yes, we must and should move on to enjoy our lives. My wife and I have had more fun, and traveled the world since we both recovered. However, had either one of us been unwilling to look at ourselves and our character defects, or been unwilling to learn a new way of seeing things, we would not be married. I am fully convinced, that the same would apply if we were not giving back. It is important however to find a balance in all of this. The next time someone tells you to forgive, forget, and move on, simply delete the forget and think to yourself – Learn and Give Back.

*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.com](http://www.Amazon.com). 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.*



# Handyman Services by John Paul

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

- Honest
- Hardworking
- Experienced
- Reliable
- Great prices
- Neat & Clean

## 818.447.0613

# Change Brings Hope

By: Marilyn L. Davis



*"When we least expect it, life sends us a challenge to test our courage and willingness to make changes; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back. A week is more than enough time for us to decide whether to accept our destiny." — Paulo Coelho*

## **What Changes Do You Need to Make Today?**

For some of us, merely knowing what our choices are have cost us, or the consequences we have suffered have not been enough to get us to change. Some people fear both success and failure. These fears will prevent you from moving forward and growing in your recovery. When someone talks about or tells you how to change, your attitude can become the stumbling block.

Ask yourself what you hear when someone tells you how or what to change. Some of you hear:

1. You're bad.
2. Negative descriptions: a loser, idiot, or other negative connotations.
3. That you aren't changing enough.

4. Your changes came too late to salvage something: relationships, jobs, children.

## **Is The Message an Old One?**

Negative messages from your past can also prevent you from making changes. And for some, well, they just get stubborn when someone else brings up the subject that they think needs to be examined. Clearly, if someone you care about has asked you to change, a court has told you to change, treatment is encouraging you to change, and a part of you wants to change, then you can look at the barriers within you that prevent you from fully and completely embracing change.

For many addicts and alcoholics coming to terms with the puzzle of addiction – knowing they need to change and doing the complete opposite is frustrating and scary.

However, the good news is that the barriers and objections are within you, and that means you can overcome them. It's just a matter of isolating them, examining them, and then changing what doesn't work or fit anymore.

## **Do You Want Better Opportunities?**

Even with people or courts telling you to change, you still choose not to change. If you're not taking advantage of an opportunity to do something different, can you list the obstacles or barriers that prevent you from changing?

There are no right or wrong answers for this, and you should not edit them, thinking some of them are dumb or stupid.

Some barriers and objections to change might include:

1. You are more comfortable in your old ways and do not want to be uncomfortable.
2. How do you stop participating in life-long habits?
3. Are there more important things to change immediately?
4. You believe that change is too difficult.
5. You disagree with some things you need to change.
6. How do these people know what I need to change?
7. You feel anxiety, and that's a trigger to use.
8. What if people do not like "a different" you?

When you make your list feel free to use some of the reasons from above if they describe your barriers and objections, but if they do not, then be honest and come up with your own, so that it is personal and relevant to you.

Too many people process information from the perspective of, "Well, that didn't describe me, so, I'm not like them." It's a selective viewpoint that may keep you stuck in your addiction.

### **We Choose What to Change.**

The ability to change perceptions, attitudes, beliefs, actions, and behaviors is within you. Let me explain the mechanics or mechanism of change.

Think about a typical day; you changed your mind about many things:

1. What to wear
2. Where to eat
3. Which binge show will we watch
4. Buy the newest book or not
5. Out to dinner or stay in

Those happen in our use as well as our recovery. You had no problem making other choices about the things mentioned. You decided that the other available options would be more pleasant or enjoyable, so you had no problem changing.

However, the point is that we change daily.

### **Selective Changing Causes Conflict**

If we are capable of changing so many other things in our lives, why are most of them accomplished without all the encouragement, threats, coercion, punishments, and rewards?

Because our ability to change is always there, however, our choice of what to change is often selective. We change what we want to change. It is often when we cannot see the opportunity to improve our lives, or that we don't believe that we will feel better because of the change, we often balk, resist, or create barriers and objections to change.

### **Will the Outcomes Always Be Better?**

Unfortunately, there are no guarantees. The changes will not bring about circumstances where you win the lottery, since you spent the money on a ticket instead of drugs; that you will become witty, debonair and get the prom queen because you are now showering daily, or that your mothering instincts will magically kick in because you are not drunk.

But what can happen is that these changes will allow you to learn something new, that you might just experience a non-using relationship, and that you can now take a parenting class without the fear of nodding off. Drug dealers and high-end prostitutes have a hard time changing their perception of "making money."

If they were financially "successful", as drug dealers and prostitutes, then money was not the issue. Still, the threat of incarceration for both, the paranoia of the activity for both, the physical dangers of the occupations would have been present for both. Besides the money, the ego and control over others are hard to give up. So what, if anything, would make changing their occupations appealing to them? It certainly would not be the minimum wage job that their other skills qualify them for in the workforce. Therefore, income or lack of it could be an objection to recover.

### **I Hope These Changes Create a Better Life**

They would have to find something that had enough personal appeal to change their attitude about their economic future in recovery.

1. The dealer may have business savvy and skills that could help him in running another, legal business.
2. The escort has learned a lot about people, and those skills could translate to customer services, marketing, and sales.

Granted, these are not necessarily high paying jobs, but they are a start towards legitimacy for both.

### **Start with Baby Steps**

Some people think that the "change" has to come all at once, or that the first changes will be perfect. Rarely does this happen about the ideas, behaviors, and actions that you have operated under for years. However, you can make headway on the significant change by doing little things daily.

Many people don't make changes because they procrastinate, or they spend hours thinking about changing. Then the project has gotten so large that it seems impossible. This happens for many of us in early recovery. We view the past and see all of our missed opportunities, wasted time, and damaged relationships. We don't think we can ever repair any of it.

If you procrastinate because the problems seem so large, and would take you more time than you think you have, spend 10 minutes on it.

**CRI HELP**

# YOUR LIFE IS WAITING

AFFORDABLE, EFFECTIVE ADDICTION TREATMENT FOR INDIVIDUALS AND THEIR FAMILIES

DETOX | RESIDENTIAL | OUTPATIENT | TRANSITIONAL LIVING

**(800) 413-7660** **CRI-HELP.ORG**

PHOTO: MICHEL BOUGLIASS

See what self-defeating behaviors cost you the opportunity, and then change them so that you won't miss another.

### **From Hope to History that Recovery Works**

Pick up the phone and call, make amends, or do something nice for those who support you. When you make that much headway, you're often pleased with your progress and will spend a little more time on resolving some of your other issues.

You'll probably feel a sense of relief that you've made progress, and you might even be encouraged to do a little more tomorrow. This attitude about change will work for cleaning your house, detailing your car, or removing barriers and objections to change, and all of them will improve your life and your recovery.

*Writing, and recovery heals the heart.*

*In 1990 Marilyn L. Davis opened North House, an award-winning women's residential recovery home. In 2008, Brenau University, Georgia, created the Marilyn L. Davis Community Service-Learning Award. This yearly award is given to advocates*

*in mental health, wellness, and recovery. She received the Liberty Bell Award for her work within the criminal justice system. Before closing the house in 2011, she authored and developed Therapeutic Integrated Educational Recovery Systems (TIERS). After closing North House she started finding outlets online, to share her writing, she shared her 29 years in abstinence-based recovery.*

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

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





## A MEANINGFUL CONNECTION

### STRENGTHENING YOUR MIND BODY CONNECTION IN 5 MINUTES A DAY

By now, you have probably attended a lot of virtual meetings. I hope you have also spent more time reaching out to friends and family. Maybe you have even created new and positive connections by spending more time online. Adjusting to our new life under the "Stay at Home" orders is not easy, and we are all figuring it out together. We are fortunate that we live in a world of technology that allows us to connect with people anywhere in the world. We can bring each other comfort and support as we navigate this challenging time. I hope you have been taking advantage of these opportunities; and while it certainly doesn't replace the joy and power of connecting in person, I hope that these new types of connections are brightening your days. Connection is essential. It has often been said that the opposite of addiction is connection. I hope that each of you is finding new ways to connect with those who lift you up, and that others are lifted by being connected with you.

What do all these approaches to connecting have in common? They are all about looking outward. But is that enough? How much time are you spending connecting inward? If you don't take care of yourself; if you don't know yourself, how effectively can you reach outward to lift yourself and lift others? Now is a good time to strengthen the connection with the most important person in your life: You. You can use this time to build connections within yourself.

Your mind is connected to your body; and your body is connected to your mind. What goes on in your head directly impacts your body; and what your body does impacts what's going on in your head. When most people think about how to feel better, they start by focusing on what's going on in their heads. Let's take a different approach. Let's start with the body first.

I'm going to propose some simple activities which should take about 5 minutes and can be easily done at home. We can all spare 5 minutes for self-care. If now isn't a convenient time, set aside the time later in your schedule.

1. Start by walking out your front door. Go to a quiet place to stand. It may be your yard if you have one, onto your balcony, or out onto the street.
  2. Once you have arrived at your destination, think about how you got there. Your eyes found the location. Your legs moved you forward to get there. Your brain coordinated all of the actions so you got there without falling. Take a moment to reflect on the complexity of that simple task, and all that your body did for you.
  3. As you stand there, reflect on what other parts of your body are doing for you.
  4. Skin: Where on your body do you feel the warmth of the sun? Which way is the wind coming from? How does the cool air feel?
  5. Ears: How many different sounds can you hear? What stories are they telling you about the big and small actions taking place around you?
  6. Eyes: How many different colors, shapes, and textures do you see, especially when you look closely at specific objects? How is the light creating shadows or highlighting your surroundings?
  7. Nose: What smells are you detecting? Is a neighbor cooking something that smells delicious? Are there fragrant flowers in bloom?
  8. Feet: Notice that your feet are holding you up. You are grounded. You are connected to Mother Earth.
  9. Lungs: Take a deep breath. Feel the air energizing you as your lungs inflate. Then exhale and feel your body relax. Repeat a few times.
  10. Conclude this exercise by saying a prayer of gratitude for all that your body has done.
- I bet you are feeling so much better than you did just a few minutes ago. By connecting to your body, by recognizing all that it does for you, you can bring yourself joy and inner peace. You can turn the "Stay at Home" orders into an opportunity to strengthen your mind body connection. You can emerge from this challenging time feeling physically, mentally, and emotionally healthier.

Leslie Gold is the founder of Strides in Recovery, a Southern California non-profit which brings the healing power of exercise to addiction recovery communities. Since 2013, she has been working with residential treatment programs, sober living homes, and IOPs to coach hundreds of people across the finish line of events ranging from 5Ks to the LA Marathon. To learn more visit [StridesInRecovery.org](http://StridesInRecovery.org)



## RECOVERY DURING CHALLENGES

Isolating has never been a positive habit while maintaining one's recovery path. So here we are in the middle of a worldwide pandemic called the novel Coronavirus, and what a way to start a new decade.

Since I am a dually diagnosed woman and maintaining recovery, I haven't had too much difficulty with challenges keeping my recovery intact due to my agoraphobia. That is not the case for many others who are struggling, with "sheltering in place" and social distancing restrictions.

So what can you do if your recovery path has turned upside down? Well, you know me, I read lots of articles and visit many recovery websites to see how others are handling this crisis.

We are all in this together, and it's together, we can help one another in keeping our recovery safe, and moving forward in these challenging times. As for myself, I have turned to going online (and virtual) more than ever, as we all are having routines and services disrupted.

Some have been able to adapt quickly by moving online for support and treatment. But for those who lack internet access or have trouble using technology, isolation poses additional challenges. As the spread of coronavirus pulls people physically apart, making connections becomes harder.

Meanwhile, with anxiety over the pandemic is growing. For people like me in the mental health and addiction communities, we are wrestling with ways to stay connected without spreading the virus. The isolating for me has had me triggered a bit, even after maintaining recovery for over 13 plus years. So, I am doing Gamblers Anonymous meetings at least twice a week online. There are several places to attend groups or meetings for AA, GA, and NA meetings. Even the popular faith-based "Celebrate Recovery" I enjoyed, is now doing more group sessions online by Facebook Live, Zoom, and other online services.

Just visit AA, GA, NA websites all have some form of online meetings and connecting with others available, and for details and schedule.

GA: [www.gamblersanonymous.org/ga](http://www.gamblersanonymous.org/ga) • AA: [www.aa.org](http://www.aa.org) • NA: [www.na.org](http://www.na.org)

Check out the many recovery groups on Facebook and LinkedIn.

Celebrate Recovery: [www.celebraterecovery.com/crcr/zoom](http://www.celebraterecovery.com/crcr/zoom).

You might also want to visit recovery blogs and websites to read articles and posts like my Bet Free Recovery Now. Check out my resources page. [www.betfreerecoverynow.wordpress.com](http://www.betfreerecoverynow.wordpress.com)

Another way to help yourself while being isolated and following the "Stay At Home" guidelines is to begin journaling. Especially now with how some of us had our recovery lives turned upside down in an instant. So we are looking for new ways to stay connected. Making phone support calls to support and check on friends, staying in contact with your sponsor or sponsees, is a great way to stay connected while maintaining your recovery.

Regardless of how this pandemic plays out, we need to keep moving forward on our recovery path. And yes, life is short when we look around and see where we are today, compared to just a month or so ago. My personal feeling is that our 'Higher Power' has given a RESET into what is most important in your life. Addiction is not one of them. It also tells me that there is a real 'Higher Power', or in my case, a real God. I will close by saying be safe, help save lives by staying home, and rework your recovery to shift with these changing times and challenges, because "You Are Worth It and you can Quit to Win!"

Catherine Townsend-Lyon 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](http://Addictionland.com), [FacingAddiction.org](http://FacingAddiction.org), and [HeroesInRecovery.com](http://HeroesInRecovery.com). Catherine writes and shares her recovery journey from gambling addiction along with resources on her recovery blog "Bet Free Recovery Now" [betfreerecoverynow.wordpress.com](http://betfreerecoverynow.wordpress.com). Catherine resides in Phoenix, Arizona, and continues to help and sponsor those from gambling addiction. Email: [LyonMedia@aol.com](mailto:LyonMedia@aol.com). Call (602) 633-3991.



# 2020 PROVIDER DIRECTORY

## FITNESS IN RECOVERY

### Recoveryfit Access

[www.myrecoveryfit.com](http://www.myrecoveryfit.com)

877-800-RF12 (7312)

Experiential recovery-based fitness groups based on the 12 fundamental principles of recovery treatment. Digital curriculum allows these innovative groups to be applied any-time, anywhere.

## SUBSTANCE ABUSE TREATMENT

### DETOX - RESIDENTIAL TREATMENT (RT)

#### Aurora Charter Oak Hospital

Call Robin McGeough (O) (626) 214-2015

(C) (626) 216-6031

Covina, CA 91724

RTC DETOX, RT, PHP, IOP

#### Cri-Help

North Hollywood, California

[www.Cri-Help.org](http://www.Cri-Help.org)

(800) 413-7660

DETOX, RT, IOP, Transitional Living

#### Harmony Place

Woodland Hills, California

A comfortable place to do difficult work!

(855) 995-0808

[www.HarmonyPlace.com](http://www.HarmonyPlace.com)

RT, DETOX, IOP, OP, SL

#### The Villa Treatment Center

Woodland Hills, California

(855) 915-0727

[www.thevillatreatmentcenter.com](http://www.thevillatreatmentcenter.com)

DETOX, RT, IOP, PHP. In-Network Anthem Blue Cross, Aetna, Blue Cross, MHN, Health Net, Cigna, Beacon

## SUBSTANCE ABUSE TREATMENT

### INTENSIVE OUT-PATIENT (IOP)

**Miracles in Action** - Burbank and Northridge

Office (818) 918-5822

[www.MiraclesinAction.info](http://www.MiraclesinAction.info)

[abutler@miraclesinaction.info](mailto:abutler@miraclesinaction.info)

Detox-PHP-IOP-OP (Telehealth Available)

#### Multi Concept Recovery - Burbank, Calif.

Offering 2 different programs, Traditional Therapeutic Model & the alternative EQ & Mindfulness Program. Your Recovery, Your Choice!

[www.multiconceptrecovery.com](http://www.multiconceptrecovery.com)

(818) 433-8345 Admissions - PHP-IOP-Evening, Program-

OP, In-Network Anthem-Aetna-Beacon-Optum-ComPsych

#### SOBER LIVINGS (SB)

##### A Step In The Right Direction

Luxury Sober Living Homes, Gender Specific

(818) 209-1631

[www.AStepintheRightDirection.org](http://www.AStepintheRightDirection.org)

SOBER LIVING

##### Angel Villa Sober Living

Encino, California

Luxury healing in the hills of California

(818) 571-8946

[www.AngelVillaSoberLiving.com](http://www.AngelVillaSoberLiving.com)

SOBER LIVING

##### Chandler Lodge - NON-PROFIT

North Hollywood, California, For Men. Since 1960

[www.ChandlerLodge.org](http://www.ChandlerLodge.org)

(818) 766-4534

SOBER LIVING

##### Sunshine Sober Living

(866) 216-9789

[www.sunshinesoberliving.com](http://www.sunshinesoberliving.com)

Upscale Structured Transitional Living in a warm family style environment

SOBER LIVING

**We can list your facility in our Monthly Provider Directory for 1-year (12 Issues) for a total of \$365.**

**Call (818) 386-8400 or email us at [info@keystorecoverynewspaper.com](mailto:info@keystorecoverynewspaper.com)**

# Classified Ads

## 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](http://www.12StepSoberLiving.org). Joel & Lisa Moss (818) 293-2222.

**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@ccssh.org](mailto:sergio@ccssh.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](http://www.ChandlerLodge.org).

**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](http://www.HouseintheHills.org). Call (818) 264-8545.

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

**SINCE 2002 PRIMARY PURPOSE HOMES SOBER LIVING:** [primarypurposehomes.com](http://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

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

**NEW BEGINNINGS Recovery & Supportive Housing LLC:** Our mission is to provide a positive nurturing, safe & clean environment, free from drugs and alcohol. Beds available immediately \$575 per month. Prayer Changes Everything. Office (323) 580-6704 ext. 402, Sabrina Rodriguez (323) 580-6703 ext. 403, Casey Morris (310) 738-8837. 905 & 907 East 8th St., Los Angeles, CA 90002. email: [newbeginnings88th@outlook.com](mailto:newbeginnings88th@outlook.com)

**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 recover for over 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 us TODAY for further information and to set up an interview! (818) 769-3057.

# Classified Ads

## HELP WANTED

### CLARE | MATRIX is Hiring!

CLARE | MATRIX is a nonprofit organization providing effective and compassionate treatment, recovery, and prevention services for alcoholism and substance abuse to individuals, families, and the community. We are looking to hire Certified AOD Counselors, Licensed or License-eligible Therapists (Behavioral Health Clinicians) and Licensed Vocational Nurses. Apply online at [clarematrix.org](http://clarematrix.org).



Administrative Office: 310.314.6200  
Admissions: 866.452.5273

**SOBER LIVING HOME FOR MEN**  
Founded in 1949, Valley Lodge has provided a sober living environment for recovering alcoholics. Weekly rate, \$135, includes meals!  
Southern California's oldest Men's Sober living home!  
Welcome to the  
**VALLEY LODGE**  
CALL: 818.843.9270  
446 NORTH VARNEY ST. BURBANK, CA. 91502

**Dee Baldus**  
818-742-1100  
  
Animal Transport,  
Boarding  
& Day Care  
[itsddb@gmail.com](mailto:itsddb@gmail.com)  
[www.AnythingsPaws-able.com](http://www.AnythingsPaws-able.com)

## 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](mailto:info@keystorecoverynewspaper.com) \$40 for 25 words or less.

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](mailto: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



### Advertising Rates

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

### Ad Sizes

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

**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.

### Terms and Conditions

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 more-mail 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, Prop 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 debting in a relative or friend. Phone Mtg. Sun. 10am Pacific Time (605) 313-5104, 74951#. www.debtanon.org.

**Debtors Anonymous:** offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others. Visit www.debtorsanonymous.org for more information and support.

**Eating Disorder Support Recovery Groups** free & open to the public. Thurs at 7 pm. Center for Discovery, 21650 Oxnard St. # 2375, Woodland Hills; 8484 Wilshire Blvd., #510, Beverly Hills; 4281 Katella Ave #131, Los Alamitos; 1000 Quail St., #290, Newport Bch; 11455 El Camino Real, #360, Del Mar. for info visit www.centerfordiscovery.com

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

**Greysheet Anonymous:** Recovery 12th Step for all eating disorders. Greysheet.org, (310) 245-6441, cell (310) 445-7709, Linda L. Meeting Saturday, 8:45-10am. Farmer's Market Community Room.

**Eating Recovery Center:** (877) 957-6575, www.EatingRecovery.

**ERC Insight:** (Mood, Anxiety, Trauma) (877) 737-7391, www.jennischaefer.com/seek-help.

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

**Family Support Group:** FREE of charge. Have a loved one suffering with mental health and/or substance abuse? Parents & spouses invited to join group, Wed. 6:30pm-7:30pm. At Awakenings, 28720 Roadside Dr., #200 Agoura Hills. For info call (805) 574-0936.

**Food Addicts Anonymous:** www.foodaddictsanonymous.org World services (772) 878-9657.

**Food Addicts in Recovery Anonymous:** (FA) www.foodaddicts.org (781) 932-6300.

**Gamblers Anonymous:** (GA) www.gamblersanonymous.org (626) 960-3500.

**Problem Gambling:** 24-Hour Help Line (Calif.) (800) 522-4700.

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

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

## INFORMATION & REFERRAL SERVICES

**www.SunshineCommunity2015.org** Social Services, (626) 297-6112, 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

## 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 Saticoy 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.

## 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.

# 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.

## MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

**THE MIDNIGHT MISSION** meals 3 times a day (213) 624-9258.

**HOPE OF THE VALLEY** (Van Nuys) - Victory Blvd. & Tyrone - Monday Thru Friday 12:15pm. call for more info (818) 392-0020.

**SAN FERNANDO Valley Rescue Mission:** (818)785-4476.

**ANGEL HANZ FOR THE HOMELESS, INC.** non-profit: Last Sunday of Each Month 1pm N.Hollywood Park, 11455 Magnolia Blvd., North Hollywood, Food Served, Care Packs, Barber, Pet Food, Pet Groomer and a VET for the animals. For Info Call (818) 859-4893.

## HOMELESS SHELTERS & RELATED

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

**Centennial Place Permanent Housing** (626) 403-4888.

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

**Covenant House California (CHC)** provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave., Hollywood, CA 90027. (323) 461-3131. [www.covenanthousecalifornia.org](http://www.covenanthousecalifornia.org)

**Dimondale Adolescent** (310) 791-3064.

**East San Gabriel Valley Coalition For The Homeless** (626) 333-7204.

**Ella's Foundation Homeless Services** (323) 761-6415.

**Fervent Heart LLC** (626) 319-7479.

**Family Promise of Santa Clarita Valley** (661) 251-2867.

**Family Rescue Center** (818) 884-7587.

**Friends helping Friends Inc:** Homeless, No Money, We can help - Sober Living. (323) 293-9778.

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

**Family Promise** (818) 847-1547.

**GRCN Connecting Communities** (562) 293-7595.

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

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

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

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

**Homeless Health Care Los Angeles** [www.hhcla.org](http://www.hhcla.org), (213) 744-0724.

**Homeless Adult Center** (626) 403-4888.

**House of Hope** (323) 663-1215.

**Hope of The Valley:** (818) 392-0020, [www.hopeofthevalley.org](http://www.hopeofthevalley.org) December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.

**Jenesse Center** (323) 299-9496.

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

**Los Angeles Mission** (213) 629-1227 x305.

**Long Beach Rescue Mission** (562) 591-1292.

**Los Angeles Youth Network** (323) 957-736.

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

**National Runaway Switchboard** (800) Runaway.

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

## DOMESTIC VIOLENCE

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

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

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

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

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

**Child Protection Helpline**, (800) 540-4000 (24 Hour).

**Children's Institute International** (walk-in center) (213) 385-5100.

**Domestic Violence (SAFE):** (800) 799-7233 Crisis Hotline.

**Domestic Abuse Center** (walk-in center only) (818) 904-1700.

**East Los Angeles Women's Shelter:** (walk-in center only) (323) 526-5819, 24 Hour Hotline (800) 585-6231.

**Family Crisis Center** (South Central): (323)737-3900.

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

**Haven Hills:** [www.havenhills.org](http://www.havenhills.org) (818) 887-7481 (818) 887-6589.

**Helpline Youth Counseling** (walk-in center) (562) 864-3722.

**House of Ruth** (909) 623-4364.

**Human Services Assoc.** (walk-in center) (562) 806-5400.

**Institute for Multicultural Educational Services I.M.C.E.S** (walk-in center only) (213) 381-1250.

**Jenesse Center** [www.jenesse.org](http://www.jenesse.org) (323) 299-9496.

**Jewish Family Service** of Los Angeles/ Family Violence Project/ Tamar House [www.jewishla.org](http://www.jewishla.org) (818) 789-1293.

**Foothill Family Services** (walk-in center), (626) 338-9200.

**Legal Aid Foundation of LA (LAFLA)** (323) 801-7991.

**Mental Health Center Inc.** SFV Community (walk-in center only) (818) 838-1352.

**National Domestic Violence Hotline:** (800) 799-SAFE (7233)

**Project Peacemakers, Inc.**(walk-in center only) (English, Spanish) (323) 291-2525.

**Safe Horizons** (800) 621-4673 (HOPE).

**San Pedro, Rainbow Services:** (310) 547-9343.

**Santa Monica, Sojourn:** (310) 264-6644.

**So. California Alcohol & Drug Program/Angel Step Inn:** [www.scadplne.org](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.

## RAPE HOTLINES

**RAINN Hotline** (victims of sexual assault) (800) 651-6000.

**Rape Hotline** (24 Hours) (800) 585-6231. [www.elawe.org](http://www.elawe.org)

**Rape Hotline** (800) 978-3600 (So. California): 24 hours a day, seven days a week. Callers can get help in eleven languages

(English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).

**Rape Hotline** (213) 626-3393 (Central Los Angeles)

**Rape Hotline** (310) 392-8381 (South Los Angeles)

**Rape Hotline** (626) 793-3385 (West San Gabriel Valley)

**S.A.F.E LA** [www.safela.org/rape-and-sexual-assault](http://www.safela.org/rape-and-sexual-assault), (800) 799-7233

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

## HEP C / HIV / AIDS INFORMATION

**AIDS Project Los Angeles** - APLA, Los Angeles - **HEP C** -

**APLA**, [www.apla.org](http://www.apla.org), The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main line.,

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

**HIV/AIDS Hotline** (800) 367-2437. Spanish (800) 400-7432.

**HepCHope:** [www.hepchope.com](http://www.hepchope.com) Hotline (844) 443-7246.

**National AIDS Hotline**, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)

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

**On-Line Resources for Hep C:** [www.hepcsource.com](http://www.hepcsource.com) • [www.hepnet.com](http://www.hepnet.com) • [www.harvoni.com](http://www.harvoni.com) • [www.theliverinstitute.org](http://www.theliverinstitute.org) • [www.hepctreatmentlosangeles.com](http://www.hepctreatmentlosangeles.com)

**SUICIDE PREVENTION**

**Jason Foundation A Youth Suicide Prevention Program**, [www.jasonfoundation.com](http://www.jasonfoundation.com), (888) 881-2323.

**National Suicide Prevention Lifeline** (800) 273-TALK (8255), [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org), [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

**Suicide Prevention 24Hour Assessment Center** (800) SUICIDE (784-2433).

**Suicide Prevention Center** (877) 727-4747.

**TEEN LINE:** Teens Helping Teens US & Canada (800) TLC-HOPE or (310) 855-HOPE [www.teenlineonline.org](http://www.teenlineonline.org)

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

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

*Keys to Recovery Newspaper, Inc. publishes "this guide" FREE as a community service to assist those in need of help or information. You are welcome to submit your "free" ad and volunteer needs.*

*Many of these Resources change quickly, if you find a number (or place) no longer exists please let us know.*

Organization/Company Name: \_\_\_\_\_  
Services offered: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_  
Contact person: \_\_\_\_\_  
What you would like us to print in the resource guide: \_\_\_\_\_  
\_\_\_\_\_

Email To: [info@keystorecoverynewspaper.com](mailto: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

<b>Alcoholics Anonymous</b> <a href="http://aa-intergroup.org/directory.php">aa-intergroup.org/directory.php</a> <a href="http://onlinegroupaa.org">onlinegroupaa.org</a> <a href="http://aaonlinemeeting.net">aaonlinemeeting.net</a>		<b>Narcotics Anonymous</b> <a href="http://virtual-na.org">virtual-na.org</a> <a href="http://na.org/meetingsearch">na.org/meetingsearch</a> *for country, select "Web"
<b>Online/Digital Recovery Support Resources</b>		
<b>SMART Recovery</b> <a href="http://smartrecovery.org/smart-recovery-toolbox/smart-recovery-online">smartrecovery.org/smart-recovery-toolbox/smart-recovery-online</a> <a href="http://smartrecovery.org/private-convenient-online-recovery-support">smartrecovery.org/private-convenient-online-recovery-support</a> 	<b>Other Resources</b> <a href="http://addictioncampuses.com/alcohol/apps-for-recovery">addictioncampuses.com/alcohol/apps-for-recovery</a> <a href="http://sobergrid.com/howitworks">sobergrid.com/howitworks</a> <a href="http://intherooms.com/home">intherooms.com/home</a> <a href="http://unityrecovery.zoom.us/my/allrecovery">unityrecovery.zoom.us/my/allrecovery</a> 	

Since many meetings have had to close their doors for safety reasons during this "safer at home," shutdown, many recovering individuals have been left alone and unsure of where to turn. Keys to Recovery Newspaper thought we should list some options for online meetings.

Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally. Below is some shared experience around meeting online.

A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs. You can visit the following providers to get more information on how to use their platforms to set up an online meeting. There are many options for converting to audio/video or phone meetings. See below platforms groups have shared:

Google Hangouts/Meet • Zoom • Free Conference Call/ For more information on other online platforms visit: G2.com

Getting additional help : You may be able to request additional help and guidance on this topic by reaching out to your local A.A. office, technology committees, or the online Technology in A.A. forum.

For more information on anonymity please see: Understanding Anonymity at [https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online). For more information on passing the digital basket please see: [https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online) Winter 2017 Box 459 p. 3 "Passing the Digital Basket"

Many online meetings are setting up ways to continue to give digitally. With AA meetings shut down internationally Our World Services Office and local Central Offices are going to need your support more than ever.

Online meetings are new to some of us and we will learn from those who have gone before us. If you have any tips you want to share you can email us at [info@keystorecoverynewspaper.com](mailto:info@keystorecoverynewspaper.com).

**Some Additional Online 12-Step Meetings can be found here:**

- Gamblers Anonymous - [www.gamblersanonymous.org/ga/locations](http://www.gamblersanonymous.org/ga/locations)
- Al-Anon - [www.al-anon.org/al-anon-meetings/](http://www.al-anon.org/al-anon-meetings/)
- Overeaters Anonymous - [www.aa.org/](http://www.aa.org/)

To find local meetings and events all year long call

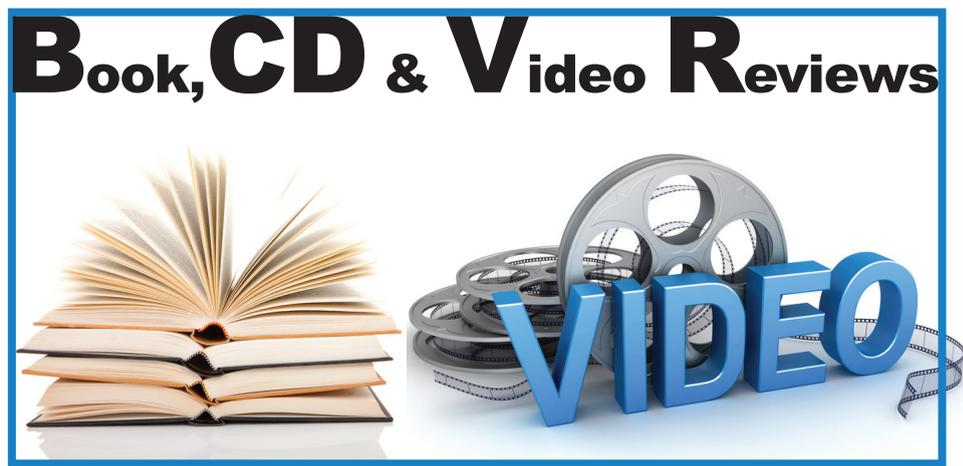
**Alcoholics Anonymous**

**San Fernando Valley Central Office**

**Telephone: 818-988-3001**

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

**VOLUNTEERS ARE ALWAYS NEEDED**



**THE POWER OF YOUR WORDS**, Author Robert Morris. Published by Bethany House, a division of Baker Publishing Group.

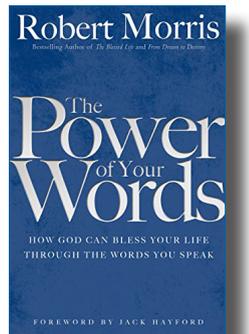
Robert Morris gives incredible insight on how your words can affect you and the people around you, for better or worse. Packed with powerful principles, "The Power of Your Words" can help you understand the real meaning of your words, and give you practical suggestions on how to better use them.

Robert sheds the light on how our words have consequences. His encouraging style gives us hope that through the power of the Holy Spirit, we can find victory over the powerful weapon that is in our tongue. He delivers spiritual truth in an entertaining, down-to-earth manner that any reader, at any stage in his or her spiritual life can appreciate.

This book will take you beyond learning to living. If you will embrace the wisdom in this book your life will never be the same, I believe the life changing principles taught in this book by Robert, will even break through denominational walls.

Robert skillfully digs deeply into our attitudes and the words we use. He helps us think before we speak. I have often said something just off the top of my head without first thinking, and the moment the words come out of my mouth I regret them, and there is no way to unsay them. And sometimes it is impossible to repair the damage done, they will always remember the hurt you caused them to feel and so will you.

This book can change your life if you will read it with an open mind, and you really are ready to change your life for the better. I give it FIVE stars. Available at Amazon.com .



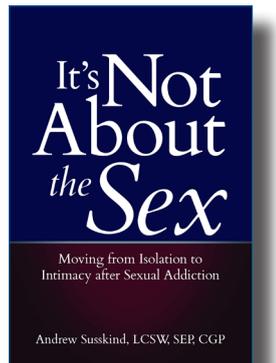
**IT'S NOT ABOUT THE SEX: Moving from Isolation to Intimacy after Sexual Addiction.** Written by Andrew Susskind, LCSW, SEP, CGP. Published by Central Recovery Press (CRP).

I've known Andrew for years however I heard him speak at a presentation and I knew I had to read and review this "guidebook for every person seeking long-term healing from sex addiction."

"Ending compulsive sexual behavior is just the beginning." Just like drinking, sexual addiction is only a symptom of underlying causes. "These underlying causes trigger sexual compulsions and/or substance use, emotional, and behavioral obsessions." Susskind deals with the underlying issues that must be addressed to achieve sustainable sexual sobriety, so that reliable relationships and emotional intimacy can be reached.

Psychotherapist Andrew Susskind uses his personal and professional experience to examine issues such as shame, grief, narcissism, and codependency to demonstrate how people use out-of-control sexual behavior to cope with brokenheartedness. Sharing his own healing narrative, as well as those of others who bare their truths. Andrew gives us HOPE that no one is ever too hurt or isolated to recover. I love that each chapter ends with "a series of action steps," guiding the reader both to and through a healing process.

I highly recommend this book to anyone struggling with sexual addiction, as well as therapists who work with clients recovering from sexual compulsion and addiction. I give this book five well earned stars. Available at your local recovery store and at Amazon.com.



**COMBAT VETERAN'S GUIDEBOOK:** Written and self-published by Chaplain Stephen Zachary MDIV, BCC. The writing of this book was a true labor of love, for Chaplain Zachary. In this book Chaplain Zachary guides the reader towards solutions, the advice he gives is incredibly supportive and well structured. He knows firsthand of the physical, psychological and mental issues that veterans face and have unselfishly endured for the sake of serving their fellow Americans.

The services that our veterans have rendered for our country's safety could never be repaid. We will forever be indebted to all of the brave men and women who fought and died for our freedom. This guidebook is to help heal and motivate our hero's who have returned with the physical and mental scars inflicted on them from the horrific encounters, that they experienced and/or witnessed during their tours! The harsh environments that they were exposed to during combat, coupled with the ongoing losses of their comrades in battle was very traumatic, to say the least.

With all of that behind them, and the ongoing psychological and other aftermath, Chaplain Zachary compassionately extends advice and comfort to our men and women in uniform. I recommend this book for all veterans, their families, and those that work with them. This is a must read for all of us to learn more about our brave patriots and how we can help them heal. We can learn more about the toll it has taken on our patriots as they defended our country on land, air and water. If you would like to receive this guidebook please email Chaplain Stephen Zachary at [stephen.zachary@va.gov](mailto:stephen.zachary@va.gov)

*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.*

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



Voice. Vision. Leadership.

**\*\*\*No Cops/No FBI\*\*\***

Confidential Social Services  
Nationwide Case Management for  
America's  
Sex Trafficking Victims  
Rescue from Pimps – No Cops – No FBI  
Crisis Intervention – Suicide Intervention,  
Child Abuse Reporting  
Anonymous Crime Reports  
Shelter Referrals for All Ages and  
All Circumstances  
Medical Services – Emergency and  
Non-Emergency  
Public Health Insurance Programs/  
Medicaid (Nationwide)  
Emergency & Non-Emergency  
Transportation  
Mental Health Services  
Psychiatric Evaluations/Psychotropic  
Medications  
Application for Social Security Benefits  
Placements in Independent Living  
Programs, Transitional Housing,  
Maternity Homes,  
Substance Abuse Programs,  
Advocacy with Social Workers,  
Probation Officers, Courts  
Court Accompaniment, Court  
Intervention



CHILDREN *of the* NIGHT



[www.childrenofthenight.org](http://www.childrenofthenight.org) • 24/7 Hotline: (800) 551-1300