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August 2020

# KEYS TO RECOVERY NEWSPAPER, INC.



# THERE IS HOPE

**SUICIDE:**  
Heart-Breaking,  
Complex,  
No Easy Answers  
Feature by G. Jay Westbrook

**Mental  
Clutter**  
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**Faith In  
The River**  
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**Bringing Back  
The Thrill**  
Page 12



see details on inside back cover

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## About Us

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



Can you believe we are now entering the 8th month of the year already? I know there have been jokes about Covid-19 time, but seriously I am not sure if time is going by quickly or in slow motion. We have all missed some sort of celebration such as weddings, birthdays, graduations...well you name it and we have skipped celebrating the way we are accustomed. We have had to think outside the box when planning a birthday party. I personally have been to both a zoom online party and a drive by caravan party. I don't think I realized how many celebrations Marcus and I attend on a monthly basis, which is a blessing, to love and be loved by so many.

I know many people are "done", "tired", and "ready to return to something normal", but we need to stay safe and protect our loved ones and ourselves until this has passed. We have found that helping others really helps us to forget about ourselves. So many people are struggling right now just to feed their families and find shelter every day. I get strength from one of my favorite scriptures *Isaiah 40:31* "but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

I am grateful that I can give and do not need, that I can lend and do not have to borrow...today anyway. Everything can change in an instant. So for today I am grateful for what I have and what I don't have. Please check out the back cover of this month's issue, which spotlights "Hope of The Valley Rescue Mission" and all the great programs they currently have available to help those struggling.

I am blessed to have a husband, and family that I can spend time with during this "safer at home" time. There are so many people who are completely alone and have been for months. Sometimes isolation can bring unbearable depression and loneliness. During this pandemic suicide attempts have increased dramatically. People are suffering and need us to reach out and let them know we care and that we can do this together. There is hope. Speak up, reach out and don't give up.

September is National Suicide Prevention Month, but we are focusing on it here NOW, in our August issue. Not only is our feature focused on explaining in detail the causes, conditions and solutions, but additionally we have a special column (see page 9) on "Mental Health" which explains that the FCC adopted rule to establish "988" as the new nationwide 3-digit phone number for the National Suicide Prevention Lifeline. What a lifesaving game changer! Thank you to all those who worked so hard to achieve this new 3-digit number for those who need it.

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

Hello to one and all. Close to the beginning of this year, the social landscape has been dramatically altered. The New Year's resolutions that we planned have changed radically. I believe a lot of us had our short-term goals laid out for 2020, unaware that the world was in for a widespread Pandemic. The way we once knew life here in America was going to change in so many ways, physically, emotionally, politically, and spiritually!

In March nationwide restrictions were imposed on certain businesses, which were finally lifted the first week of July. This brought renewed hope, and positive change with the openings of certain businesses so the businesses could open and workers go back to work so that they all could help support their families, and the economy. Less than two weeks later, most of the previous restrictions were again imposed on parts of the nation. As a recovering addict and alcoholic, I have learned in my sobriety how to follow rules and regulations.

I have loved ones, families, and friends whom I honor. I want to respectfully help ensure their safety and well-being by complying with all of the guidelines in place! We are incredibly grateful that Keys to Recovery Newspaper has been able to continue spreading the message of hope and recovery, through our hard copies and online during these times. We are aware of the increase of relapses, and the recovery community's ability to help has been restricted and limited, due to lack of resources.

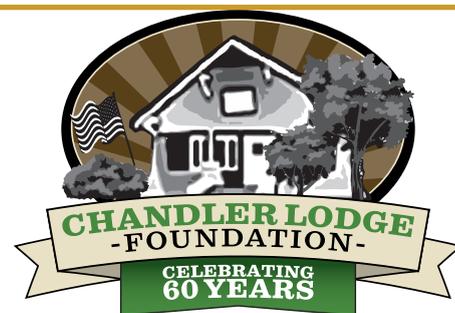
I believe if each one of us put aside our frustrations, disappointments, fear of uncertainties, and follow the CDC's guidelines to the letter, the spread of the virus will be reduced dramatically! We must all work in unison; as a collective, towards one main purpose. That is to help bring down the mortality rate and to eliminate Covid-19 altogether. I personally do not want to see "things go back to normal," because the norm was plagued with racism, hatred, bigotry, and certain ethnicities disproportionately treated unfairly socially, economically, lawfully, or humanly.

We need to get to a higher level of respect for all peoples, regardless of their skin color, religion, or social standing. Rich and poor alike should be given due respect, if the statement "All men are created equal" was true, we would not have separatism so prevalent throughout the world! I hope and pray that all of the non-violent protests, and the unity we have seen of all peoples, young and old, of different nationalities, and religious backgrounds have made a permanent imprint on our society. Until we have the opportunity once again, to come together for reasoning, may God bless us one and all.

**- Marcus Marshall, Vice President & Co-founder**



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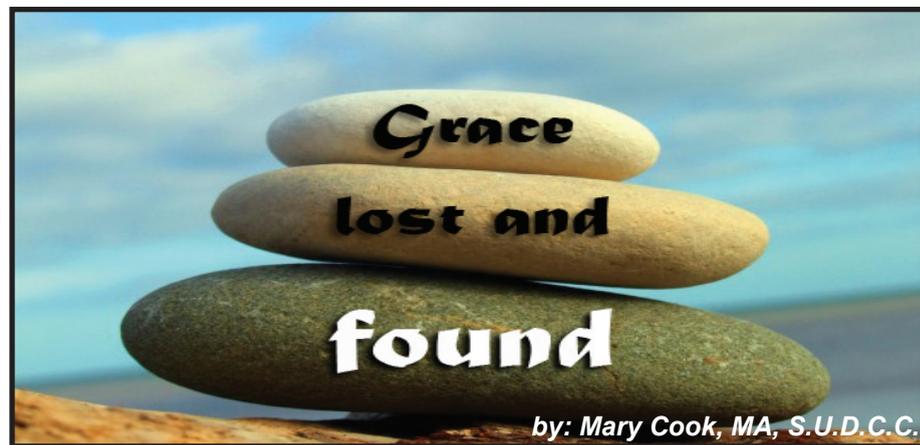
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by: Mary Cook, MA, S.U.D.C.C.

## MENTAL CLUTTER

The excessive thoughts that interfere with clarity, alertness, focus, and understanding are just as harmful as hoarding material clutter in our homes. It is a good idea to regularly examine and cleanse our minds, in addition to homes and lives, of unnecessary and toxic clutter. This removes the dam so that life flows naturally, and we become more positively productive.

It is only when we let go of something old, that something new can manifest. It is our true nature to continuously evolve. Yet it is also part of our human character to acquire fears and habits that impede this growth. We throw our garbage away, making room for what is useful. Our bodies routinely rid themselves of waste, so that we can physically function without a dangerous buildup of toxins. We share painful emotions with trusted significant others and feel our burdens lighten.

Yet we often maintain thought patterns from childhood long after they have proven themselves wrong, inefficient, problematic, or even life-threatening. Furthermore, we typically over-empower our mental chatter to direct our decisions, communications, and actions. Our identity then arises from habitual dominant thoughts, and we view our adult life through the eyes of our childhood.

Seeing clearly requires present moment mindfulness. We must pay attention to all sensory and intuitive cues, as well as the differences between past and present circumstances. What interferes with this task, however, is that the thoughts that arise from past fears and strong wishes can override these cues and even common sense. We then lack the necessary tools for clarity.

Mental alertness is muddled by the extremes of overly busy or obsessive thinking, anxiety, stress, and resentments. Alternatively, tiredness, depression, passivity, and shock can equally scramble attentiveness. And mind-altering alcohol and other drugs suppress clarity and reality in favor of oblivion and deceptions. This means that we receive fragmented, false, and fear or fantasy-based messages, and miss much of what life is trying to tell us.

Focus is our ability to sustain alertness for significant periods of time. It is required for efficient memory, creativity, problem-solving, and learning new or complicated tasks. Thought patterns of procrastination, perfectionism, self-limiting, or sabotaging beliefs interfere with our ability to focus.

Understanding is the culmination of successful clarity, alertness, and focus. It fosters personal growth, the actualization of potential, self-esteem, higher wisdom, and a sense of unity and peace. Addictions, defenses, dependencies, pessimism, and many illnesses preclude understanding.

Recovery and mindfulness practices are necessary for clearing away mental clutter. Instead of empowering our thoughts, we can tune into the part of us that witnesses our thoughts. We give ourselves time where nothing is required except patient observation and a neutral stance. We can then recognize and surrender old energies that do not fit our current circumstances. We ask our inner self what else is present right now. What are the varying perceptions of our minds? What cues are we experiencing from our bodies and hearts? And what nudges are we receiving from spirit? When we slow down, release judgment, and strong emotion, we are more likely to experience accurate present perceptions.

Mental alertness requires a normal rather than a heightened or deficient energy level. Beginning our morning with healthy, realistic intentions, and visualizing ourselves, or at least some part of ourselves with calm, confident energy is helpful. Identifying and releasing negative personal beliefs of inadequacy, and affirming our intrinsic worth as spiritual beings, tunes our energy to a higher frequency. Turning our thoughts to the good within us, and helping others in healthy ways, strengthens our positive energy.

When we fail to understand ourselves, we misread others, and life itself. We become shadows wandering in search of light, unaware that it is our thought patterns that keep us in darkness. We need assistance in order to surrender addictions and dysfunction, and the negative thinking that reinforces their powerful presence. Mental clutter invites lower energies to control our lives. Whereas emptying ourselves and holding space for the present moment, welcomes higher consciousness. Accurate reflections are only seen in calm, clear waters. New teachings arrive when we relax our attachments to old ones. Clutter causes us to miss the miracles. Letting go lets us see that we have all we need and that we are miracles.

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.





by: Darrell Fusaro

### TRUST YOUR GUT - IT'S TIME TO GO PRO

If you doubt your abilities, remember that you have an inner resource you can draw upon to direct you in all situations.

I was working on a video production with a novice camera operator. I explained the expected angles and shot list with him. Once shooting began so did the problems. If the angle was good the composition was off. When the composition was good, following the action was neglected.

After reviewing the oversights with him, he was concerned if he'd be able to ever get it right. I knew better than to expect him to learn the theory of composition, or cinematography within the limited time we had to complete this project.

So rather than taking the long way around I simply said, "Trust your gut. When you feel a joyful nudge follow it. Good composition feels good. Stick with what feels good."

After shooting resumed, wherever missteps in camerawork were brought up he responded, "I knew it." And he'd explain about how he felt the hunch to do what would have worked, but didn't follow it. I congratulated him, "See, isn't it amazing how trusting your gut, your intuition, your own Divine nature will make you a professional camera operator?"

When he achieved the perfect shot he was thrilled. "I can't believe this really works. It's amazing. I just went with what felt really good, instead of trying to figure out how to do what I thought would work."

God is continually guiding you to greater good. Since Love is another word for God, you can consider that Love is continually guiding you to greater good. Place your trust in your own Divine nature, the God within, and you'll move forward with joyful expectation and confidence.

Follow every good leading of your conscience. Conscience is from Latin con, "with" and scientia, "knowing". So following every good leading of your conscience can be considered taking a scientific approach to living.

You may be wondering, "How can I become more receptive to my own divine nature, the still small voice, the professional guidance from within?"

You do so by getting into the habit of tuning into it. This is why it's best to seek God early in the day. Just for one month try waking up a half an hour earlier than usual to enjoy some time alone on the couch reading a page or two from a few inspirational books. Doing this dials you into your higher self. You'll notice your mind joining with thoughts of health, joy, success, freedom, prosperity, love, and possibility. Even if you do not feel like anything noticeable is happening, you are still tuning yourself into a higher frequency of thought, making yourself receptive to Divine guidance throughout the day.

It feels wonderful knowing that we are tuned in to this higher frequency. We feel grateful and have an overall sense of unhurried expectation of good. In this natural state of peace and well-being, you will be receptive to all good things, and you will be quick to follow joyful nudges. Whatever it is, whatever the challenge, you will be aware of that still small voice within guiding you along.

If during your day fear tempts you to seek refuge in the negative, reach for the higher. At any time throughout your day, you can reinforce your faith with affirmative statements like, "I'm continually being guided to my good."

God's love is always leading the way and opening new doors. We just have to go with it.

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 podcast, "Funniest Thing! with Darrell and Ed" and author of the book, "What if Godzilla Just Wanted a Hug?" To learn more about Darrell visit [www.ThisWillMakeYouHappy.com](http://www.ThisWillMakeYouHappy.com)



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# Matters of The Heart



by: Rudy & Kelly Castro

## THE STORIES WE TELL

How long do you think we have been telling stories? Human beings have been using storytelling to explain our experience for as long as we have recorded history. Native tribes around the world have oral histories that date back thousands of years, that have been passed down from century to century tribe to tribe, elders to the community. Our existence is based on the stories we tell ourselves collectively. Just think about it, at one point the collective consciousness believed that the world was flat (some still do believe that), and at another point in history, we believed we were at the center of the universe. Now we have expanded our consciousness and awareness to accept that the universe is vast and ever-expanding. How do you think that shapes our perceptions about self, community, and purpose?

If we take it a step further, look at how quantum physics is pushing our collective story about our place in the cosmos. The story of quantum physics says that we can live multiple realities, in multiple universes based on the idea of quantum entanglement. Think about how it will shape our experience as humans. This quantum entanglement story will push our beliefs of ourselves just like the story that the world is not flat. We realized we will not fall off the edge, instead, we expanded. We traveled beyond the horizon and we will continue to.

We are reaching new horizons internally and externally. How do we expand our own personal story that's separate from the collective, that pushes us to more freedom and love for ourselves and our collective? This is an especially good question during these uncertain times where we are in quarantine from COVID, facing race issues, political divisions, and a looming financial crisis. How do we separate ourselves from all this and the collective story?

In truth, it's hard to separate ourselves because we are all connected. What happens to one affects us all. However, we each have an opportunity to use our own discernment in terms of what we want to align with. What is our truth? What supports us best? In our experience, we have tried many different modalities to ground ourselves, to go inward, and align with our truth. It's a journey. Use your own inner guidance to lead the way. If it leads to meditation, great. If it leads to being with nature, amazing! Regardless of what it is, remember the most important point of it all is that we seek. We become inner seekers of our truth before we align ourselves with the stories that are accessible everywhere. I'm today's world, every instant we can be bombarded with a story to believe. Do your own inner work first before you take on other perspectives.

Here is a practice that can be extremely helpful. It's from Byron Katie, author of several books, including her bestseller, *Loving What is*, TIME describes her as a spiritual innovator for the 21st century.

"All the suffering that goes on inside our minds is not reality... It's just a story we torture ourselves with." Byron Katie

What she is most known for is this process of self-inquiry, known as the Work. It can be applied to any thought, belief, or story. And she strongly suggests writing the answers as she states, "All war begins on paper"

Here is the Work: (When using this, please remember you can question any thought, belief or story)

Question 1: Is it true? This question can change your life. Be still and ask yourself if the thought you wrote down is true.

Question 2: Can you absolutely know it's true? This is another opportunity to open your mind and to go deeper into the unknown, to find the answers that live beneath what we think we know.

Question 3: How do you react—what happens—when you believe that thought? With this question, you begin to notice the internal cause and effect. You can see that when you believe the thought, there is a disturbance that can range from mild discomfort to fear or panic. What do you feel? How do you treat the person (or the situation) you've written about, how do you treat yourself, when you believe that thought? Make a list, and be specific.

Question 4: Who would you be without the thought? Imagine yourself in the presence of that person (or in that situation), without believing the thought. How would your life be different if you didn't have the ability to even think about the stressful thought? How would you feel? Which do you prefer—life with or without the thought? Which feels kinder, more peaceful?

To go even deeper and restructure our stories and beliefs follow this after the four questions.

Turn the thought around: The "turnaround" gives you an opportunity to experience the opposite of what you believe. Once you have found one or more turnarounds to your original statement, you are invited to find at least three specific, genuine examples of how each turnaround is true in your life.

Once you begin to apply this to your life and challenge your thoughts, beliefs, and stories you will begin to experience more freedom in your life. We want that for each and every one of you!!

Love only, Rudy and Kelly 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.



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## FAITH IN THE RIVER

"Faith does not need to push the river precisely because it is able to trust that there is a river. The river is flowing; we are in it. The river is God's providential love - so do not be afraid." Have you ever noticed how the flow of a river and God's love are so much alike? Both the flow of a river and God's love only flow in one direction. Neither of them can flow in reverse nor can the flow of a river or God's love be stopped, unless something stops the flow. Both the river and God's love are life-sustaining for animals and people alike.

So, where does faith come into play? Gleaning off of Richard Rohr's statement above and modifying it just a bit, Faith does not need to push the river because it knows it is a powerfully flowing river, faith is intrinsically instilled in the river. The river never judges itself on how high, low, slow, or fast the water flow is. It just is what it is. A creation of God being exactly as God wants it to be. Along its path when the water flow is high and fast, it carves away at the landscape creating natural works of art. When the water flow is low and slow, it takes the path of least resistance leaving behind a beautiful dry riverbed landscape with rock formations of all different sizes. When the water is low and slow it also allows new saplings to sprout and grow, only to be washed away when the next fast and high-water flow arrives. The river just is, sometimes fast, raging, and dangerous. Other times it is slow, calm, peaceful, and serene. A river's flow can only be stopped if the water feeding it becomes dried up or man stops its flow. It is what it is and perfectly content being so. No matter what, a river can only flow in one direction.

God's love is very much like a river in that it can only flow in one direction, through Him and into us. The only way God's love stops flowing through us is when we ourselves turn our back on God and cut off the flow of His love through us. Believe me when I tell you that I have turned my back on God, believing that I was not worthy of His love. God is a gentleman and much like the river, He does not fight the current. The current of His love is always there. As it is said in Hebrew 13:5... "I will never leave you nor forsake you." As much as I felt as though God had abandoned me, He was always with me. Even though I had turned my back on Him, every time I reached out to Him while I was living a life of sin, He was always there for me and I do mean always. You see, God's love cannot be earned. It does not matter what our past looks like. There is nothing we can do as humans to increase or lessen God's love for us.

As Proverbs 8:17 says - "I love those who love Me, and those who seek Me diligently find Me." It really is that simple.

The primary difference between the flow of a river and God's love is faith. A river flows on absolute faith that it is exactly as it should be; high or low, fast or slow. It does not fight what it is, and it lets nothing obstruct its flow. The river just flows fulfilling its purpose(s) in life without questioning. It supplies life-sustaining oxygen to the fish that live in its water and vital nutrients and food to the surrounding landscape and wildlife. It also supplies the life-sustaining water we humans all need to survive. While God is the ultimate supplier of life-sustaining needs for the river and all the wildlife it sustains, God is also the provider for everything we as humans need to survive. The difference is, man more often than not lacks the faith of the river.

Either God is everything or He is nothing, there is no in-between. If you believe God is everything, that is, in and of itself a tremendous amount of faith. However, maintaining that level of faith is where we mortals slip. It seems it is easy to maintain a high level of faith when life is falling into place as we feel it should. When our jobs, home, family, and finances are in order nothing can upset or interfere with our faith. It is in these times that many are susceptible to becoming complacent in their recovery or walk with God and by doing so, one can forget how they achieved the level of success they have achieved and this when their faith starts wandering. Unlike a river that doesn't let any obstacle cause it to waiver from its faith that everything is just as it is, we start questioning faith. Why is my family struggling? Why is my job on the line? Why am I losing my house? Why, why, why?

We can't just believe that God is when everything in life is rosy, and then turn a blind eye and shake a fist at God when challenges and hard times hit us. We need to be like the river and maintain our faith through times of abundance and times of drought. When I start losing faith, I simply will look in the rear-view mirror at the times my faith was wavering and in the long run, it was all for nothing. God has always come through.

God has always provided all of my needs and a little extra. If your faith is wavering, maybe it's time to go visit a river and have it teach you how to just be. Remember God is either everything or he is nothing. You can't have it both ways.

*Through Him all things are made; without HIM nothing was made that has been made.*  
John 1:3

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.



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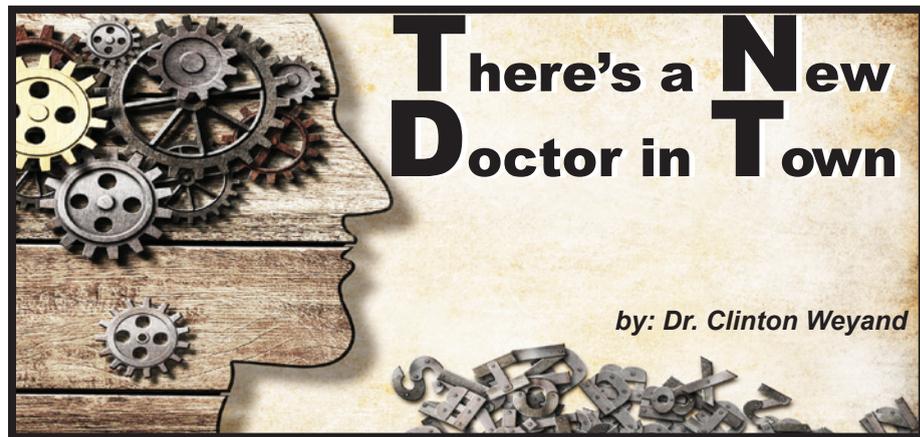
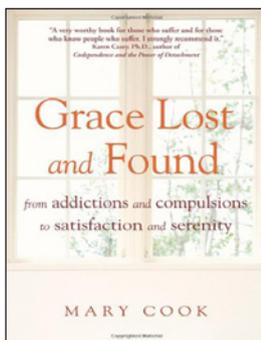
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# There's a New Doctor in Town

by: Dr. Clinton Weyand

## TEARS & LAUGHTER

Recovery without joy, play, and wonder is incomplete. The beauty of music uplifts our spirits and shows us the face of our Creator. When we experience the creativity of recovery and the Steps, we move into a profound level of creation and eternal Being.

Many people say, "How can you celebrate during the epidemic when there is so much grief, tragedy, and suffering?" We grieve alongside our joy, but we need not pour all our energies into pain, depression, and tragedy. The friends we meet in recovery are wonderful, and they strengthen us to face the future.

Looking at today, there is never a moment we do not have reason to experience angst and grief. While we grieve, our recovery supports us. We are part of a group of recovering people and we are part of an unfolding mystery. In the wisdom of the Steps, we have difficult and painful challenges that lead to our spiritual awakening.

We don't need to deprive ourselves of joy, wonder, and communion, which our fellow travelers provide occasions for spiritual growth and deliverance.

Joy for living depends also on the level of emotional intimacy with others, who we have grown comfortable with. Our healthy attachment to others and our deep commitments keep us grounded.

We do not want to make home movies and edit out or cancel out the joy. Men who do too much don't laugh a lot. There are tasks to be done, projects to be designed, and "real work" to be accomplished. If we can slowly kick back and get silly with a recovery friend, we are surprised how much lighter our life becomes.

Our "cancel culture" makes us experts at invalidating and diminishing ourselves and others. Nothing is "perfect enough" and we throw away the baby with the bathwater. Acceptance and affirmation can counter these negative and dysfunctional thoughts. We practice gratitude for all the nourishing moments in our life.

Grief and joy are both processes. Both will come and both will go. Both have the potential to flow through our lives, flushing us clean, and leaving us open for life and new experiences. The ability to grieve is an extraordinary gift. Grief allows us to celebrate our intimacies and acknowledge our losses. Grief cleanses us and affirms our ability to love and prepares us to move on with life.

Joy is much the same. It affirms both our humanity and our divinity. Joy is true aliveness unfettered by thought. By honoring our grief and joy, we can stay balanced in our lives.

*"Joy appears now in little things. The big themes remain tragic. Joy accompanied me as I walked through my day. The secret of joy is the mastering of pain."* - ANAIS NIN-

*"Often, what keeps us from joy is the menacing assumption that life is happening other than where we are. So we are always leaving, running from, or running to." What keeps us from joy is not being where we are, and not valuing what is before us. While happiness is a fleeting mood, joy is larger and more lasting than anyone feeling. If such feeling is a wave of emotion, then joy is the ocean that holds all feelings."* - MARK NEPO -

*"Before we started our recovery, we were so controlling that surprises struck tenor in our heart even when they were wonderful. We just didn't want anything coming at us that wasn't planned, structured, and under control. We now realize that trying to control everything has been one of the ways that we have robbed ourselves of the joy of living."* - ANNE WILSON SCHAEF-

*"The trick is not how much pain you feel—but how much joy you feel. Any idiot can feel pain. Life is full of excuses to feel pain, excuses not to live, excuse, excuses, excuses"* - ERICA JONG-

Dr. Weyand studied at CSUN where he graduated Magna Cum Laude. He then studied Counseling Psychology at the Doctorate level at USC. He is also a graduate of the Addiction Studies program at Pierce College. Dr. Weyand has 30+ years of experience working in recovery and behavioral health-care. He began his career at Woodview Calabasas Psychiatric Hospital as the Asst. Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years. For an appointment or consultations, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net. Dr. Weyand is now writing a new book, "Existential Recovery". If you have any thoughts or ideas about this book, please send them to deecoop@att.net We welcome your input.

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# THERE IS HOPE

**SUICIDE:**  
Heart-Breaking,  
Complex,  
No Easy Answers

Feature by G. Jay Westbrook

Suicide is the act of intentionally causing one's own death. While that sounds straightforward, it is not.

There are conflicting opinions and information about what constitutes suicide. Our cultural and individual views of suicide are varied, as are our opinions of those who engage in the act.

Some who die by suicide are championed and honored, and may be made into folk heroes, while others are mourned, and some despised.

We're clear about a number of things associated with suicide but unclear about its actual causes. We're also at a loss to accurately identify why, given identical circumstances, some people will choose suicide while others will not.

Let's look at some of the numbers, methods, causes, types, and views of suicide, and the range of interventions that may help prevent it.

**STATISTICS:** In the U.S., almost 43,000 die by suicide each year; that's an average of 118 suicides per day.

Females attempt suicide three times as often as males, while men are successful in their suicide attempts four times more often than women.

The elderly have a 25% success rate (one death for every four attempts), while younger people have a 4% success rate (one death for every 25 attempts). White males over 85 suicide at four times the rate of the general population (51/100,000 vs 12.6/100,000).

Finally, Whites and Native Americans/Native Alaskans have the highest suicide rates (14.7/100,000 and 10.9/100,000, respectively) while we see far lower rates in Hispanics, Asians, & Blacks (6.3, 5.9, & 5.5 per 100,000, respectively)

How dependable are all these numbers? Well, they're the best we have, and they are invaluable for comparative purposes. That being said, there are probably many suicides that go unreported, or that are reported as accidents, when in fact they are suicides.

There is also a question about the definition of suicide. If someone overdoses six times and continues to shoot dope, is their eventual overdose death an accident or a suicide? If someone voluntarily ceases to take in food or fluids, is their death one of natural causes or suicide? If someone intentionally drives their car into a concrete wall, is their death listed as an accident or suicide? You can see how these issues confound, and probably reduce, the number of recorded suicides.

**METHODS:** There is tremendous variation, worldwide, in how people take their lives. Hanging is the most common method of suicide worldwide, intentional pesticide poisoning the second most common method, followed by jumping, drowning, firearms and car exhaust in no particular order.

In the United States, half of all suicide deaths are by firearms, 27% are by suffocation, 16% are by poisoning, and 7% by other causes.

We have little information about the number of suicides nationally by overdose, though it is estimated that as many as one-third of fatal opioid overdoses are intentional. Further, we have almost no data on the number of suicides by VCNH (voluntary cessation of nutrition and hydration), or the cessation of or taking excess prescription medication. This is largely due to the high likelihood of these deaths being reported as natural or as accidents, rather than as suicides.

**CAUSES & ASSOCIATIONS:** While there is a long list of factors associated with suicide, there is little evidence that any one of these factors actually directly cause suicide. The current belief is that most likely a combination of several of these factors, occurring simultaneously, outweigh the individual's coping resources, and lead to a suicide attempt. The associated or contributory factors include:

1) prior attempts;

2) both treated and untreated mental disorders;

3) vanity – when someone who took pride in something like their appearance or wealth or prestige loses that something;

4) loneliness, grief & loss, disconnection, and substance abuse;

5) hopelessness – with a reality-based lack of hope (there's no hope this terminal cancer can be cured) or a perceived lack of hope (this bullying will never end);

6) suffering – physical, emotional, spiritual, financial – especially when the suffering lacks meaning, and/or is perceived as unending and unalterable;

7) humiliation – as in bullying and shaming;

8) impatience – understanding a solution for the situation may evolve over time, but being unwilling to stay alive until that time;

9) impulsiveness – when there are no brakes (no pause) between an idea and acting on that idea ;

10) disappearing or absent informal social support system;

11) identity crisis – lacking tools to dealing with a change in identity, e.g., widowhood, discovering one is adopted, a change in body image (amputation, colostomy, etc.), or a change in sexual orientation or gender identity;

12) being a burden and/or to avoid being a burden – not wanting to be a financial or caregiving burden to family;

13) avoidance (eviction, nursing home placement, jail, treatment);

14) meaninglessness and/or an inability to contribute – a life devoid of meaning, worth, value, or purpose leading to a spiraling depression;

15) belief that suicide is an honorable action;

16) diminishing Quality of Life or Functional Integrity;

17) invisibility and/or impotence – a perception of being unseen by others (invisibility), and having neither power nor control (impotence)

- 18) diminished or absent resilience;
- 19) belief that “they” will be better off without me;
- 20) pain that exceeds one’s coping resources – this is really at the core of most of the above factors, and is often coupled with an unwillingness to ask for help.

**VIEWS:** There are many views of suicide, which are often simplistic, dismissive lacking compassion and devoid of solution:

- 1) I’m not hurting anyone but me – expressed by the person about to suicide, and reflective of a belief in #19, above;
- 2) selfish/selfless – weak/strong – cowardly/courageous – those left behind may view the person who suicides as selfish, weak, or cowardly while the person who suicides may view themselves as selfless, strong, or courageous
- 3) permanent solution to a temporary problem – while this; may technically be true, the person who suicides finds the pain of their problem – temporary or permanent – unbearable, and this statement negates that truth;
- 4) sin – viewing suicide as a mortal sin, and disrespectful to God;
- 5) 9/11 – the people in the Twin Towers, in New York on 9/11, who jumped to their deaths, did not want to die. Rather, they saw jumping out a window as a less painful alternative than being consumed by a wall of flame. In many mental health circles, this has become a metaphor for suicide – the person does not want to die, but cannot imagine enduring the pain of the issue with which they’re struggling, so suicide is chosen simply as the less painful option;
- 6) mixed messages – denigrating as “weak, selfish or cowardly” someone who suicides, while championing “Thelma and Louise” for driving off a cliff, or making a folk hero out of Dr. Kevorkian for assisting patients with their suicides, sends a confusing and mixed message.

### TYPES

- 1) Assisted Suicide – family members or medical professionals helping someone who is suffering end their life;
- 2) Mass Suicide – as in members of a cult suiciding at the same time, in the same way, at the direction of the cult leader;
- 3) Homicide/suicide – most common in elderly couples, where one member kills the other to end their disease-related suffering and then takes their own life. We also see this pattern in many terrorist attacks where the terrorist kills as many people as they can, and then commits suicide;
- 4) Suicide Pacts – an agreement between a romantic couple or a group of friends to all end their lives on a specific day and time;
- 5) Altruistic Suicide – for the good of others (family, tribe, etc.);
- 6) Honor Suicide – suicide to avoid dishonor (Harakiri or Seppuku) or to die honorably for a country or cause (Banzai or Kamikaze);
- 7) Martyr Suicide – terrorists;
- 8) Attentional Suicide – suicide making a statement about and bringing attention to a perceived wrong, e.g., Buddhist monks self-immolating over the Vietnam War;
- 9) Punishment Suicide – taking one’s life to punish or hurt someone (a lover or parent) who committed some offending act, real or imagined ;
- 10) Copy-Cat Suicide – drawing implied permission from the suicide of another, or “I want the attention they got, so I’ll do what they did” ;
- 11) Suicide by Cop – placing oneself in a position where another (police officer) is forced – out of fear for their own life – to execute the person who wanted to die;
- 12) Joining or Reuniting Suicide – in those with a strong belief in an afterlife and who desire to join or be reunited with someone they deeply love and who has recently died – typically the person engaging in this denies having a deep and profound sadness, and engages in this type of suicide not to move “from” their pain here, but rather to move “towards” the joy of being reunited with their loved one;
- 13) Medication-Driven Suicide – there is a relatively new awareness of this type of suicide, caused by the cumulative depressive side-effects of taking multiple medications that produce that side effect;
- 14) Spontaneous Passive Suicide –performed in the moment via the action of something outside of ourselves as a result of placing ourselves in harm’s way;
- 15) “Traditional” Suicide – the result of an overwhelming sense of sadness, pain, or futility, which exceeds one’s ability or desire to cope with it;

Many may wonder why an article on suicide, especially in this publication, did not include “Suicide by overdose” as a distinct type of suicide. There are two primary reasons. The first is that it would fit more accurately as a “method” rather than a “type” of suicide. The second is that is very difficult to know – in most cases – whether a fatal overdose was accidental or intended.

Given the range of types, views, and causes identified above, it is easy to see how difficult it is to come up with meaningful solutions to the suicide problem. Psychotropic medication may help the person living with schizophrenia or depression, rehab may help the person whose life is spiraling because of substance abuse, while neither of those will help with an honor suicide or punishment suicide.

Therapeutic approaches (CBT, DBT, EMDR, and talk therapy) might help with punishment suicide or altruistic suicide, but be useless with martyr suicide.

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Individuals contemplating ending their own life may be reticent to call a Help Line because they don’t want help, or a Crisis Line because once they have a plan to end their life, they believe that they no longer have a crisis. That being said, here are a few numbers:

***On July 16, 2020, the Federal Communications Commission adopted rules to establish 988 as the new nationwide 3-digit phone number for the National Suicide Prevention Lifeline. See the article on page 9 for detailed information.***

800-273-TALK (8255) - 24/7 Suicide Prevention Line

800-971-0016 is the 24/7 Friendship Line

741741 is the 24/7 Text Crisis Line

Programs aimed at reducing or preventing bullying and cyber-bullying can help reduce that as a driving factor in suicides.

Palliative care programs that reduce patient and family suffering can help reduce suicides related to pain and suffering.

As I said earlier, there is no single intervention that works to reduce or prevent all types of suicide. Perhaps the most valuable things we can do include, 1) normalizing the experiencing of suicidal thoughts and assuring people that they usually pass, and do not have to be acted on, 2) increasing opportunities for connection, as suicide often grows out of isolation, loneliness, and a perceived aloneness, 3) creating a pause that disrupts the momentum toward taking one’s life, and 4) teaching people of all ages coping skills, because at the bottom of most, not all, suicides is the factor of someone’s pain – physical, emotional, and/or spiritual - outstripping their ability to cope with it.

I hope this article helps expand an appreciation and understanding of the complexity of suicide.

Please remember that “I’m not hurting anyone but me” is a lie, that we will not be better off without you, and that we would rather struggle with you than without you,

G. Jay Westbrook is an award-winning hospice nurse, a best-selling author (Compassionate Journeys: Lessons From My Work With the Dying), an Advanced Grief Recovery Specialist, and a national keynote speaker on issues surrounding End-of-Life, Grief Recovery, Forgiveness, Suffering, Compassion, Suicide, and Substance Abuse.

He also works with treatment facilities and sober-livings, training them to provide Grief-Informed Care and/or leading their grieving clients through the Grief Recovery process. Find him at [www.CompassionateJourney.com](http://www.CompassionateJourney.com)



## BRINGING BACK THE THRILL

Remember when using gave you a powerful rush? But over time, you started noticing that you needed more and more just to get that same thrill? And eventually, you had to become a heavy user just to feel "normal?"

Want to know why that happens and what you can do about it? Read on.

Dopamine is a neurotransmitter that rewards your brain for positive and life-sustaining behaviors like eating, sleeping, keeping warm, reproducing, and connecting with others. Dopamine helps your brain learn and remember to make those behaviors a priority. In order for your brain to process this dopamine, it first needs to be absorbed through the dopamine receptors. Before you started using, the dopamine receptors throughout your brain were active, ready, and waiting to process this essential brain chemical.

Substance misuse interferes with this normal process because it causes dopamine levels to increase way beyond normal levels. For example, if the normal dopamine level is 100%, eating raises the dopamine level to 150%. Meth, on the other hand, can raise dopamine levels by 1000% or 10 times the normal level.

These spikes cause two problems. Because the dopamine released in response to a misused substance is so much greater than the release associated with normal life-sustaining activities, the brain starts to learn that using is far more rewarding than activities such as eating, sleeping, staying safe, and connecting with others. Thus, the addiction begins. That's the first problem.

The second problem is that the dopamine receptors begin shutting down. Imagine you are walking down the street on a hot day. You walk past a mister. The cool drops are refreshing. You stand there for a few moments and enjoy it. You are open and receptive. Suppose you went back there the next day and got blasted with a firehose. Same water, but it would no longer be refreshing. If you couldn't run away, you'd probably curl up in a ball and try to protect yourself from this flood. That's what dopamine receptors do when there is too much dopamine coming at them. They shut down and no longer accept the dopamine. As the number of active receptors continues to drop in response to the repeated dopamine spikes, life begins to feel miserable. It seems as if no amount of dopamine, whether produced by an addictive substance or a healthy pleasurable activity can bring joy.

Can this be reversed? Yes! There are two ways to restore dopamine receptor activity and experience more joy in sobriety – the slow way and the fast way.

The slow way is to stop using and wait patiently for the brain to slowly repair itself. Dopamine receptor activity will eventually return. Over time you will regain the ability to experience joy. However, while you're waiting, you will need to summon all of your mental and emotional energy to ensure that your nearly joyless life won't drive you back to using. This is the approach that most people take, and it may partially explain why the first-year post-treatment relapse rate is 40-60%. Sobriety doesn't feel worth the effort.

The fast way restores dopamine receptor activity up to four times faster. Those who embrace the fast approach in early sobriety are able to experience more joy from normal daily activities much more quickly. Sobriety feels more positive to them. What's the catch? The catch is that the "fast way" requires more work. The benefits of this extra work have been well documented in a study conducted at UCLA. If you'd like to read about the study, here's the link. <https://newsroom.ucla.edu/releases/adding-exercise-to-health-education-helps-treat-addiction-say-ucla-researchers>

To summarize, clients enrolled in an addiction treatment program were divided into two groups:

- 1) Those who were offered education only, i.e., individual sessions, group therapy, 12 step meetings
- 2) Those who were offered education AND did moderate aerobic exercise for an hour a day, 3 times each week, for eight weeks.

The exercisers were able to process more dopamine. Their new life in sobriety became more pleasurable more quickly.

If you want to feel better faster, find an aerobic activity that you enjoy. Ideas include brisk walking, jogging, running, hiking, swimming, cycling, and rowing. Get moving for at least 40 minutes. Not only will you feel good about yourself immediately afterward, but you'll also start noticing that your new life in sobriety feels more joyful more often.

Leslie Gold is the founder and executive director 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 in early recovery across the finish line of events ranging from 5Ks to the Los Angeles Marathon. To learn more, visit [StridesInRecovery.org](http://StridesInRecovery.org)



## HANDLING ROAD BLOCKS WITHIN RECOVERY

When we begin our recovery path, there might be times we feel like we can't move past those speed bumps or the hurdles we run into during this journey.

I would find myself searching for the answers to why I was feeling stuck and think, how do I move forward? Why do I get a stretch of abstinence and then relapse? What if I'm not strong enough withstand my cravings, urges, and triggers? What tools do I need to ward off relapse? These are excellent questions and concerns that we all likely have to face while maintaining our recovery journey.

Some answers can be quick fixes, or some may mean you have more work to do on your recovery path. Recovery is not only a life long process, and it does come to us in phases. Our redemption from gambling addiction is ever-evolving as we grow and gain the wisdom to know we cannot control our gambling. So we explore all the options available to us and then choose how we begin to live our lives in a healthy way and away from gambling addiction. First I would remind everyone I have an excellent Relapse Prevention Guide on my recovery website that can be copied and downloaded.

The Little Workbook: <https://betfreerecoverynow.wordpress.com/gambling-relapse-prevention-guide-to-survive-life-events-that-works/>.

The next step in the process of recovery is doing the "work" that is asked of you while you utilize the tools and skills that may save your life. Next is being diligent in continuing to utilize the tools. While it doesn't sound complicated, many struggle. We do have choices to pick from to begin our path of recovery. It may be a 12-Step Program, Faith-Based Program, or something altogether different. You may want an in-patient treatment center program or an outpatient treatment program that offers therapy or counseling. You need to choose the program that feels most comfortable for you. I advocate a lot through social media. I see many disagreements between people who believe in various types of recovery programs. I see people trying to force their preferred method of recovery onto others who may be looking for help or support within recovery.

I've seen never-ending battles posted on social media that play out people's chosen method of recovery. I would be suspect of this. It is not appropriate to force your choices on others. There are all kinds of disagreement within the recovery communities and to me that is antithetical to what maintaining recovery is all about. My feelings are my opinions. The most important thing in entering recovery is having a desire to recover. If gambling is making your life unmanageable, you probably want to choose a method of recovery that works for you and your family. Once you have chosen your treatment path, you'll begin to realize and come to terms with the recovery work you'll need to do in the first few years of this journey. You'll start to learn and gain the skills and tools required to interrupt the "cycle" of addiction, which is an essential part of this process. Being educated and informed about this disease while digging deeper into acknowledging the roots and underlying issues that probably amplified your turning to addiction are important. For example, as I started my recovery work and therapy, it became clear to me that the pain from my childhood trauma and sexual abuse were haunting memories that I wanted to avoid. I believe I escaped from those memories through my gambling addiction.

I want to end with a little Facebook experiment I did last week with a newer recovery blog post I shared on my page. I then did a boosted post to attract FB users to this recovery blog. I targeted the ad to Oregon, California, Florida, and Arizona. The way it performed assured me that there are many problem gamblers out there needing help! The post reached: 3,564 FB users, Engagement and Clicks were: 231 FB Users 42.7% were Women of Age 45+ 57.3% were Men of Age 55+ I was shocked at these results, and the ad ran only three days. It sure tells me I have a lot more work to do to share hope and resources with those who have a gambling problem. I appreciate having "Keys to Recovery Newspaper" as a platform to share, we can QUIT To WIN and we can recover!

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](https://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.



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

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

## 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 anytime, anywhere.

## SUBSTANCE ABUSE TREATMENT

### INTENSIVE OUT-PATIENT (IOP)

#### 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

# 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.

**ABRAHAM RECOVERY HOUSE LLC SOBER LIVING:** Looking for a Safe Sober Living in Los Angeles? We are affordable, upscale, and safe sober livings in the Hollywood & Hancock Park areas. We work with treatment centers & 12 step programs. We believe in sponsorship and community. On & Off Site Mangers, Weekend Activities, Transportation, Pet Friendly, All Genders Are Welcome, Structured Sober Community, Quality Food & Family Dinners, All Inclusive. [www.upright2.o4s.online](http://www.upright2.o4s.online), Call Today (323) 481-3312.

**ADVANCED HOUSE MEN'S SOBER LIVING:** Sobriety Starts With You. Located in Beautiful Venice Beach, California. Men's Sober Living Creating Alumni [www.AdvancedHouseSober.com](http://www.AdvancedHouseSober.com). Call start your journey today! (323) 338-1029.

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

**AUCKLAND HOUSE SOBER LIVING:** for Men who are ready to change their lives Auckland House offers a safe affordable place to focus on your sobriety and learn to love life sober. Located in N. Hollywood, NoHo Arts District, close to everything, easy access for work, fun and 12-step fellowships. House Meetings. Vocational Rehab Support. Sober Coaching & Support Music Room. Meditation Garden. Surf & Skate Therapy. [www.TheAucklandHouse.com](http://www.TheAucklandHouse.com) Call Today (323) 447-3854.

**SOBER LIVINGS PROSPEROUS ROSE** Sober Living is a beautiful structured Sober Living located in the foothills of Lake View Terrace, CA, Male only, is minutes away from Sunland and a few blocks away from Hansen Dam Park and Recreation Center. We offer the following: laundry facility, outdoor gym, covered patio and smoking area, internet with fast Fios internet and WIFI and big screen TV's with cable. The rooms are clean and spacious with flat screen televisions in all rooms. Cleanliness is a priority in this house. Rent is \$600 monthly. You have the option of paying weekly or monthly no deposits required. We accept the pilot program through DPSS. We are close to all major markets, bus and 12-step meetings (we have referrals to outpatient services, food banks etc. We provide transportation for grocery shopping and 12-step meetings and to free food banks. The Owner of the house is a Substance Abuse Counselor that has a very good understanding of addiction and is ready to help with your recovery. Whether your court ordered, on probation or parole, Prosperous Rose Sober Living is a California Licensed Sober Living home that can be a great -stepping stone in this new chapter of your life. We are here to help and support you call Suzy (818) 660-8070.

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

**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).

**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)

**HOUSE IN THE HILLS** Sober Living for Women in Woodland Hills, California [www.HouseintheHills.org](http://www.HouseintheHills.org). Call (818) 264-8545.

## 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.

**SOBER LIVINGS THE VESPER HOUSE! UNDER NEW MANAGEMENT:** Are you ready to begin your NEW SOBER future TODAY? We are Southern Calif. Oldest Women's Sober living Home! Vesper House has been helping women recover for over 65 years. We offer it all. Located in North Hollywood, CA. Zero Tolerance Alcohol and Drug Sober Living Home! The weekly rent is \$130. Call us TODAY for to set up an interview! (818) 769-3057.

*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.**  
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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-mailyourinformation 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, NY, 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.

**Grupo Al-Anon:** FE Y GRATITUD DE NEWHALL, 22505 Market St, #102 Newhall CA.

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

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

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

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

**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 Depart. 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 debt 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.

**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.laventanatrement.com

**LifeRing Secular Recovery,** Lifering.org, (800) 811-4142

**Love Addicts Anonymous:** (LAA) www.Loveaddicts.org

**MADD Mother Against Drunk Drivers:** www.madd.org (877) MADD-HELP

**Marijuana Anonymous:** www.marijuana-anonymous.org World Services (800) 766-6779.

**Marijuana Anonymous:** www.marijuana-anonymous.org Los Angeles (310) 494-0189 or Van Nuys (818) 759-9194.

**Narcotics Anonymous (NA):** www.todayna.org Regional Office (800) 863-2962.

**Narcotics Anonymous:** www.nasfv.com (818) 997-3822.

**Nicotine Anonymous National & World Services:** www.nicotine-anonymous.org (877) 879-6422.

**Nicotine Anonymous So. California Intergroup:** www.scina.org (800) 642-0666

**Nar-Anon Family Groups:** www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188.

**National Council on Alcoholism & Drug Dependence Headquarters:** (NCADD provide help & info and other alcohol/drug related services). www.ncadd.org (800) 622-2255.

**National Council on Alcoholism and Drug Dependence:** SFV www.ncadd-sfv.org (818) 997-0414.

**Our House Grief Support Center:** WLA & Woodland Hills, CA (888) 417-1444 www.ourhouse-grief.org.

**Overeaters Anonymous:** www.oa.org World Services (505) 891-2664.

**Overeaters Anonymous:** Meeting Hotline 24 Hour (323) 653-7499. **Overeaters Anonymous LA Intergroup:** www.oalaig.org (323) 653-7652.

**Pills Anonymous:** (PA) www.pillsanonymous.com

**Rageaholics Anonymous:** www.rageaholicsanonymous.org

**Recovering Couples Anon:** www.Recovering-Couples.org (781) 794-1456.

**RumRadio.org:** comprehensive 12 Step sponsorship informational resource website (512) 267-4707.

**Secular Organization For Sobriety:** (323) 666-4295.

**Sex Addicts Anonymous:** (SAA) www.saa-recovery.org (800) 477-8191.

**Sexaholics Anonymous (SA):** www.sa.org (866) 424-8777.

**Sexaholics Anonymous (SA):** www.sasocal.org (310) 491-8845.

**Sexual Compulsive Anonymous:** www.sca-recovery.org (800) 977-HEAL.

**Sexual Recovery Anonymous (SRA):** www.sexualrecovery.org (323) 850-8565.

**S-Anon:** (Friends & Families of Sex Addicts) www.sanon.org (800) 210-8141.

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

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

**Survivors of Incest Anonymous:** (877) 742-9761. www.siaawso.org

**TEEN LINE:** (800)TLC-TEEN (in CA) (310) 855-HOPE, Teens helping teens. www.teenlineonline.org

**The Other Bar:** FREE 12 step based peer recovery network for lawyers & law students (800) 222-0767; www.otherbar.org

**Workaholics Anonymous:** www.workaholics-anonymous.org (510) 273-9253.

## 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.

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

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

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

**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.

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

**Dial - 988 - On July 16, 2020, the Federal Communications Commission adopted rules to establish "988" as the new nationwide 3-digit phone number for the National Suicide Prevention Lifeline.**

**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 Center** (800) SUICIDE (784-2433). Suicide Prevention Center (877) 727-4747.

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

**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>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>

**Online/Digital Recovery Support Resources**

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. We 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. 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

For more information on anonymity please see: Understanding Anonymity at [www.aa.org/pages/en\\_US/options-for-meeting-online](http://www.aa.org/pages/en_US/options-for-meeting-online). For more information on passing the digital basket please see: [www.aa.org/pages/en\\_US/options-for-meeting-online](http://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.

[Other 12-step Online 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/)

Support your local central office during this time.

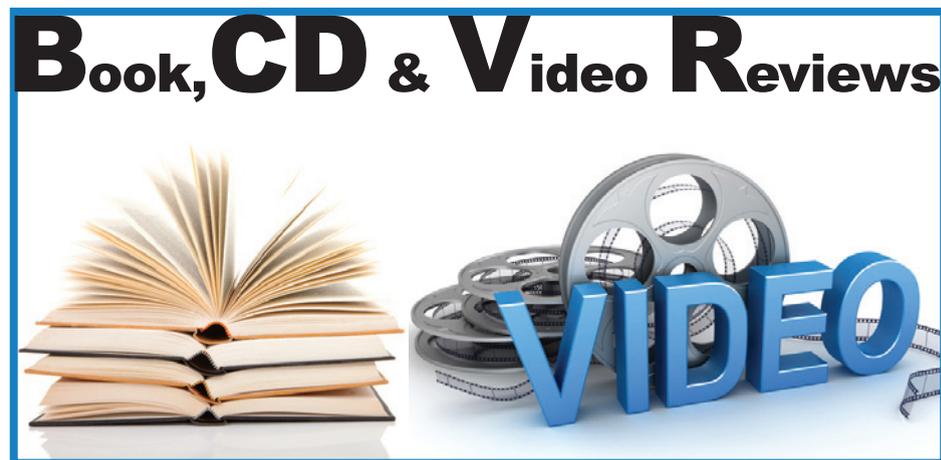
**Alcoholics Anonymous**

**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**



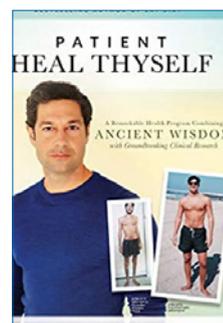
**PATIENT HEAL THYSELF.** Author Jordan Rubin. This book is a remarkable health program combining ancient wisdom with ground breaking clinical research and it is an excellent read. It is not boring or stuffy. I liked this book. I cannot say I enjoyed it, but I liked it. I learned a lot by reading this book.

Jordan Rubin's sincerely and compassionately explains how to eat healthfully. I believe his passion is due to the fact that he was facing his own battle to stay alive, due to his nearly terminal case of Crohn's disease. He searched the world for answers, he learned about the amazing dietary secrets employed by our ancestors that allowed them to live long, disease-free lives. Most of all his consumption of beneficial microbes found in pristine soils helped him return to excellent health.

Even greater than his own healing journey are the secrets of health and longevity that Jordan gathered together for the benefit of all humanity. Throughout "Patient Heal Thyself" he shares the concepts of ancient healing that have been lost through time and modernity but that are absolutely essential to becoming and staying healthy. You will learn to turn around health conditions by changing your diet; as well as how to maintain good overall health. You will find yourself healthier from following the wisdom of eating, taught in this great book.

I, like many people, may feel like they cannot afford to eat the way he wants you to; GO totally organic. I know I would like to but my finances will not allow it at this time in my life. But you can change a lot of your eating habits and eliminate some of the things that are so very bad for us.

This book is easy to read and very helpful. Available at Amazon.

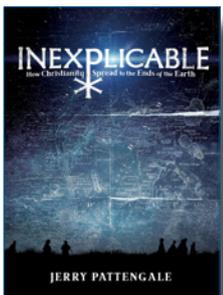


**INEXPLICABLE: How Christianity Spread to The Ends of The Earth.**

Written by Jerry Pattengale PhD. Published by Trilogy Christian Publishing. The author of this book is a remarkable individual who overcame homelessness and economic hardships at the young age of sixteen. This book is filled with substantiated accounts, of how and why Christianity has historically flourished throughout the world. Dr. Pattengale provides incredible accounts of the miraculous migration of Christ's ministerial influence upon the world.

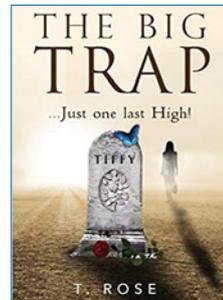
Dr. Pattengale includes how Christianity has been distorted and used for personal gain by some, to obtain wealth and prestige, promoting hatred and fear for their own agendas. Many individuals and prominent leaders from every walk of life have applied Christ's principals to accomplish negative and destructive outcomes. Being a practicing Christian since 1968, I was profoundly moved and uplifted to have had the blessing to read this extraordinary book.

The accumulation of historical facts in this book are precise and unbelievably detailed. It will bring the reader closer to the understanding of Christ's extensive impact upon the entire world. This book is a must read for all of us wanting to have more clarity about Christianity, and its outreach. I recommend this book wholeheartedly to everyone, I believe it will leave you feeling loved, educated, and confidently inspired. I definitely give it five stars. Available at Amazon.com



**THE BIG TRAP...Just One Last High!** Written by T. Rose. Published by Tiffy Rose LLC - Publishing. This is a truly inspirational book. I read it in two days. The author reveals the pain she has experienced in her life with the hope that it will perhaps help us to understand our pasts and to let people know that they are not alone. She bares her soul throughout the book beginning with the emotional and physical abuse of everyday life as a child, and how this abuse conditions a person's reactions. Sadly many children blame themselves for the horror that they withstand, just as Tiffy did. She writes about how alcohol and drugs become a temporary solution, and as with most addicts, it soon becomes the source of the problem.

"This is a true story of Tiffy Rose Baker's long journey from the hot west Texas plains and Sunday Church picnics, to the executive boardroom and the shimmering nightlife of South Florida." She shares how just escaping the abuse, and the situation, is not enough to save us from our conditioned responses, and how the darkness can follow us until we face it. Her journey into the secretive world of drugs and other vices shows us how one bad decision can change the course of our lives. Throughout her journey, she turns to God for protection, which he always provided for her. I love the hope Tiffy expresses in her recovery, and her belief in the fact that with God's love we can overcome anything. I recommend this book to anyone who wants to know more about addiction and recovery. "The Big Trap" as Tiffy calls it is the biggest lie we tell ourselves, "Just One Last High!" I hope to one day meet this incredible woman. Without a doubt, I give this book FIVE STARS! Available at Amazon.com.



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

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



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www.HopeofTheValley.org  
**TOGETHER WE CAN END HOMELESSNESS**  
 TO FIND OUT HOW - CALL 818.392.0020

**These are just a few of the Life Saving Programs at Hope of The Valley Rescue Mission**



The John E. White House of Hope is a 12-bed, 9-month men's alcohol and substance abuse recovery program in Arleta. It is a structured work-therapy program where participants gain real-world job experience and training in our Culinary Program preparing meals for our clients and working at our Thrift Stores and at the HELP Center. Participants also perform custodial duties at our administrative offices in Pacoima. Men participate in specialized, holistic, spiritual recovery programming grounded in Judeo-Christian tenets.



In July we opened the 85-bed NoHo Shelter and in August we will open the 100-bed Van Nuys Shelter. This is truly amazing! These are the First Year-Round Bridge Housing Shelters in San Fernando Valley, both the Van Nuys and North Hollywood facilities provide transitional shelter for men and women who are currently living un-housed throughout San Fernando Valley and LA County. The combined beds available for 185 people looking for a new start. We expect to help find permanent housing for over 800 each year through these facilities.

These sites are designed to temporarily house people that are currently living on the streets until such as time as we are able to place them in permanent housing.

The NoHo site is also the least expensive shelter of its kind, per bed, in the entire city. These shelters represent a public, private and corporate partnership. It would not have been possible without major contributions from the Beachbody Foundation and the Alex and Jean Trebek Family Foundation.

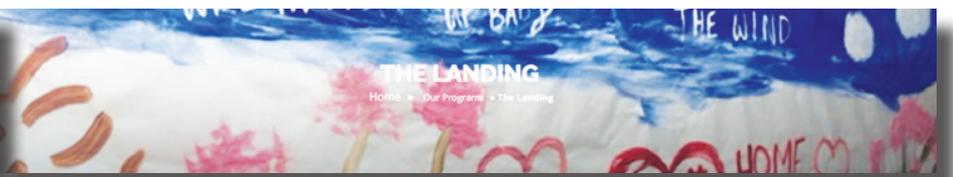
Working in partnership with LA City Mayor, Eric Garcetti and Councilman Paul Krekorian, the shelters are designed to help guests overcome all barriers and obstacles that are keeping them from employment and being housed.

The North Hollywood shelter is the 15th shelter to be built out of 30 shelters that are part of Mayor Eric Garcetti's "Bridge Home" initiative. According to Mayor Garcetti, "The goal of A Bridge Home was very simple – to put A Bridge Home shelter in every one of LA's 15 council districts and deliver the services they need to save their lives now."



Family Shelter Programs: The Genesis House 28-bed, 90-day • Shepherd's House 48-bed, 90-day • The Get Together Foundation's Casa de Vida is a 48-bed, 90-day: are all family crisis shelter for families with children, in the San Fernando Valley. Our aim is to make our "houses" as welcoming and as comfortable as possible. This reduces stress on parents and children so they can settle into their new accommodations and routines quickly and begin the work to stabilize their crises and find, secure and retain permanent housing.

The Cold Weather Shelter in Pacoima operates from December through March and becomes a year round shelter as it warms up. Clients have a clean, warm, safe place to sleep and a hot dinner and breakfast. Clients also have access to case management so they can receive referrals to medical and mental health care and they can receive assistance with strategies and solutions to end their homelessness.



The Navigation Center provides: • Storage for the belongings of our unhoused neighbors in the Southeast Valley who are at risk of losing everything they own every day. • Showers, laundry and restroom facilities to help our neighbors feel clean and confident and find a measure of dignity, despite their present housing situations. • Classrooms to connect our hurting neighbors with assistance from a network of homeless service providers.

The Landing is a 38-bed facility in Burbank for Transitional Age Youth (TAY) between the ages of 18 and 24 years old who were homeless or previously homeless prior to entering the program. Nearly half of these youth have exited foster care or delinquency systems in Los Angeles County. We partner with The Village Family Services to offer program participants a holistic program model of safety net services combined with supportive services designed to remove barriers and help with employment, educational and housing goals. The Landing provides youth with a community where they receive nurturing and practical support that helps build the skills and resources they need to realize their potential and live successfully on their own.

*This navigation center is a place where people will be welcomed and treated with the dignity and the respect that they deserve. – Laurie Craft, Senior Director of Programs, Hope of the Valley*

**Sponsored in part by:** Marcus & Jeannie Marshall • Miracles In Action  
 • The Center for Healthy Sex • Colleen Devine • Nexus Recovery Services  
 • Angela Colls • Alonzo Bodden • Tiffy Rose Ilc Publishing