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September 2020

KEYS TO RECOVERY NEWSPAPER, INC.



NATIONAL
RECOVERY
MONTH 2020

AVOIDING
RELAPSE

Dr. Louise Stanger Ed.D, LCSW, CIP, CDWF

RECOVERY
CHANGES
EVERYTHING

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Our Spirit
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Contributors

Jeannie Marshall: President, Cofounder, Publisher & Editor

Marcus Marshall: Vice President & Cofounder, Publisher & Editor

Staff Photographer: Shalimar Cambria

Graphic Designer: J Marshall

Outreach Director: Peggy Salazar

Social Media: Dominique LaFargue

Beth Dewey-Stern: Cofounder

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Editorial Contributors: Marcus & Jeannie Marshall •

• Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro • T. Rose •

• Rudy & Kelly Castro • Dr. Clinton Weyand •

• Annie Kuni. LMFT • Louise Stanger, Ed.D, LCSW, CIP, CDWF •

• Leslie Gold • Peggy Salazar •

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information on Keys to Recovery Newspaper.



Welcome to the September National Recovery Month issue of Keys to Recovery Newspaper. I am so grateful that I have managed, through God's guidance, to survive, stay sober, sane, and pretty serene during these strange times. But *JUST* surviving has never been God's way. As you read through the articles this month you will get a sense of the different lessons we can learn if we face adversity, and use it as a chance to learn and grow. Our writers have outlined solution after solution, and I hope you take advantage of each of their columns as they share their experience, strength, and hope.

We want to thank each and every supporter that has made it possible to continue publishing this vital resource month after month, please support those who support us.

These moments can be a time where we allow ourselves to be strengthened and fortified, instead of weakened and defeated. This is a time of growth and that can be painful. But through that pain, we have an opportunity to become stronger, and not just in and of ourselves, but for those connected to us. I encourage you to embrace the growth, the pain, and the resulting rewards. *I know, easier said than done.*

Sometimes my pain presents itself as anger, or resentment. If I pause and take a moment to really analyze that anger, I can usually find the pain or fear attached to that emotion. It is usually easier for me to express anger than pain or fear. Both pain and fear leave me feeling vulnerable, whereas my anger makes me feel more powerful, if only in that moment. But anger is dangerous. I read somewhere, *"Anger doesn't solve anything. It builds nothing, but it can destroy everything"*. So my personal work is to avoid anger and allow myself to feel the pain. *Again easier said than done.*

I often ask God to give me a "thicker skin, and a softer heart". I think this is important because we can become numb after dealing with numerous situations. My heart has to be protected against becoming hard. Take the year 2020. Tragedy after tragedy, death after death, injustice after injustice, earthquakes, fires, isolation, I could increase the list but you get the idea.

So how do we keep a soft loving heart with all of these heartbreaking tragedies occurring daily? Simple, GOD! Today I *"Walk by faith not by sight"* (2 Corinthians 5:7). I lean into God and have faith that no matter what happens, I will be alright. Alright doesn't always mean getting what I want, or what I thought I needed. It means that I come out on the other side of it stronger, and I use that strength to help someone else. My mess becomes my message, my test becomes my testimony. Each day I ask "God what would you have me do today?" Then I try to make sure that I am ready to do it. Some days are filled with helping others. And some days are about enjoying the gifts He has already given me, such as my health, sobriety, family, my husband, friends, my home, work, and my most recent blessing my granddaughter Zoe. **God bless you! - Jeannie Marshall, President & Cofounder**

Hello to one and all, I hope that this Editor's column finds you safe and in good health. This month of September has been a pretty turbulent one, with all of the heartache and disappointments we have witnessed statewide, is sad, to say the least! I thank God for giving me "the serenity to accept the things I cannot change, and the courage to change things I can", also "the wisdom to know the difference!" Expression of society's ills has been our American rights since the beginning, when we are suppressed to remain silent, it appears outwardly that we accept those ills.

When we truly take the time to listen to one another, we then can begin to understand and consider each other's views. When we view things with an open mind, we see that one size does not fit all, when it comes to those who are looking for solutions. Just as we see in treatment facilities, the different methods used can help so many to find sobriety. Everyone has a unique and different level of understanding and knowledge, so let us truly hear what they're saying first before we make any judgment calls.

Since the time that I started working in the recovery field, I have seen a disproportionate number of individuals of color working in the recovery arena. I feel there should be a strong push to encourage people of color, to become more involved in working within the recovery community. That is why I try to help encourage certain individuals that I meet and personally know, to attend more functions within the recovery field. I appreciate the opportunity to be part of an incredible group of men and women within the recovery industry, striving to help those that are in need of solutions for their particular addictions and disorders.

We want to thank each and every one of you for your support, and for the encouragement that we receive from your positive views and beliefs. We all are a unique creation of God, and I'm aware of that every day. I have truly witnessed more unity, acceptance, and support within society as a whole lately. I see so much good in this world daily, and that is because of people such as you. Let us always reach out to one another, to help when we see each other's needs. Until we come together again for reasoning, may we all be strengthened spiritually, emotionally, physically, and financially, to be able to help contribute to the cause for the peaceful unification of us all. - **Marcus Marshall, Vice President & Co-founder**



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

RECLAIMING OUR SPIRIT

When our childhood environment contains chronic problems accompanied by denial, we internalize belief systems to protect us from overwhelming pain. When healthy needs, honesty, openness, and vulnerable feelings meet rejection or punishment, our original spirits become imprisoned and forgotten. We adapt to our environment which dictates who we are and what to expect from life and relationships. If this were a temporary evasive tactic, it wouldn't be so problematic. But because we attach to new identities and new life scripts out of fear, the fear continues to hold us hostage to a defensive system that can propel us into creating a lifetime of similar misfortunes.

Just as drugs seem to protect us from pain, then backfire as the disease progresses, so our adaptations to living in a hurtful environment initially protect and eventually engulf us in deeper hurt. Addictions and overused defenses remove our abilities to solve problems because they remove honest, uncensored thinking. What we think is protecting us, is actually setting in motion new problems. To deny our true feelings and desires and adapt to dysfunction means that we change ourselves to accept, expect, and pass on the dysfunction to others.

*First, we recognize that the
defenses which initially protected us,
are now causing harm.*

The wounding which began long ago continues of our own volition. There is a desperate need to drown out the old childhood voice of pain and need, but it is only replaced with a new version of pain and need. Addictions generate dishonesty, destructiveness, disease, and denial of what lies deepest within us. Adrenalin and chaos replace hope and excitement. Depletion and depression replace relaxation and replenishment. Fleeting fantasies of euphoria and relief replace contentment and gratitude. A treadmill of goals and achievements replace our soul's purpose. Authentic life is held within our true self and we can't get to it without a courageous struggle. At the very least, this leaves us confused and constantly craving what we think will make us whole. At the very worst, we feel as if we want to die, because this life is so oppressive and draining.

So how do we reclaim our spirit and its truth? First, we recognize that the defenses which initially protected us, are now causing harm. Many of us use counseling and recovery programs to encourage the original hurt and yearning parts behind the defenses, to emerge. This brings back the fear, pain and powerlessness we felt at the age we first experienced it. If we persist with helpful support, however, we grow in our ability to distinguish between painful past events, and present life circumstances. Examining and healing old wounds allows us to identify and take responsibility for our current healthy needs. Letting go of old fears enables us to confront and resolve problems and pain with courage and compassion. As we surrender defenses and free ourselves from outdated scripts, we get a glimpse of our true self.

Therapeutic environments stimulate our long-forgotten inner hope, excitement, relaxation, replenishment, contentment, gratitude, and awareness of our soul's purpose. We can no longer settle for mere survival and we understand that chasing cravings only brings more cravings. Now we can focus on living from the full spectrum of our potential. Exchanging our adversarial role with life for a complementary role propels us into perpetual growth. The paradox of dysfunction is that the parts we hold hostage behind defenses contain all our solutions. They are our greatest teachers when we set them free.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 44 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





IF YOU'RE DEPRESSED GET UP AND DO THE DISHES

Most kids look forward to Saturday mornings. My brother, Eric, and I dreaded them. Saturday mornings we had to perform hard labor before we were allowed to play with our friends. Our father, raising us on his own, ran our house like a military boot camp. So the goal was to perform like a perfect soldier, completing assigned chores as thoroughly and quickly as possible. If they weren't done to my father's liking, I'd have to start over until they were. If he heard me complain, or sigh, he'd heap on more to do. Without a mother around to soften his blows, or pick up some of the slack, it was hell. Even the neighborhood kids learned real quick to stay clear of our house on Saturday mornings. They wouldn't even wander close to our yard for fear my father would grab them by the collar, toss them inside, and put them to work mopping the kitchen floor with Janitor in a Drum, or scrubbing the bathroom with Clorox. Since this actually happened to two of our neighborhood friends, I'm pretty sure they were the ones who spread the word to avoid the Fusaro compound on Saturdays.

So it may seem absurd, because it certainly does to me, that today I am grateful for the chores I have to do. In 1986 I heard a bit of advice that, when practiced, never fails to improve my attitude: "Move a muscle, change an emotion." It may sound silly, but if you're in a funk or having a creative block, it's the best prescription there is.

This past Saturday morning is a perfect example. I felt unmotivated and began scrolling through Instagram, which did more to depress me than inspire. I knew exactly what to do to feel better: "Move a muscle, change an emotion." Since there were dishes in the sink, I had the perfect chore. But, as usual, my thinking usually balks at any remedy that takes effort. The voice in my head chimed in, "Doing the dishes will just kill time and get in the way of the more important and worthwhile things I should be doing, like writing or drawing."

Thanks to years of experience, I know this kind of thinking never improves my attitude, nor does it motivate me to do anything worthwhile. So with a force of will, I started to wash the dishes and when they were done, I cleaned the countertop. The sense of accomplishment was so incredible I continued. It was somewhere between making the bed and cleaning the windows that I began to feel so good I was inspired to write this book. Once again, I was amazed and grateful that doing something so simple and unrelated to my problem actually resolved it.

Another miraculous by-product of this exercise is that it always seems to expand time. Not only do I have plenty of time to perform these unrelated tasks which lift my spirits, but many other unexpected creative projects get accomplished as well (like the cartoon I drew to illustrate this story). This reinforces the belief that, as my mood lightens so does everything else. Acting on, "move a muscle, change an emotion," has contributed to my most productive days, even if they didn't start out that way. This proves that although my day may have a rough start, with a little muscle it can end incredibly well.

"I got the blues thinking of the future, so I left off and made some marmalade. It's amazing how it cheers one up to shred oranges and scrub the floor." - D. H. Lawrence.

The preceding passage is an excerpt from the author's book, "What If Godzilla Just Wanted a Hug?"

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



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by: T. Rose

PARALYSIS OF STIGMA!

What is Stigma? The dictionary defines it in this simple form: A mark of disgrace upon one's reputation or character. We ask ourselves. How does it affect our lives? Can we ever overcome that crippling feeling? Stigma interjects doubt about everything we are doing in our lives and it often causes ugly reactions.

These are just a few of the fearful questions running through the minds of someone facing early recovery, for many people it haunts them their entire lives. Addiction issues or not!

Stigma affects our lives in many ways, whether perceived internally or by a statement harshly spoken to us as individuals, or as a group dynamic as a whole. We see this ugly reality in the racism of many diverse groups of people. This dates back as far in time as recorded history has marked. Today that internal struggle is the driving factor for so many things.

As we tell ourselves, we cannot overcome it! We used drugs -so I will always be an addict. I got in legal trouble -so I will always be a criminal. My business failed -so I am a failure. I say if you have changed these negative factors in your life – then you are now a new person, to shape who you want to be or are now living.

As a 25-year addict, with a long criminal record, along with destroying family and career, I could have allowed the stigma of being a junkie failure to follow me into recovery and the rebuilding of my life. During those early days, I wondered how I could live down these failures, three felonies that would put a hold on all I wanted to accomplish over the next 7-10 years after the last conviction. So I engaged in the other rebuilding it would take to combat the stigma placed on me, by my own hand.

They need to right this character flaw becomes overwhelming. This trauma among others causes doubt to form. A fear that this title or label is who we are, that we should just accept it, live our lives, and never aspire to move past, the past.

Then how in God's name can we effectively deal with this stigma? How do we overcome this crippling feeling, dilemma, and self-persecution for our own betterment, allowing us to move forward and thrive in life? What steps mastered, will bring change of this false belief of self?

There are plenty of good doctors, who would be happy to help. Though if you are like the average person, addict, or crushed spirit, finances, time, family and circumstances have most saying: "If only I could afford to go." On the other hand, asking themselves "Is there any other way forward to get the knowledge to effectively help myself."

I believe there is a way forward, and much has to do with that stigma you feel weighing you down. We must create a new view of ourselves, a new label that says, "I am good, happy, productive, determined, and successful enough to enjoy the serenity of everyday life in recovery. The ability of self-empowerment is to face those darkest fears, to identify and illuminate the potential connections that exist between trauma and abuse experience, including substance abuse by increasing awareness of repression and the power of unresolved conflicts that produce continuous stresses and negative life consequences. Including, the need to self-medicate. By seeking to accurately, identify these issues, the individual may then empower themselves to seek a solution.

As the majority of people who identified these repressed or suppressed experiences that significantly attributed to the stigmas they felt about themselves, in most cases were able to move past the stigma they imposed upon themselves.

Though the world and its ugly realities will sadly continue for now – the label does not need to paralyze you any longer. Fight to create a new view of character and reputation for yourself and your view of the ugly world will be a brighter one. A new driving force of happiness can now guide you to grow. The negative events that were once part of what happened, now viewed as not who you are in this moment. Overcoming the paralysis of stigma will change your perception of how you allow it to drive your future and future self-identity.

With one carefully planned and executed goal at a time. Knowing that the once isolated, alone person you may have been – does not need to be who you can or will become. Stand up to stigma! It does not have to paralyze your life dreams or goals. Join the fight! Believe in yourself. That there is nothing said or done to you will change the truth of who you are on the inside. The guilt and shame no longer holds you back, down, or behind... the choice is yours!

All the therapy you could ever pay for – will tell you the very same thing. YOU HOLD THE KEY, to free yourself from the crushing stigmatic charges against, the old dynamics of self.

Author – T. Rose. I am internationally published my books include: *The Big Trap...Just One Last High!*, *FREE 'D!!! A Recovery Plan*, *Quest A.S.E.A.L. Guide*. Owner of: *Tiffany Rose LLC- Publishing & Quest 4 Recovery Network, Inc.* Please join me on Facebook for support to your recovery quest. Find me @ T. Rose Rcvry or by joining: *Quest 4 Recovery Network support group.*

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LETTING GO

How many times have we heard and/or said "Let Go and Let God?" What does that mean in times such as this? When we look at the world and into the uncertainty, what does that bring up in each of us? Is it trust? Is it fear? What can you feel in your body? Is it an experience of safety and openness, or is it an experience of danger and contraction?

We can scroll through social media and tune into the news and feel that there is so much fear that is reinforcing division and protection within so many. Family members are being torn apart. Friends are ending relationships in resentment and anger. The pull to participate in this is strong, and staying grounded in faith right now can feel more challenging. It is a natural human response, when feeling scared and unsafe, to jump into the ways in which we have been conditioned to protect ourselves. This may show up as anger, the desire to control, shutting down, lashing out - anything that connects to our fight, flight, and freeze responses.

What can we do? Who can we BE? How can we practice the principles in ALL of our affairs? WE ARE BEING ASKED TO GO DEEPER - TO RISE, and this is no easy task. We are being asked to trust in something bigger than us when all present circumstances are suggesting that we cannot. We are in the ultimate spiritual boot camp right now, and part of the deepest work is to be able to hold and honor our humanity while growing spiritually.

Come with me for a moment while we zoom out, and look at this from a broader perspective. Imagine floating up into space while looking at this experience on Earth. Can you see that all "sides" are having similar experiences? Masks; No Masks. Republicans; Democrats. What is at the heart of each person's experience? On a human level, it is to experience safety. On a soul level, it is to remember the Truth of our essence. And, because people are not feeling that, our behavior is being driven by fear and creating separation. Each person has their own storyline as to why their perception is the "right" one. This is where we get lost in the division and turn on one another because we forget that the heart is the same. We forget that we truly want the same essential experience, and get lost in information and evidence.

Now let's zoom back in. Into the noise. Into the fear. Can we now take a moment to zoom in farther than what is on the surface? Can we look deeper into what is underneath the anger? Can we honestly and humbly say that we are scared, and dealing with feelings of mistrust? Can we be that vulnerable? This is the most challenging practice as humans - to let go of our armor when all instincts cry out against it and shout that we must keep it up. Imagine if we all let it go. If every one of us let it go and dropped into that vulnerable space, and shared the depth of what we were really experiencing. We would UNITE.

"Unity" sounds beautiful in theory. "We are all one" sounds good in theory. Who will we have to become to actualize the reality of that way of living? Something/someone we aren't, quite yet. Yet, we are being called. Consciousness on this planet is shifting whether it is comfortable or not, it is happening. To move with the evolution we must all look at the places within ourselves that are holding on to old ideas, old constructs, old thought patterns, old belief systems that are comfortable in this place of familiarity. We have been operating this way for thousands of years, and it stems from trauma. These ways of being are rooted in pain, scarcity, mistrust, and wounding. To move beyond this we must be willing to face and be with these parts of ourselves - these parts of our DNA - and be willing to grow a big enough container to hold them, and to meet them with love and compassion. If we are unable to meet the dark places within ourselves this way, then how can we ever meet them in the world in a way that will create real change?

This is not about Spiritual Bypassing. It is actually quite the opposite. It is about holding a vision for what is possible and being willing to excavate and purge that which is within us, that is not in alignment with that ultimate vision. The separation and fear we are seeing is a reflection in the macro that we are all experiencing on a micro-level. In addition to looking within ourselves, may we consider that the systems in place are holding the roots of disease that are perpetuating our suffering? What would be possible if we stopped fighting within this system long enough to step out, and begin building and participating in new systems that served the whole rather than a few? How would you feel if you found out that you were being used as a pawn in a rigged game? A game that is designed to fuel the power of a small group of people addicted to their power. What if THIS were one of the biggest pieces keeping us trapped and in bondage.

All of these current systems have been created from our own traumatized systems. They have been built on the basis of fear, lack, and scarcity. Look around at the way things run. This need for acquisition, power, and safety is causing great harm to us, to all living beings, and to the LIVING EARTH, we stand upon.

We see this and know this, yet we are stuck. In this rising of consciousness, we are being offered upgrades - and it is almost like trying to upgrade an iPhone 5 with the most current software upgrades available. It's information that we can't quite understand because we have become so saturated with "the way things are."

When we become willing to deeply clear out our own channels; purging and excavating all parts of this disease within ourselves, we begin to recognize the greater issue that this way of living is unnecessary, and even more importantly - UNNATURAL. The conception of desire to unlearn these old ways evolves into the birthing of new ideas and new actions. We may feel called to LITERALLY spend more time in nature. To detox the burden and energetics of this intoxicating lifestyle. To observe natural order and law. To REMEMBER that in the deepest and highest truth we are a sacred part of that cycle. We are not separate from it. We are not exempt from it and living like we are isn't working. We may feel called to slow down and allow our bodies and minds to rest into this expansion. We may cry for hours, for days, for months grieving what we have been too busy to feel. We may feel called to atone and amend what we have put to the side in our desire to restore integrity. We may meditate more, read more, write more, pray more, dance more, play more, laugh more, and cry more. We may tune in to the heart and song of what life offers. The colorful and contrasting experiences that remind us that we are ALIVE!

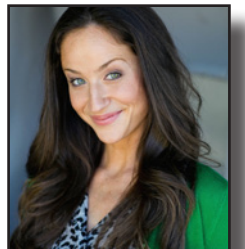
So what happens when we let go? We know for us - We feel that call deeply to let go of more. We also feel the places within us that are scared and want to control in subtle and not so subtle ways. The desire within us to fully trust and the places within us that are still mistrusting. The places within us that want to connect and play, and those parts that still feel like it isn't safe and that work is more important. The desire to create prosperity with ease, and the old idea that it has to be hard. The internal knowing that somehow this is all perfect and in divine order, yet the mind wanting to figure out how that could make sense when things feel so wrong. Feeling deeply that we are all one and that we are all connected, and noticing the places where we separate, judge, and engage in "right/wrong" "good/bad" thinking.

We have quite a bit to surrender to and a ways to go (or so it seems). What we are holding is our own commitment to showing up NO MATTER WHAT and we are grateful to know that we are all in this together. We bow to the courage of your hearts, the mission of your souls, and to the perseverance of your path and to the rearranging of your mind.

Thank you for doing your part. We love you, Kelly and Rudy Castro



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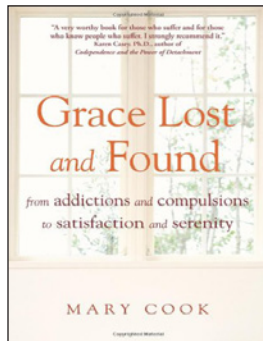
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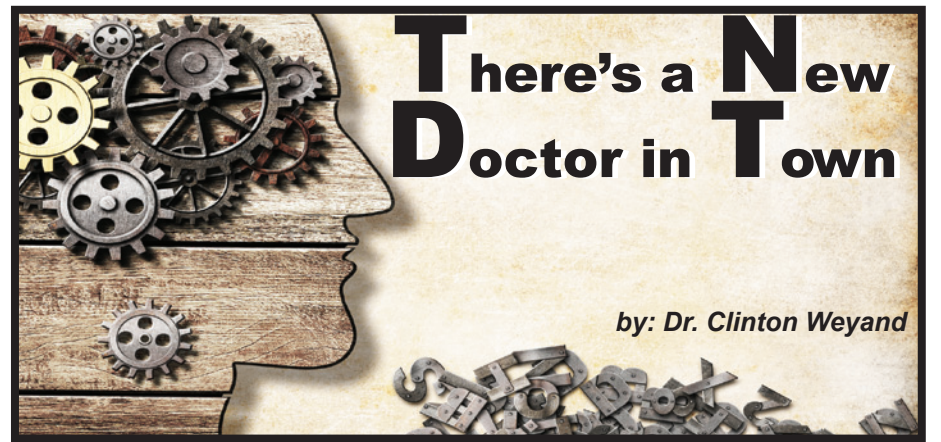
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There's a New Doctor in Town

by: Dr. Clinton Weyand

REALITY & RECOVERY

The crisis of our time may be said to consist in the split between the individual's false life, and his real life. The split between denialism and defense mechanisms, or the real existential problem of meaning or emptiness.

When we escape into an addicted world, we act in clichés and stereotypes, we falsify meanings and get overly invested in illusions.

Losing the existential reality and perspective, we do not understand our real problems; and we are in danger of losing our self, center, and being.

We may lose the ability to love, to take anything seriously, the ability to appreciate nature or art, even the ability to find peace in oneself.

When we are addicted, we lose our existential grounding, marriage and family become routine, and pleasures become boring, mechanical, and repetitive.

We compulsively search for a security in material objects which also creates a psychological laziness.

The addiction decreases the value of individuality, and we become conforming robots who are "well adjusted" to our career, but completely lacking a full soul.

When recovery is real, it helps us see the real issues we are avoiding and the real risks we must take to become more creative, more human, and more caring.

The task of existential recovery is to give the individual insight into his authentic reality, to unify his individuality, and to give him the courage to face the responsibilities of new and healthy choices.

"The question is not whether to adjust or to rebel against reality but, rather, how to discriminate between those realities that must be recognized as unalterable and those that we should continue to try to change however unyielding they may appear." --Helen Merrell Lynd, "On Shame and the Search for Identity"

"Reality is pretty brutal, pretty filthy, when you come to grips with it. Yet it's glorious all the same. It's so real and satisfactory." - George Bernard Shaw -

"How hard it is, sometimes, to trust the evidence of one's senses, How reluctantly the mind consents to reality." - Norman Douglas -

"Reality, union with reality, is the true state of the soul when confident and healthy. Unreality is what keeps us from ourselves, and most pleasures (addictions) are unreal." - Cyril Connolly -

"Facts as facts do not always create a spirit of reality, because reality is a spirit." - G. K. Chesterton -

"What is meant by reality? It would seem to be something very erratic, very undependable—now to be found in a dusty road, now in a scrap of newspaper in the street, now a daffodil in the sun. It lights up a group in a room and stamps some casual saying. It overwhelms one walking beneath the stars and makes the silent world more real than the world of speech." - Virginia Woolf -

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 healthcare. He began his career at Woodview Calabasas Psychiatric Hospital as the Asst. Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years. For an appointment or consultations, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net. Dr. Weyand is now writing a new book, "Existential Recovery". If you have any thoughts or ideas about this book, please send them to deecoop@att.net We welcome your input.



by: Annie Kuni, LMFT

COVID Nine-TEEN: THE RISE OF ADOLESCENT EATING DISORDERS DURING CORONAVIRUS

We've all heard about how kids are struggling to adapt to "Zoom classrooms" and distance learning during this pandemic, but what about their relationship with food and their bodies as well? You, your child, or someone you know might be in the middle of a new and confusing war with their body that was triggered by Covid-19 and all the ensuing changes. We've seen a huge influx in the number of adolescents needing eating disorder treatment over the last few months. Why is that?

It's no secret that teens have always been highly affected by eating disorders and body image issues. They're dealing with mood changes, body changes, and life changes all at the same time, so it's no wonder most people identify their EDs originating around puberty. Throw a global pandemic into the mix and we're starting to see the extra effects this has had on Gen Z and their relationship with food.

Some trends that we've been seeing in our support groups are:

- Teens feeling a high pressure to not gain the "quarantine fifteen" that was making the rounds on social media back in the Spring.
- More free time with online schooling to engage in over-exercise and calorie counting.
- Statements like, "I have too much time to think about my body. I'm usually distracted at school and get sort of a mental break, but now my thoughts are worse than ever."
- "Being around the kitchen all day leads me to think about food constantly and it's easy to start obsessing."
- Latent body image issues that resulted in a rapid escalation of thoughts once quarantine started.
- Relapses from teens who before the pandemic hit were recovered and doing well.

We've all been in the same boat with social distancing over the last few months, so why has it been hard on adolescents in particular when it comes to their relationship with food? Social connection is at its peak importance with this age group. While we've all been feeling that loss for most of this year, it means more for teens who are at the developmental age of needing to be connected with their friends. It's natural and normal to want more distance from your family at this age, so teens stuck at home with their parents 24/7 are unfortunately resorting to more harmful coping methods.

Eating disorders also go hand in hand with isolation, which is magnified more than usual for teens at this time. When treating anyone for an eating disorder, social connection and meals with friends are some of the most important ingredients in recovery, both of which are currently hard to come by.

Another factor that teens are dealing with more than their adult counterparts is the loss of school. While some adults have had the freedom to work from home in the past, this idea is completely foreign to most American teenagers. The loss of in-person school results in two issues: a decrease in food challenge opportunities and less accountability. Usually in-vivo school would be filled with natural food challenges essential to recovery, like eating lunch with friends, snacks before team practice, or the class pizza party. Now kids are stuck at home and there are fewer eyes on them throughout the day. The best friend who notices her friend isn't eating? Not there to speak up. The teacher who sees the kid throwing his lunch away when he gets to school? She doesn't have the chance to wave a red flag. With so many parents overwhelmed with working from home while parenting, it's easy for new and old food behaviors to slip through the cracks.

Anyone, teen or adult, can relate to the increase in depression and anxiety due to hopelessness, isolation, routine disruption, and lack of control that have all been mental health side effects from the pandemic. All of our routines getting thrown off (school, work, sense of time) mean that people will be looking elsewhere for control. Anytime anxiety and loss of control are present, we have to be wary that eating disorders are also likely to be lurking. Combine those classic contributing factors with depression and isolation and you've got a perfect storm on your hands for relapses or new eating disorder diagnoses.

A ray of hope is that treatment, due to the switch to online platforms, has never been easier and more convenient. If you or someone you know has been struggling with their relationship with food or their body, it's easier than ever to fit in therapy, support groups, and a higher level of care from the comfort of your own home. If we know one thing about eating disorder treatment, it's that early intervention is key. If you see something with the teens in your life right now, do them a favor in the long term by saying something.

Annie Kuni is an LMFT. She co-founded Gemmed to provide eating disorder support groups for teens and adults. She can be reached at info@gemmed.ngo, www.gemmed.ngo, on IG @theinnergem, and can be heard on the podcast Freudienne.

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AVOIDING
RELAPSE

Dr. Louise Stanger Ed.D, LCSW, CIP, CDWF

Addiction to drugs or alcohol is a struggle that impacts millions of people and families all over the world. Alcohol and marijuana sales have surged since we entered the COVID 19 pandemic, causing a perfect storm. There has been a surge both in online buying and home delivery. The combination of the pandemic, its economic fallout, and stay-at-home mandates have created conditions that are tailor-made for drinking and using other drugs.

“It’s stressful and boring. People are coping with kids at home, spouses, social stress, financial stress, work stress, and the threat of disease. So, it doesn’t surprise me at all that we’ve seen a spike in drinking,” said my former university colleague John Clapp, professor at the USC Suzanne Dworak-Peck School of Social Work.

Clapp says he’s particularly concerned about the potential for relapse as people struggling to overcome substance abuse find themselves alone facing new challenges. He emphasized the need to recreate order in life through daily routines that help people cope during uncertainty. Simple measures like dressing business casual, shaving regularly, and going to bed and waking up on schedule restore normalcy to life.

This is alarming especially when one considers that approximately 21.5 million people living in the United States above the age of 12, experience a substance use disorder. This means 1 in every 12 Americans has struggled with drug or alcohol overuse. This also means that 1 in every 12 families has struggled with watching a loved one fight addiction.

Likewise, the National Institute on Drug Abuse, reports 40-60% of those who recover from substance abuse disorders relapse within one year after treatment.

While this may feel discouraging, it’s important to remember that addiction is a treatable disease. You can help support your loved one by understanding that relapsing does not mean your loved one has failed. It simply means help is necessary. There are many options available including support groups, rehab, and treatment facilities. Your loved one needs your support more now than ever.

COMMON CAUSES FOR RELAPSING

STRESS: You may not even realize your loved one is experiencing stress – from both negative and positive situations. Coping with a financial burden, receiving a promotion at work, can cause stress. Positive and negative changes in one’s life can create stress. This stress makes those in recovery more vulnerable to relapsing.

Although it is impossible to completely eliminate stress, the right tools can effectively help people cope with stress. While in the early stages of recovery, your loved one can speak with a counselor, therapist, or sponsor, receive support from family and close friends, and attend meetings. If at all possible, your loved one should not make any major changes during this initial 12-month time frame.

SELF-PITY

We all experience self-pity. However, if your loved one is obsessing over these types of feelings, his focus will be on a past that might include bad choices and everything they have done wrong. Sometimes the light of sobriety shines a little too brightly on perceived flaws or a feeling of hopelessness. These thoughts are dangerous because they provide justification for having a drink or using drugs. Negative thoughts regarding the past must be left behind for your loved one to concentrate on the future.

OVERCONFIDENCE

Confidence is incredibly important when your loved one starts recovering. The danger is the nuanced difference between self-confidence and overconfidence. If your loved one believes they have complete control of the situation, she may also think using a little bit again will not cause any issues. If your loved one’s self-image is distorted, the result can be irrational thoughts and overconfidence.

UNREALISTIC EXPECTATIONS

Recovering from substance use requires a lot of hard work, as well as a combination of humility and self-esteem. In truth, not every day will be sunshine and roses. For many individuals (and their families) there is a belief that all problems will be solved when the drug use or drinking stops.

Recovery is a lifetime process, and there is no cure for addiction; it can be managed yet never cured. Taking it one day at a time has proven to be effective.

DISHONESTY

Substance use is essentially an invitation to dishonesty. In order to find and use drugs or abuse alcohol, the chances are good your loved one needed to lie.

The way to ensure recovery is by admitting to past mistakes and taking full responsibility. Otherwise, your loved one will remain trapped. Admitting the truth is painful yet critical to success.

HIGH EXPECTATIONS

Ironically, addiction is often a symptom of perfectionism. Many turn to substances to relieve themselves of the burden that they are not good enough. Your loved one can learn to have realistic expectations not only for themselves but for the other people in their life as well.

Expecting too much from a loved one, spouse, children, friends, parents or acquaintance will eventually lead to disappointment. Everyone makes mistakes. Instead of expecting your loved one to adhere to unrealistic expectations, help them place the focus on rebuilding damaged relationships one step at a time.

THE WARNING SIGNS

A lot of people initially ignore the warning signs because they desperately want to believe in a successful recovery. While a positive mindset and encouraging attitude are essential, it's important to understand the signs of relapse.

EMOTIONAL AND MENTAL INDICATIONS

Emotional signs are often the first clue that something is wrong, and could happen before your loved one even considers using drugs or alcohol again. He or she may begin experiencing negative reactions to sobriety that include feelings of anxiousness, moodiness and irritability.

While your loved one is recovering, they also may experience an intense internal struggle. A part of the individual wants to stay on the path leading to long-term sobriety. While another part may be interested in using. This battle may cause erratic patterns of sleeping and eating, or constantly picking fights with others. Your loved one may have intense outbursts or ride a roller coaster of emotions.

Changes to watch for include:

- Impulsive or compulsive behavior
- Returning to old behaviors, people, and hangouts
- The individual has emotional outbursts or becomes moody
- Isolation, denial, hiding, and avoidance
- Missing therapy, outpatient sessions, meetings, and counseling.

Recognizing these signs as soon as possible is critical and if you intervene at this stage, you can often prevent the issue from becoming worse.

Physical Signs of Relapse:

- Sudden weight loss or gain
- Extreme fatigue or exhaustion
- Slurred speech
- Disregard for cleanliness or emitting unusual body odors
- Dilated pupils or bloodshot eyes
- Nervous ticks or inability to sit still

WHAT TO DO IF YOUR LOVED ONE RELAPSES

Open Communication: Relapsing generally discourages everyone involved. Try to remember relapsing has the greatest impact on your loved one. He or she has become their own worst enemy while trying to cope with feelings of hopelessness, frustration and rage. Your loved one is in desperate need of a support system to help them get back on their feet after encountering obstacles. Keeping communication open is vital.

Relapsing is simply a temporary obstacle prior to returning to the path leading to long-term sobriety. You need to consistently remind your loved one their efforts were not wasted. Everyone fails at something, and that does not mean people give up hope or stop trying.

Self-Care: Before you even think about offering your loved one any help, you must check in with yourself first and ensure you are practicing self-care. This is harder than it appears because watching a loved one in pain is distressing. You may experience feelings of anger or disappointment because your loved one is no longer sober after so much hard work.

Seek out the activities or hobbies that allow you to "fill your own cup" before you turn to address someone else's needs. Otherwise, you will not have the bandwidth necessary and may not keep appropriate boundaries.

Participating in Sober Activities: Spend time with your loved one at places without any drugs or alcohol. Always keep the triggers of your loved one in mind. Pack a picnic lunch to enjoy in the park or watch a movie together. Sometimes nature can enhance the mood. The activity can be fun. Enjoying activities with your loved one can help heal any issues in your relationship while soothing tensions.

Support Groups: Support groups are frequently a lifeline for both those struggling with recovery and the family members supporting them. There are numerous programs created for socialization and community to alleviate feelings of isolation. For example, AA and AI-Anon are nationwide and offer a variety of meetings to help those struggling with alcoholism. There are others in these groups who have relapsed, so your loved one and you can learn from the experiences of others.

Understanding the Signs of Relapse: Relapses do not follow any specific pattern. If your loved one is on the border of relapsing, look for specific behavioral traits before drug use has occurred. If you believe your loved one is about to break sobriety, talk to them. Ask what you can do to offer support through these difficult times. You may be able to decrease the risk your loved one will start using drugs again.



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If your loved one relapsing took you by surprise, do not blame yourself. Remember you are also experiencing a lot of stress and need to take good care of yourself. Use your positive energy to tell your loved one they have a bright future ahead of them. Keep reminding them of how proud you are that they initially agreed to treatment, and the path to sobriety is difficult.

Your loved one will experience ups and downs along the way. You need to reassure them they are not alone. Consider using the following tips.

- Do not panic
- Stage an intervention
- Consider potential underlying, and co-occurring health and mental issues
- Your boundaries should be compassionate with no shaming or yelling
- Practice self-care
- Offer support, ask how you can help, and encourage treatment

Do not lose hope or become angry. Always remember you are not responsible for your loved one using drugs. Do not force treatment for recovery but instead discuss the options and your boundaries calmly.

Interventions-Recovery Coaching-Live in Counselors: The desire to recover is frequently diminished when the available support systems are not utilized and it may be time to seek consultation from a professional. The important thing to remember is your loved one does have experience in recovery and does know the tools and strategies to help him or her.

An intervention may be necessary to re-invite someone into recovery. Consideration may be given to creating more robust scaffolding to help him by using a recovery coach, a live-in counselor along with random drug testing.

Dr. Louise Stanger founded All About Interventions because she is passionate about helping families whose loved ones experience substance abuse, mental health, process addictions and chronic pain. She is committed to showing up for her clients and facilitating lasting change. She speaks about these topics all around the country, trains staff at many treatment centers, and develops original family programs. Louise has been the recipient of many awards. Dr. Louise may be reached at www.allaboutinterventions.com or (619) 507-1699. Louise co-writes her articles with Roger Porter. Roger graduated with two degrees from the University of Texas at Austin. He works in the entertainment industry and writes for film and television.





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by: Leslie Gold

THINKING LONG TERM

The residents of a men's sober living were gathered outside the house on a weekend afternoon, getting ready to start their run/walk. Some were eager to get outside, to continue pushing toward their fitness goals, and enjoy a runner's high. Others would rather have been relaxing in front of the TV, taking a nap, sitting in the backyard enjoying a smoke, or doing pretty much anything other than exerting themselves. Participation in the program is mandatory, so people have to get out there whether they want to or not. One of the principles of this sober living home is that people can act their way into a new mind set.

On that afternoon, I looked around at the group and saw a new team member, someone who had never been on one of our weekly group run/walks. (I say "run/walk" because everyone is free to go at their own pace. It's about moving forward in life, not about speed.) I thought about approaching him individually and explaining what the program is all about. If I were to do that, I would explain what we do, where we go, how often we meet, etc. I would also share that there are two types of benefits, immediate and longer-term. With respect to the immediate benefit, I would offer my usual line: "I promise you'll feel better in an hour than you do right now."

If he seemed interested in hearing more, I would share stories about what other participants said as they looked back on their training and the many life lessons learned. That afternoon, I decided against that approach. I wasn't the best messenger. As we began our session, I welcomed the new team member and asked the other participants to offer a few words about how regular walking/running helped them in sobriety. There were all sorts of responses. This month's article highlights one of those.

Part of recovery is learning how to live a new life in sobriety. It means "get up and show up". We all have days when we don't feel like going to work or school, doing chores around the house, or running errands. But, we do them anyway. We think about the short-term benefits of avoiding our responsibilities, and then we reflect on the consequences. We evaluate the rewards of doing the unpleasant tasks, rewards such as keeping a job, earning the degree needed to get a better job, living in a clean well-maintained space, and having food in the refrigerator. We conclude that the rewards of tackling the unpleasant task will be far greater than the momentary pleasures of avoiding our daily life responsibilities. And thus, we do things we don't feel like doing; and we are proud of ourselves afterward. Soon, we have created new healthy habits. We have strengthened our new sober mind set.

Adding exercise to your daily routine in early sobriety is great practice for life, especially if you think you don't even like exercise. If you think you don't like exercise, it's probably because you haven't found a program that's right for you. I urge you to keep trying new activities until you find what suits you. A successful recovery includes self-care, and that means taking care of not just your mind and soul, but also your body. Exercise is a self-care responsibility that you may want to avoid, but if you tackle it, you know you'll feel better afterward. It will lift your mood; and you'll feel good about yourself once you've finished. You will have added a new healthy habit to your new sober lifestyle.

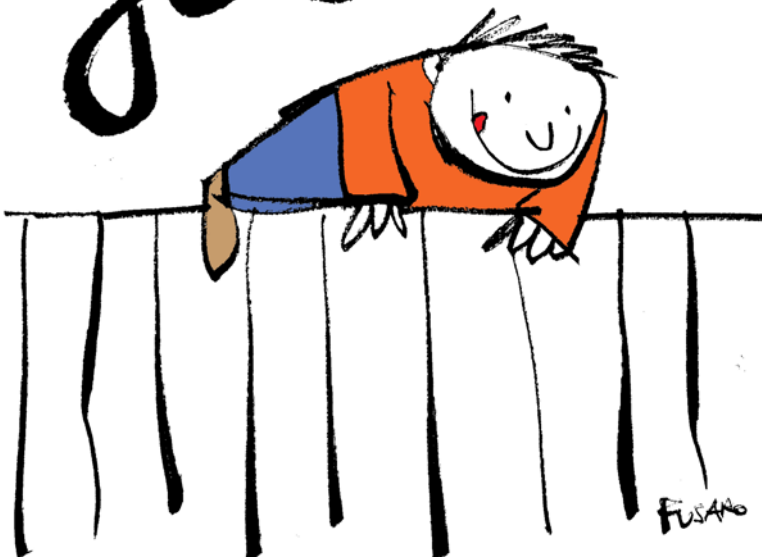
As the men shared stories about the benefits for them of exercise in early recovery, one explained, "If I did whatever I wanted whenever I felt like it, I would be loaded all the time. Being part of this program taught me to think about the long term. Sometimes, I really don't want to get out and run, but I do it anyway because of how I feel afterward." Working out regularly helped him change his thinking, and now it's changing his life.

Today, this team member is preparing for a career in fitness. He hopes to become a personal trainer and help others enjoy the mental, emotional, and physical health benefits of regular exercise.

Leslie Gold is the founder and executive director of Strides in Recovery, a Southern California non-profit that 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



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

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. 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 Call Today (323) 447-3854.

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 semi-private rooms, bus line access, Cable TV, kitchen, laundry, computers w/high-speed Internet access, on site AA meeting for Clients, and more! Located in North Hollywood, CA. Zero Tolerance Alcohol & Drug Sober Living Home! The weekly rent is \$130. Call TODAY (818) 769-3057.

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.

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.

SUNSHINE SOBER LIVING : www.sunshinesoberliving.com. Upscale Structured Transitional Living in a warm family style environment. (866) 216-9789.

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

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

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

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

Email To: info@keystorecoverynewspaper.com 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

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 or call us at (818) 386-8400.

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Sober Livings
- Transitional Housing
- Therapist Office
- Universities
- Veterans Hospitals

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

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

Alcoholics Anonymous (A.A.) World Services: P.O. Box 459, 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 & Sun 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (818) 293-2222.

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

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

California 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.laventanatreatment.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.laventanatreatment.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

Dimondale Adolescent (310) 791-3064.

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

Los Angeles Food Bank (323) 234-3030.

Manna, Ministry to the Poor 6642 Reseda Blvd., Reseda, CA. Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696.

Our Redeemer Lutheran Church 8520 Winnetka Ave., Winnetka, CA (818) 341-1629.

Salvation Army Glendale Corps: Monday -Friday Food Pantry. 320 West Windsor Rd., Glendale, CA 91204 (818) 246-5586.

Shepherd's Nest, Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247.

SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Vanowen St., Van Nuys, CA (818) 988-7682.

West Valley Pantry, 7304 Jordan Ave., Canoga Park. (818) 346-5554.

West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554.

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

County of LA Depart. of Mental Health for listing of providers at www.dmh.co.la.ca.us/providers/allprov.htm, (800) 854-7771.

Fetal Alcohol Syndrome Information (626) 793-7350.

HHS The U.S. Dept. of Health & Human Services, www.dhhs.gov (877) 696-6775.

HOMELESS HEALTHCARE LOS ANGELES: 2330 Beverly Blvd., Los Angeles, CA 90057, www.hhcla.org, (213) 744-0724.

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

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

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) S.F. Valley (818) 994-6747 www.Nami.org. NAMI Urban Los Angeles (323) 294-7814, www.namiurbanla.org. We advocate, educate, and support people with mental illness and their families via our free education programs, support groups, and other services.

MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

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

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

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

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

HOMELESS SHELTERS & RELATED

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

Centennial Place Permanent Housing (626) 403-4888.

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

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

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

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

Fervent Heart LLC (626) 319-7479.

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

Family Rescue Center (818) 884-7587.

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

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

Family Promise (818) 847-1547.

GRCN Connecting Communities (562) 293-7595.

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

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

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

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

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

Homeless Adult Center (626) 403-4888.

House of Hope (323) 663-1215.

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

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

OPCC Safe Haven (310) 883-1222.

Passageways Homeless Intake Center (626) 403-4888.

Pentecostal Outreach (562) 313-1257.

PATH: People Assisting The Homeless (323) 644-2200.

Rochester House Transitional Living (213) 986-5599.

Runaway Homeless Youth Shelter (310) 379-3620.

S.P.Y. Safe Place for Youth: Supportive Services for Homeless & At Risk Youth. Drop in Services, meals, hot showers and clothing. 2469 Lincoln Blvd., Venice, CA 90291 (310) 902-2283.

The Salvation Army Adult Rehab Center, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.

Salvation Army The Way Drop in Shelter for Youth (323) 469-2946..

Salvation Army Glendale Chester Village For Homeless Families (818) 246-5586.

St Joseph Center Homeless Services & Meals (310) 399-6878.

Sanctuary of Hope (323) 786-2413.

Samaritan House (562) 591-1292.

San Fernando Valley Rescue Mission (818) 785-4476.

The Midnight Mission (213) 624-9258.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

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

WLCAC Homeless Access Center (323) 563-4721.

DOMESTIC VIOLENCE

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

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

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

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

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

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

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

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

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

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

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

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

Haven Hills: www.havenhills.org (818) 887-7481 (818) 887-6589.

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

House of Ruth (909) 623-4364.

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

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

Jenesse Center www.jenesse.org (323) 299-9496.

Jewish Family Service of Los Angeles/ Family Violence Project/ Tamar House www.jewishsla.org (818) 789-1293.

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

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

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

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

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

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

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

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

So. California Alcohol & Drug Program/Angel Step Inn: www.scadplne.org (562) 923-4545.

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

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

RAPE HOTLINES

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

Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org

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

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/ (800) 799-7233

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

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - **HEP C - APLA**, www.apla.org, The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main line..

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

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

HepCHope: www.hepchope.com Hotline (844) 443-7246.

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

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

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

SUICIDE PREVENTION

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, 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, (888) 881-2323.

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

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

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

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

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

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

Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400
Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406

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

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. For more information on passing the digital basket please see: 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

Al-Anon

www.al-anon.org/al-anon-meetings/

Support your local central office during this time.

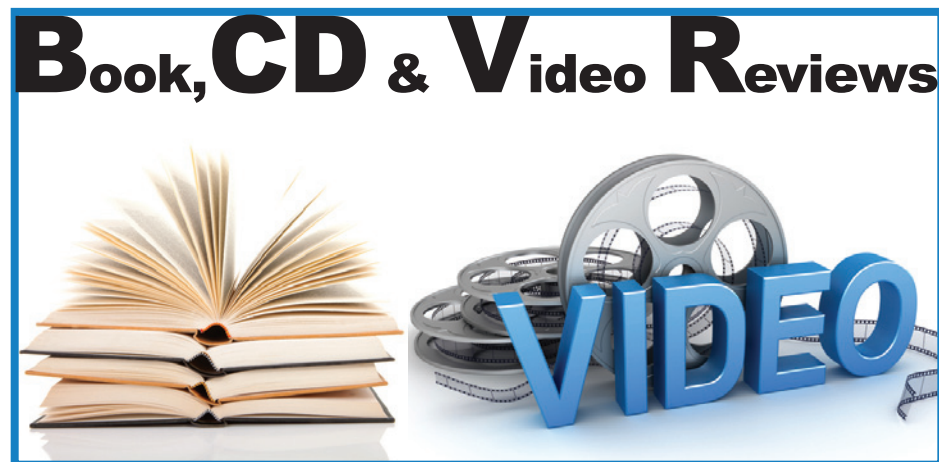
Alcoholics Anonymous

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



SEIZE THE DAY, Living On Purpose And Making Every Day Count.
 Author Joyce Meyer. Publisher Faith Words.

In "Seize the Day" Joyce offers a road map and directions out of the Blah and Quicksand of life. First I must tell you that Joyce is one of my favorite inspirational writers. I have been a follower of her work for many years, and I believe this woman is a spiritual mother to many people of faith. She has helped me change myself for the better.

This book is about taking back control of your life for God. If you are stuck somewhere figuratively, literally, or just in your imagination, whether real or just your perception, I recommend you read this. It is very encouraging for these reasons: 1) Joyce has been there; She knows what it is like to feel helpless, hopeless, and doomed to a life of victimization and passivity. She grew up in an abusive and very dysfunctional home. Her story of how Jesus rescued her is full of eye-opening truths on how we can rise above our problems and experience God's victory. 2) She offers Biblical and practical advice; Her counsel is powerful and based on Biblical Scriptures. 3) She does it all in Grace; It is not easy to say the things she says in this book with Grace. Instilling in readers a sense of condemnation is almost inevitable when you are telling them to wake up. I said "almost inevitable". Joyce understands this and gently affirms God's grace in our lives so we are not left feeling miserable and guilty. While giving practical advice she is very clear that real change in our lives only happens as we let the Holy Spirit transform us and our minds.

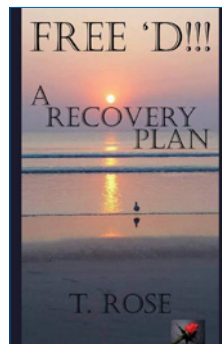
If you take a look at Joyce's life you will see a woman that seized the day and took control of her life. I continue to follow her and if you want to seize your life start by reading this book. This book gives us hope. Available at Amazon.com.



FREE 'D!!!: A Recovery Plan. T. Rose . Published Tiffy Rose LLC Publishing.

T. Rose author of "The Big Trap: Just One Last High", nails it again! Her first book details her dark journey through addiction and into the beginning of her sobriety. Now we get to follow her as she walks out of jail, and through the twelve steps, therapy, sponsors, meetings, and ultimately experience her redemption and freedom from bondage.

This book is filled with so much hope, that I got goosebumps as I read through the chapters in ONE day. Rose lays out a simple direct path of recovery for anyone who chooses to follow. More importantly, she focuses on the tools needed in early recovery, such as reaching out for help from people, and God. To open herself up in such a manner that we SEE her, and trust her is a gift of her writing. I can't wait to review "Quest, a S.E.A.L. Guide" in the October issue of Keys. I give this book 5 stars. Available at www.Amazon.com



HEALING THE WOUNDED CHILD WITHIN: Healing From The Pain of Abuse. Written by Randy Boyd. Published by Courageous Healers Publishing.

We met Randy Boyd at "It Happens to Boys" Creative Change Conferences, in Long Beach, California in March of 2016. We had the privilege of hearing him speak at that conference. Once we heard he had a book, we knew we had to read it. I read the book and reviewed it in 2016. When I originally reviewed this book it was titled "Healing the Man Within". Once it was realized that the knowledge in this book could and was helping anyone who had been abused, or was involved with someone who had suffered sexual abuse, the title was changed. The book quickly moved to #1 Best Seller status upon changing the name to "Healing The Wounded Child Within".

Randy is as honest and warm in person, as he is in his writings. He tells the story of his experience, which is one of the bravest things a person can do in addition to being one of the most healing things a person can do, which Randy explains in his book. His book addresses the effects and pain of childhood sexual abuse. He then goes on to talk about his road of recovery. He gives us hope by sharing his experience. He is a great power of example. So many of us in recovery find that after we start doing our step work and we get down to causes and conditions, there is even more work to be done. If you or someone you know has been abused please take the time to read this book.

Some of my favorite people made contributions including Jerry Moe, Dan Griffin, Dr. Allen Berger, John Lee, and Dr. Mic Hunter. A MUST READ! I give this book 5 stars. Available at www.Amazon.com



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

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