

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

October 2020

# KEYS TO RECOVERY NEWSPAPER, INC.

# BREAK FREE



## Living Life on Life's Terms

Written by: Randy Boyd

Quest For  
Success  
Page 4

We Are  
Responsible  
Page 7

Healing The Roots  
Of Addiction  
Page 8

**HOPE OF THE VALLEY**  
RESCUE MISSION

We need your help - Call NOW!  
818.392.0020 • [www.HopeOfTheValley.org](http://www.HopeOfTheValley.org)

**The Great Thanksgiving Banquet, Wed. November 25th 2020**

NEEDED: table sponsors, each table is \$350• Virtual Tables . . . Actual Meals • We will serve over 1,000 Gourmet Thanksgiving meals to those living in our shelters and the same Thanksgiving meals TO GO for those still living on the streets.



**EXPERIENCE PTSD  
BREAKTHROUGH Treatments  
while helping others along the way**

A traumatic event can have long lasting psychological scars that impede your relationships with friends and family. If you or someone you know may be experiencing symptoms of PTSD call us now.

Clinical research studies are used to investigate new treatments.

**There is NO cost for participants.**

**We will compensate for  
your time and travel.**

- |   |  |
|---|--|
| ✓ Ages 18-55  | ✓ No Complex PTSD                              |
| ✓ Traumatic event took place between 6 months and 9 years ago | ✓ No History of Moderate to Severe Head Trauma |

**CONTACT SERGIO VENTURA:  
714.206.1463**

**EMAIL: SergioVentura@CNSTrial.com**

**www.CNSTRIAL.com**

# Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Darrell Fusaro
Freedom From Bondage	Page 6	Jayson J.
Matters of the Heart	Page 7	Rudy & Kelly Castro
Quit to Win	Page 8	Catherine Lyon
Food For Thought	Page 9	Annie Kuni
<b>Living Life on Life's Terms</b>	<b>Page 10-11</b>	<b>Randy Boyd</b>
The Journey Continues	Page 12	Leslie Gold
Provider Directory	Page 13	
Classified Ads	Page 14	
Advertising Information	Page 15	
<b>Resource Guide</b>	<b>Page 16-17</b>	
Events	Page 18	
Book, CD, Video Reviews	Page 18	The Crew

# Contributors

**Jeannie Marshall:** President, Cofounder, Publisher & Editor  
**Marcus Marshall:** Vice President & Cofounder, Publisher & Editor  
Staff Photographer: Shalimar Cambria  
Graphic Designer: J Marshall  
Outreach Director: Peggy Salazar  
Social Media: Dominique LaFargue  
Beth Dewey-Stern: Cofounder  
**Cover:** Illustration ID 197848347 © Choat Boonyakiat | Dreamstime.com  
**Editorial Contributors:** Marcus & Jeannie Marshall •  
• Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro •  
• Jayson J. • Rudy & Kelly Castro • Catherine Townsend-Lyon •  
• Annie Kuni, LMFT • Randy Boyd • Leslie Gold • Peggy Salazar •

# About Us

**Provider Directory - page 13**  
**Advertising Rates - page 15**  
**Distribution Information - page 15**  
Visit our website for more detailed information on Keys to Recovery Newspaper.



Happy October and welcome to the editor's column for October 2020! Here is my Halloween treat for you...I am not going to write about politics or viruses. What I am going to write about this month is Faith, what it is, and how much will be required to make it to 2021.

The dictionary defines **faith** as "complete trust or confidence in someone or something."

A popular bible definition is found in Hebrews 11:1: "Now *faith is the assurance of things hoped for, the conviction of things not seen.*" I think that means: Faith is the assurance that the things revealed and promised in the Word (the Bible) are true, even though unseen, and gives the believer a conviction that what he expects in faith, will come to pass. In other words, it becomes so tangible that you now possess it. It becomes a reality in the spiritual realm.

As a child, I had the dictionary type of faith in my mother, my family, my teachers, and in the world that surrounded me. I had faith that mom would come home and feed me, hug me, and make sure I was tucked into bed nice and safe. I had faith that my teachers would teach me, I had faith that my bike would get me to and from school. I had faith until one or more of these things failed me. My dictionary type of faith would come and go throughout my life, until one day it was gone...completely.

Growing up I also had the bible type of faith in God. This faith would also falter as I experienced difficulties, losses, addiction, basically the life I was living diminished my faith in God. But there was always a small flame of faith inside my heart, no matter how hard it got I would always turn to God and cry out for help. The problem was that as soon as I got through whatever was happening, I would go back to my flickering flame faith, so small that every unpleasant event threatened to blow it out forever.

Early in my sobriety, I learned that it was time to have faith, and trust God once and for all, after I read a passage in the A.A. Big Book, "When we became alcoholics, crushed by a self-imposed crises we could not postpone or evade, we had to fearlessly face the proposition that either God is everything, or else He is nothing. God either is or He isn't. What was our choice to be?"

My choice? God is everything. REPEAT! God is everything. My flickering flame of faith began burning brighter. I learned it was necessary to increase my "bible type faith." Instead of looking at my disappointments and failures, I looked at every near miss as God's protection. Each time I should have been hurt, locked up, or yes some times even dead, I know He was there saving me. See even though I lost my faith in God, He never lost faith in me. I feel blessed knowing that He never gave up on me, and never will. I believe the same is true for all of us. You are not forgotten, no matter what it "feels" like, have faith in God's love and His timing. We WILL get through this as well as anything else that comes against us in 2020 or in 2021. Feed your faith and starve your fear.

My faith today is stronger than it has ever been, and it continues to grow...as long as I feed it. So I will keep fanning the flames, and feeding my faith, because at the end of the day God is everything. Stay strong in faith. **God bless you!** - Jeannie Marshall, President & Cofounder

Hello to one and all, we hope our Editors Columns find you and yours safe and in good health. Viewing this month of October with an open mind, I appreciate even the smallest of triumphs more so than before. I experienced a true loss in my life last month, my younger brother Dietrich died on September 14th at the young age of 57. He will be incredibly missed and lovingly remembered; I believe he is now at peace with my mother in God's loving arms!

This year has given me a broader perspective, regarding the significance of how fragile the thread of life truly is. Having the opportunity of being clean and sober allows us to be able to extend our experience, strength, and hope to those that are still suffering. Looking at how we as a people are coming together in solidarity for our common good is amazing, the human spirit is very resilient. All around the world, camaraderie, sacrifice, and goodwill towards our fellow men and women, are demonstrated daily.

Witnessing those that are reaching out to the ones that need food, clothing, hygiene products, and other necessities are very heartwarming and encouraging! In times of great need, there will always be certain individuals that step up and become true leaders in their communities. Love for the human race as a whole goes beyond color lines, religious backgrounds, and political affiliations, it is innately embedded in each of our hearts. There are some of us who act upon it, and unfortunately, others override that God given attribute for their own selfish reasons.

I am truly blessed to be apart of such a diverse group of dedicated men and women willing to put everything on the line, to help their fellow humans beings find solutions for their particular addictions and/or disorders. May God continually bless the Recovery Community for all that they do, and for all that they will continue to do for so many. Keys to Recovery have the opportunity to be part of the march towards addressing drug and alcohol addiction, mental disorders, social injustice, and so many other deficiencies that plague our societies. Until we come together again for reasoning, may God bless us all. - **Marcus Marshall, Vice President & Co-founder**



# ALCOHOL AND DRUG COUNSELING STUDIES INSTITUTE

CCAPP and CADTP APPROVED

**Turning Negative Pasts into Positive Futures**

**Become A Substance Use Disorder Counselor  
Complete Required Education In 6 Months**

**New Weekend Online Classes Starting December 5, 2020**

**Early-Bird Discount Only: \$1,957**

**Enrollment Is Limited To 25 Students Per Module**

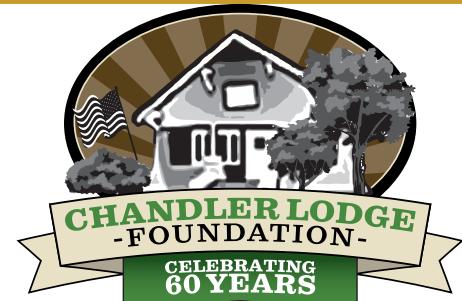
- Self-Paced, 12 and 18 Month Course Options Also Available
- Quality Education Without Overpriced Tuition Rates
- Live Web-Based Instructor Led Sessions
- Support and Guidance From Registration to Job Search
- Fast and Affordable

**Contact us today to secure your enrollment or to answer any questions concerning the certification process.**

**(833) MY-ADCSI**

**www.ADCSInstitute.com**

**Clean.  
Sober.  
Ready to Live.**



**Providing 12-Step Based Sober Living for Men Since 1960**

**Call us today! 818-766-4534**



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

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

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

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

**www.ChandlerLodge.org • 818-766-4534**

**3  
MEN  
12 STEPS  
60 YEARS  
5,000 MEN**  
given a solution for recovery  
**300,000 MEN & WOMEN**  
given support in their recovery



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

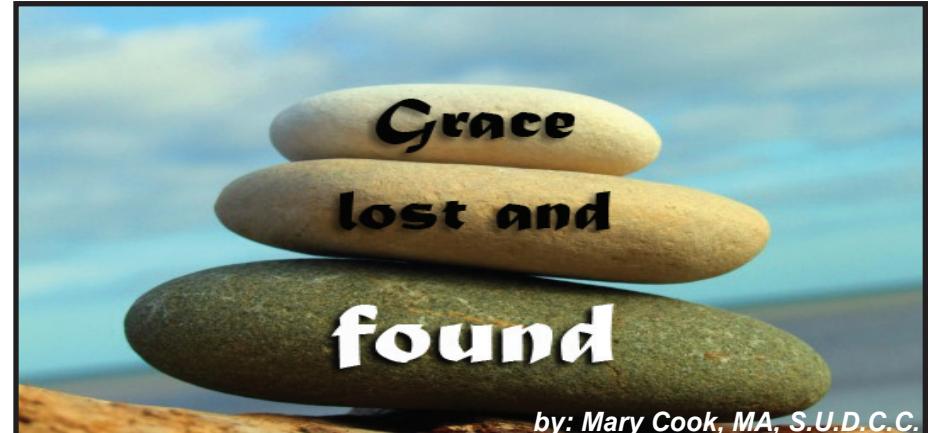
**818-766-4534** [www.chandlerlodge.org](http://www.chandlerlodge.org)

# Handyman Services by John Paul

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

- Honest
- Hardworking
- Experienced
- Reliable
- On Time
- Great prices

**818.447.0613**



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

## QUEST FOR SUCCESS

Goals are valuable stepping-stones to success; however, attaching unreasonable expectations to goals and success can lead to discouragement and a sense of inferiority, or to an endless quest to find a pinnacle of living that is permanent. The idea of living happily ever after following the achievement of the desired goal is a fantasy that interferes with healthy recovery. Maturity requires openness to fully experience life in all its manifestations and respond creatively and humanely to both disasters and delights.

Fantasy can offer us a brief exhilaration before we realize that we have failed to secure a new positive emotional plateau. Our achievements may require unwanted ongoing maintenance, responsibilities, learning, or growth on our part to sustain them. Or they may present us with a whole new set of problems. If they indeed meet our highest expectations, then we fear changes, diminishment, or loss of what we have acquired. And yet, despite the lack of lasting happiness and fulfillment, we are prone to set new goals for success, with the same delusion that they will be our emotional deliverance, or to fall prey into depression over our perceived incompetence.

*Yet the only power we have is within the present moment.*

We have the idea that success resides in the future. Yet the only power we have is within the present moment. And although the standards for success consistently and persistently rise above wherever we are now, we fail to question our primary assumptions. Seeking external fixes ensures that new places, faces, and outward circumstances will have the uncanny ability to stimulate the same old internal themes, thoughts, and feelings from which we tried to escape.

Primary personal beliefs begin in childhood, in circumstances where our well being is in the hands of other people and external events. The ideas that we are not "enough", and we do not have "enough", and we are dependent upon the external world to correct this, are deeply embedded in our minds and our behavior. The more stressful our childhood is, the more tightly we hang onto fear-based beliefs and protective defense mechanisms.

When life expands and deepens, instead of amending our earlier assumptions, we generally distort new information or fail to apply it to our personal circumstances. Thus, it is the energy of past fears of inferiority and insufficiency from our childhood dependent state, which propels us toward achievements with false hope. The motivating energy of a goal creates an achievement that holds the same energy which keeps us in a cycle of sabotage.

Recovery tells us that we must change our actions, and ultimately our perceptions of ourselves and life. Healthy external success arises from internal personal development. Our daily actions must build positive character, gratitude, integrity, resilience, and unity. Our relationships must build compassion, forgiveness, patience, understanding, and love. We must be mindful of our deepest interests, gifts, and talents and use them in ways that help the world around us.

True success is internal. True success is right now. True success changes into many forms. True success is meeting outward circumstances with the healthiest, most positive response. True success is recognizing that the point of life is learning and growth, not perfection, competition, stagnation, or regression. True success is appreciating hardship and harvest, mistakes and mastery, loss and love, and how they continue throughout our life. True success is believing that we are whole and can fulfill our purpose. True success is allowing our Higher Power to guide us and love us in all that we do and share that boundless love with life in all its forms.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a substance use disorder certified 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





# Sunlight of the Spirit

by: Darrell Fusaro

## THERE ARE NO BIG DEALS

"Loosen up... The carefree approach in any endeavor is the shortcut to success."  
—Emmet Fox

When I first heard the slogan, "there are no big deals," I didn't care for it. I thought it meant succumbing to a dull uneventful existence. Today I rely on it as the spiritual key to experiencing a happy and successful life.

"There are no big deals" doesn't mean you will not experience great successes and delight on the road ahead. Rather, it's a spiritual truth that keeps anticipated events in a healthy perspective. It's another way of saying, "With God, there are no difficulties." Spiritually it is just as easy to manifest a hundred thousand dollars as it is a nickel, but most people don't believe this is true, so they struggle or go without. Or as Esther Hicks puts it, "It is not more difficult to create a castle than a button. Most of you have more buttons than castles, however, because they're easier to expect." So, the slogan "there are no big deals" helps us to release our attachment to small thinking and open up to the possibility that anything good can happen.

Whenever you catch yourself labeling anything as "this is important," keep in mind that you are painting the activity with fear and struggle. This is not encouraging to oneself. It makes as much sense as making sure the parking brake is on before driving forward.

The key to success is the light touch. When you can cast the burden upon God and release the significance your mind has given the event or task you will intuitively know how to handle situations that used to baffle you. The best way to accomplish this is through play.

A young painter asked me what she could do to get out of the funk she was in. She said she felt blocked and depressed.

I said, "Go make a bad painting."

"Really?" she asked.

"Yes. Just go to your studio and do a terrible painting. Nothing about it needs to be perfect. Just have fun and make a mess."

Although she seemed receptive, she was hip, young, cool, and had some success in the past. So when we parted ways I wasn't quite sure how much credence she'd give my suggestion.

The most practical way to stimulate the creative process always seems too simple, unscientific, and contrary to reason. That is why whenever I share it with someone, although I'm hopeful, I usually doubt that they'll follow through with it.

It was about a month before I bumped into this artist again. It felt like I was meeting an entirely different woman. The sullen and somber woman I had met just a month earlier was no more. Here was a bright, attractive young woman smiling from ear to ear. When she noticed me she ran right over.

"I did what you said!" she told me, "I went home and did a really bad painting, and I couldn't believe it. It turned out to be one of the best paintings I've ever done. It felt so great. And I've made several more successful paintings since. Thank you."

Self-imposed pressure is the switch that cuts us off from life. Seriousness is just fear pretending to be a grown-up, cutting us off from God. Let yourself off the hook. Remind yourself that there are no big deals. Trust that God makes a way where there is no way and that God works with joy. Solutions flock to a playful mind. Talent flows through a playful mind.

"Angels can fly because they take themselves lightly."  
— G.K. Chesterton

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, co-host of the podcast, "Funniest Thing! with Darrell and Ed," and author of the book, "What if Godzilla Just Wanted a Hug?" To learn more about Darrell visit: [www.ThisWillMakeYouHappy.com](http://www.ThisWillMakeYouHappy.com)



Join Together in a Recovery T-Shirt Collaboration  
"Special Limited Edition" Fundraiser T-Shirt only \$30



Order now and get your free subscription to Keys to Recovery Newspaper

email us at: [info@KeysToRecoveryNewspaper.com](mailto:info@KeysToRecoveryNewspaper.com)

**WWW.STAYSTOPPED.SHOP**

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



**Advanced House**  
SOBRIETY STARTS WITH YOU

*Located in Beautiful  
Venice Beach, California*

[Men's Sober Living Creating Alumni](#)



*Call us Today and Start your Journey!*

**323.338.1029**

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

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

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

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



by: Jayson J.

## **HOPE FROM WITHIN THE WALLS**

This letter came to us on April 12, 2020, from an inmate at Norco CRC Prison. We wanted to share it with you, our readers, our advertisers and our ardent supporters. This is why we do what we do. We try to live each day on purpose, with purpose for a greater purpose. Our mission is to carry the message of recovery to as many people as possible, wherever they may be. There is no us without your support.

Mr. Marcus Marshall.;

It is Easter today and I know our God is so good. God Bless you, your wife and the work you do. You are an inspiration.

I'm in high hopes you and yours are staying safe in this Covid-19 thing.

Your newspaper is really inspiring to me. I love having a cup of coffee and reading my own personal copy of Keys to Recovery Newspaper.

I know you realize how He has blessed you, to take you from Norco CRC prison, to having a beautiful wife and Keys to Recovery Newspaper. That is pretty awesome, huh? You write about your blessings and gratitude each month in your editors column.

When people see me reading your newspaper they're like "what cha got", they call me "Deals" but my name is Jayson. When they ask me about the newspaper I get a chance to share my recovery, your newspaper and Our God.

I want to become a drug counselor. I am going to start college here, and hopefully begin to earn a degree in psychology. I've also been studying these books on my own, "Non-profit for Dummies", "7 Habits of Highly Effective People", "The Power of Now", "Getting to Yes with Yourself", and "Change Your Brain, Change Your Life". I am waiting for "Grants and Proposals for Dummies", to get here so I can start studying that as well.

Sadly I've done more time in prison than I've been out on the streets. Hopefully I'm going back to fire camp, it will be my third time. I don't know if they had fire camp when you were here, but they do now.

I don't even know you, but you inspire me each time I see your picture at the bottom of the editors column, and you are in your tux. God is Awesome.

My dream is to get out of here and help to change some stuff for the alcoholic, the addict, for the homeless, for the ones with behavior health issues, and for the convict or ex-criminal. They call us disadvantaged minorities, now ex-felons.

I want to start a non-profit company, maybe just a sober living to start with, and build it into a Rehab. As soon as I am out I'm going to start by walking to church, and hand out socks and pizza to the homeless, and then tell them about God if they want to hear it, if not... well everyone needs pizza and socks. God got me. Jeremiah 29:11.

I've read that the founder of AA said: "the only way to keep it is to give it away". So I will give and if I make a habit out of it, or maybe even a career, or life style like you have, I will stay clean.

I'm going to be an alcoholic forever, so instead of just renting time in a sober living, perhaps I will buy one and own it, make it my life. What do you think?

If you have any advice or can let me know how you managed to beat the system, or as they say, gave them their number back, and became an honest and upstanding citizen. I just turned 43 years old and I have spent most Christmases in prison or institutions.

My apologies for taking so much of your time. I know you're super busy, and I thank you for always writing back to me.

Thank you, Jayson

P.S. I tell everybody you were here before, you know to give people Hope.

Meeting Chips - Medallions - Medallion Holders - Plaques  
 Tops - Hats - Keychains - Books - Book covers  
 Sober Water - Mints - Candles - Meeting Coffee

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

**MY 12 STEP STORE.com**  
 Recovery gifts InStyle!  
 got 12

- Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs -

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

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

# Matters of The Heart



by: Rudy & Kelly Castro

## WE ARE RESPONSIBLE

I will never forget the first time my sponsor said to me, "Selfishness - self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self, which later placed us in a position to be hurt. So our troubles, we think, are basically of our own making"

I was outraged.

Had she not listened to A SINGLE WORD I SAID?!

Really, had she not heard me? Had she not heard how much of what was happening in my life was my boyfriend's fault... Or possibly God's?

I hung up.

Through all of the noisy layers of my rage and anger, there was a faint whisper. The whisper said, "there is truth in this."

The truth for me at that moment was that I wasn't ready to hear it. I was hooked into my own perception - the perception that I was a victim of others, and my current circumstances.

It took years and years and years, for me to understand the deepest wisdom held within those sacred words.

We are responsible. For ourselves, our lives, our relationships, our everything.

Responsibility seemed to be somewhat of a four-letter word to me in these earlier days. I didn't want much to do with it, at all. A part of me (a quite large and rather loud part) really wanted to stay in the belief that my suffering had to do with others. The paradox was this; that very way of living is what was actually keeping me in suffering.

I was a prisoner to my own traumas, fears, and pain. These were at the source of the dysfunction all around me. I couldn't see that I was the common denominator and the creator of all my own difficulty. I couldn't see what was truly driving the train.

Years and years of working the steps, being in therapy, moving into trauma work, and meeting the places within my body that were holding so much pain, is what eventually led me to the integration and true belief that I actually do have a say.

I didn't have a say in rearranging the past as it had unfolded... I didn't have a say in deleting the sexual abuse, trauma, and violence that I had endured as a child. However, I did have a say in how deep I was going to go in my own recovery.

I had a say in liberating myself.

This was and still is MY responsibility - regardless of what happened in the past - to do my deepest work and heal the most wounded and tender places.

What I have seen year after year, is that my outer world is a direct reflection of my inner world. My relationships reflect parts of me - whether what I am seeing in others as a representation of a part of myself that I haven't wanted, or had the capacity to see yet, or a manifestation of what I believe to be true (about myself, others and the world at large) - it is all arising to show me something. And, if I don't like what I see, I can shift it.

The shifting isn't easy, I know. It is painful and sometimes terrifying to travel into the deepest and darkest shadows of our own psyches, and we shouldn't go at it alone. We are not meant to. Even though it is our own deepest work, we can find powerful support as we embark on this brave journey. Whether that be through sponsorship or outside help, it is vital to be held in a loving presence.

This doesn't mean someone doing our work for us. That is impossible. I would be lying by omission if I didn't share, honestly, that there have been MANY times along the way I protested this Universal Law. I DID want someone else to do it for me, and I have wanted to do it for others - it just doesn't work that way.

We are here in this sometimes strange and rather bizarre human experience to REMEMBER the Truth of who we are. Divine, Sovereign, and Holy beings. Why we have to forget that in the first place is still mysterious to me. Some of the most loving and light-filled beings I know have experienced some of the darkest hours, and many have come through to the other side having received many gifts.

One of the greatest gifts this journey offered me was deep compassion. Compassion for myself and others. Compassion for pain and suffering. Compassion for those who are demonstrating behaviors that seem horrific and inexcusable. Compassion for what it is to be human.

I thank my Higher Power for that beautiful sponsor, Judy M, who read me that part of the Big Book - which happened about 50,000 more times in our journey together. She always brought it back to me, and that medicine that I hated - that tasted SO BAD - was the very medicine that liberated my soul.

This year has been one of the most challenging and trying years for so many. We, as a collective, are experiencing much fear, division, and polarization right now, and are trapped in the lie that we are separate. It is an easy time to look outside of ourselves for the fault, and for the solution. It is an easy time to stay distracted and want to check out.

My deepest prayer for all of us is that we check IN. That we go deeper. Deeper into nature. Deeper into stillness. Deeper into our own Spiritual and Human journeys. What is this time offering each one of us, as a gift?

When we remember who we truly are, NO ONE and NO THING can ever take that from us.

I love you with all of my heart, Kelly Castro



Conscious Partnership [www.kellyandrudy.com](http://www.kellyandrudy.com). Kelly and Rudy are Relationship Alchemists. They are founders of Conscious Partnership Coaching and provide a healing environment for any kind of partnership. Together they have created a beautiful family and a business designed for service. Whether you are an individual looking to create a powerful partnership in your life, or a couple looking to develop deeper levels of intimacy, they are here to help guide you.



## Vita Behavioral Health Drug & Alcohol Rehab Treatment



Welcome to Our Family

Call **888-848-2234**

All PPO Insurance Accepted - Located in Van Nuys California

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

## ADVANCED AESTHETICS CARES WE ARE IN THIS TOGETHER - STAY SAFE



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

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



ADVANCED AESTHETICS  
LOS ANGELES  
[www.advancedaestheticsla.com](http://www.advancedaestheticsla.com)



text or call us at **424.310.8088**

# Therapist



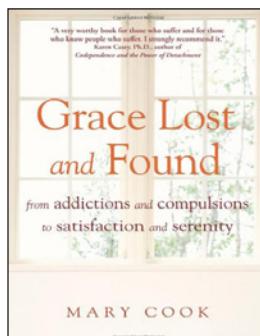
## MARY COOK

ADDICTION SPECIALIST COUNSELOR

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

44 Years of Experience

### 310-517-0825



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

AUTHOR OF:

Grace Lost & Found

Available on Amazon.com

WWW.MARYCOOKMA.COM

recover. heal. bloom.



Mercedes Cusick LMFT  
THERAPY SERVICES

specializing in...

ADDICTION

TRAUMA

PTSD

EMDR

SELF-ESTEEM

CALL TODAY 818 425-9337

[www.mercedescusick.com](http://www.mercedescusick.com) | [mercedesLMFT@mercedescusick.com](mailto:mercedesLMFT@mercedescusick.com)

Lic #118720 | Office located in Woodland Hills

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

Because when  
your budget is  
limited... your  
exposure  
**SHOULDN'T BE!**



by: Catherine Townsend-Lyon

## HEALING THE ROOTS OF ADDICTION

"There are days when you may have to revisit a place of trauma as soon as you walk through the front door of your apartment," my therapist said to me years ago. I had to ponder this for a while. Especially when she said it could be causing my agoraphobia attacks and anger. Agoraphobia is an anxiety disorder characterized by symptoms whereby the person perceives their environment as unsafe and can include open spaces, public transit, shopping centers, or simply being outside their home. This perception causes tremendous anxiety. The therapist felt that trauma was causing my anger, and that my anger was coming from holding in unresolved resentments as I began treatment for my addictive gambling.

I think I was using my addiction to "get back" at those who had hurt me deeply. My therapist informed me that trauma has many different faces. When I first came into recovery, I had a desire to stop gambling and live a life of freedom again. I had no idea, nor did I have the understanding of how much work it would take and all the areas that I would need to address. I was sexually abused as a child. Not once but twice as a young girl. Not only does this change you on the inside, but it strips you of trusting others and not just men. It changed me forever in every aspect of my life. I carried that into my adult life, while stuffing this excruciating pain way down deep inside myself for years. It festers and bubbles with flashbacks and deep depression at times. Sometimes I feel like I'm alive but not living. .

I wore a happy mask for many years to make it look like I was okay and satisfied, living an every day happy life. At the same time, I was dying inside. I began bouts of sadness and would isolate in my room, so my parents didn't see how depressed I really was when I was a teen.

At around thirty years old and after my brother-in-law passed, he was like a brother I never had, I began to have nightmares about my sexual trauma. It began haunting me, and I couldn't stuff the pain away any longer. That was the first time I sought help. It was also the time I began gambling a little more than usual.

I didn't know I was using gambling to hide, escape, and cope with life. That led me to cross the line and become an addicted gambler, on and off for fourteen plus years. Slowly over the years, I began losing most of what I worked so hard for by becoming an addicted gambler.

Why am I sharing this now? Since the start of the pandemic and these uncertain times, we find ourselves in, I've been reflecting a lot and I acknowledge the hard work I have accomplished while maintaining my recovery. Especially the work I've done in recovery addressing the early years and those areas that I now know were the underlying roots as to why I turned to gambling and became an addict.

My resentments and anger had me hurting the people I loved the most. It was also the most challenging part of my recovery work to accept, work through, and finally let go of.

I cannot change what happened to me, or control how my family and others hurt me, but, in a way, I honor that detour in life because I would not be where or who I am today. It took practice and mindfulness of my character defects and loads of therapy to help me to make those changes. But most importantly, I believe that to maintain a happy, healthy lifestyle while maintaining recovery, one needs to dig deep at the start of their recovery journey, identify, process, make the changes, and then give it to God.

This is all necessary to reach success and long-term recovery. It will be uncomfortable, but necessary to "Quit to Win!"

Catherine Townsend-Lyon is the author of her debut memoir; "Addicted To Dimes," a gambling recovery advocate, coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, Facing Addiction.org, and Heroes in Recovery.com. Catherine writes and shares her recovery journey from gambling addiction along with resources on her recovery blog "Bet Free Recovery Now" betfreerecoverynow.wordpress.com. Catherine resides in Phoenix, Arizona, and continues to help and sponsor those from gambling addiction.

Email: LyonMedia@aol.com. Call (602) 633-3991.





by: Annie Kuni, LMFT

## THE CONNECTION BETWEEN CHRONIC ILLNESS AND EATING DISORDERS

Have you been diagnosed with a new illness, or do you find yourself starting to experience chronic pain? You're not alone – 133 million Americans are also dealing with this. That's 40% of the population! And many of those suffering from new and/or undiagnosed illnesses, along with chronic pain, are often told about what diet changes to make for this new ailment, as well as personal examples of "cures" to your disease through food. If you've never had an eating disorder (ED), this might not seem a problem. But for the millions of Americans with a diagnosed ED, this can be so triggering.

When someone is in pain, they feel more desperate for anything that will help alleviate their symptoms. A simple internet search of one's symptoms will often verify that many of the supposed remedies are diet and food related. There are a thousand and one different opinions on what one should add or remove from a diet to cure said illness. What can be even more frustrating is that these recommendations will often conflict with each other. One person says don't eat this or drink that, another person says that it's fine!

Research has started to validate the correlation between chronic illnesses and the development of eating disorders. And based on my own anecdotal evidence as a therapist, I have to agree. I have had an overwhelming amount of clients with a dual diagnosis of a chronic illness and an ED. This can be a difficult road to recovery for these clients, and they experience a unique set of challenges to overcome.

When we think about the factors that contribute to an ED, it's easy to see why this connection happens. The onset of a chronic illness feels like things are out of control. When people feel out of control they will try and use any means possible to feel like they are in the driver's seat again. Food often feels like a way to do this. Much of eating disorder recovery is focused on making peace with your body, but that's difficult to do when you're in the middle of an experience where you feel like your body has betrayed you. Many people with a chronic illness feel like they are not on the same team as their body and find it hard to make peace with their bodies.

Those who suffer from a chronic condition will also have the added burden of finding themselves in the doctor's office more often than before. This means that they are more likely to be weighed frequently and have discussions about the relationship between their height, weight, and health, among other factors. All of which are known triggers for eating disorder thoughts. With a disorder that already feels lonely and isolating, a chronic pain diagnosis can make one feel even more different while seeking ED treatment.

If you or a loved one are dealing with a chronic illness that is either causing or promoting disordered eating, there is hope for treatment management, but your path is not going to look like someone who doesn't struggle with their relationship with food. First, you have to work really hard to differentiate between your "eating disorder self" versus your "chronic illness self." This looks like making decisions related to food not based on losing weight or numbing out with food. You want the focus instead to be on reducing illness symptoms. Eating disorders can be sneaky and try and use the chronic illness as an excuse to restrict food again.

Another tactic would be to focus on what you can add to your diet rather than what you can take out. This is following the intuitive eating principle of gentle nutrition, where we focus on what nutrient-rich foods we would like to incorporate more of, rather than replacing food groups. In a chronic illness example, this might look like adding in more glasses of water a day rather than replacing juice with water. It might look like adding in anti-inflammatory foods like turmeric, greens, ginger, and fish to the food you're already eating, rather than replacing carbs with those foods. Anytime we are starting to think about food removal in ED recovery, we have to be very careful and make sure we're still prioritizing ED recovery in the chronic illness journey.

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](mailto:info@gemmed.ngo), [www.gemmed.ngo](http://www.gemmed.ngo), on IG @theinnergem, and can be heard on the podcast Freudienne.

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

**HOUSE  
IN THE  
HILLS**

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

**Call Now**  
**818.264.8545**



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



# BREAK FREE



## Living Life on Life's Terms

Written by: Randy Boyd

Living Life on life's terms is a concept I had never heard before. That is until I walked into the rooms of recovery where life on life's terms is one of the key concepts talked about in the recovery world. So, what does "Living Life on Life's Terms" really mean and how do you live such a life? Life on life's terms means that when life shows up, no matter how painful or hard it is, we take it as it comes. We don't run from our pain and hardships. We don't turn to using alcohol, drugs, food, pornography, or any other "ism." Dealing with living life on life's terms is something not many of us truly know how to do.

The great psychiatrist Viktor Frankl had a lot to say about living life on life's terms. He said that if you want to suffer, then you go about your life demanding people and things be a certain way. Many people suffer unnecessarily in their lives because they think life should be the way they want it, rather than how it is.<sup>1</sup>

What exactly are life's terms? I would contend to say that they are the conditions determining what it means to truly live. The reality is that for many, living on life's terms is a tall order that at times can be very overwhelming and may seem impossible. After all, dealing with people, places, and things which we have no control over is a daunting task at best. Especially if you grew up in a dysfunctional or abusive home. Growing up in an abusive or dysfunctional home oftentimes results in as Freud refers to as the "**Id**," which is the primitive and instinctual part of the mind that contains sexual and aggressive drives and hidden memories, and the **super-ego** which operates as a moral conscience, attempting to live life on their own terms, as was the case for me. Fortunately, we have our **ego**, which is the realistic part that mediates between the desires of the **id** and the **super-ego**.

Unfortunately, when we are in the midst of our dysfunction, the **id** and the **super-ego** will win out over our **ego**.

No matter what we are faced with in life we have two choices; to accept it or deny it. If we are not accepting it, we are fighting it and we are fighting it because it is out of our control. We are at war in a dangerous place, our minds and it is a battle we can never win. When we are fighting something, we are trying to control it. It will emotionally and spiritually drain all of our energy. No matter how much we fight, we can't change the past or control the future. The past is over, and we cannot re-shoot the cannonball. We must let go of past mistakes and regrets and accept who we are, what we have done and the consequences of our actions of the past. As far as the future, that's in God's hands and all we can do is the footwork required on our part and leave the rest to God. Acceptance does NOT MEAN APPROVAL!

Now, you might be asking, "Randy how did we learn to live life as we have been living it?" Great question. Before I go further let me say this. You are where you are today because of your actions, the only actions you knew how to take. You might have given in to the negative names and disrespect your parents cast upon you and turned to a life of substance abuse and crime, which landed you in prison. You might have been like me, where you were or are constantly trying or have tried to prove yourself to your parents or friends that believed you would amount to nothing. The consequences are usually two-fold for this. You might have climbed to the top of a Fortune 500 business, however, in the process, you lost everything in life that was precious to you. Please understand that these thoughts are at a subliminal level.

Like everything else in life, our actions, reactions, and behaviors are all learned behavior. If you grew up in an abusive or dysfunctional home, I am sure that you were exposed to plenty of living life on team dysfunction. For instance, mom or dad gets terminated from a job or they get a promotion; let's drink and drown our sorrows in a pile of victimhood. Or, let's drink and celebrate the future of my new position and all we will be able to do. The death of a loved one can lead to several different ways of dealing with the loss of a loved one. When I was twelve-years-old my father died. I was allowed to go see him in the funeral parlor and go to the funeral. However, after the funeral at my grandmother's house, my mother insisted that my cousins take my brother and me to get Baskin & Robbins 31 Flavors Ice Cream and to keep us occupied for a couple of hours. I wasn't allowed to be there with the adults I loved and needed. My mother didn't know how to deal with my pain. To this day I still love Baskin & Robbins and every time I go there, I think of dad. These are just a few of the ways I was taught to live.

The reality is that many people will live their lives in the ways I have stated above, even creating more dysfunction to it. Then there are those, like me, that run into a roadblock, and life as we have been living it fails us badly. That life for me was one filled with alcohol, drugs, manipulation, resentment, un forgiveness, fear, hate, and rage. It was time to look myself in the mirror. Look at the person I had become, the damage I had caused. I had to make a decision if I was going to continue down the wide and easy path or choose the narrow and difficult path to a new way of living, which meant I had a lot of work to do.

So, how do we live life on life's terms, and what is some of the work we must do to get to a point where we can do that? Before I answer that question, I want to elaborate on something I addressed earlier. I talked about how people will drown their sorrows or celebrate their victories using maladaptive coping mechanisms. These mechanisms include but are not limited to turning to alcohol or drugs, pushing people away, acting out in a negative way, avoidance, denial, displacement, and many others. Again, these are all learned behaviors funneled down through the generations of our family. This is not to say we must not deal with our grief, our sorrows, and celebrate our victories. Just the opposite, we must do these things.

The question I am often asked is; "How do I deal with these feelings Randy?" The answer is actually simple on one hand, yet difficult on the other because most of us have always drowned our sorrows or celebrated our victories with one of the maladaptive coping mechanisms listed above. We simply must learn to sit with our feelings, feel them, work through them, and talk to someone about them. Simple right?

So, how do we live life on life's terms, and what is some of the work we must do to get to a point where we can do that? Here are what I feel are the first six of the many simple steps we must take:

**1. Accept yourself** – So often I hear people say; "I just can't forgive myself for some of the things I've done in my past." What if I told you good, it's not up to you to forgive yourself? If you truly believe in God and believe He has forgiven you, then you are forgiven. To say you are not really forgiven until you can forgive yourself is saying that you know more than God. That you are better than God. So, the real question is; "what are you holding onto so tightly from the past and why can't you let go of it?" It all stems around acceptance.

Acceptance is the ability to unconditionally accept and value all parts of you. The good and the bad. The light and the dark. The Ying and the Yang. We can't have one without the other. I want you to know that you have done everything perfectly in your life thus far. You are here reading this blog. You are seeking help for yourself. You could have done one thing differently and you might not be here today. Always remember that what happened to you in life is not who you are. The mistakes and harm you have caused others are not who are. It is either what has happened to you or what you have done, not who you are. Acceptance, rather of people, places, things, or ourselves, does not mean approval.

**2. Acknowledge your reality** – It's time to accept yourself and face the realities of your life. No more living in denial, as it no longer serves you. Facing our reality can be very difficult at best. When I finally made the decision to look at myself in the mirror and face the truth about the harm, I had caused in others' lives, as hard as it was, the picture was painted very clearly for me. I had to quit blaming others for my problems. I had to quit making others pay for the abuse I suffered as a kid. My reality had been filled with a few things. First, a lot of delusions and false truths about life and myself. Second, I had become very successful in life, yet that success never filled the hole in my soul. Lastly, other than being abused as a child, I played the biggest role in my life of what I had blamed others for doing to me. Acknowledging, understanding, accepting, and working with my reality is what helped me to choose and work towards my dreams wisely. This helped me to live life on life's terms, not Randy's.

**3. Practice rigorous honesty** – This is pretty much self-explanatory. In the Big Book of Alcoholics Anonymous, it talks about being *rigorously honest* and how most people are "naturally incapable of grasping and developing a manner of living which demands rigorous honesty." Where and with whom does that rigorous honesty start? Deep within ourselves. We must quit lying to *ourselves*. We must learn to speak our truth no matter how painful it might be to us or others to admit. It is only when we start being truly and rigorously honest with ourselves that our deepest wounds can be exposed and healed. There is nothing more painful on one hand, yet so freeing on the other hand as finally becoming rigorously honest<sup>2</sup> with ourselves about our true feelings and hurts.

**4. Identify your part & 5. Admit your mistakes** – This is where a fearless and moral inventory comes into play. For those that have a hard time accepting life on life's terms, they are likely also the ones who have a hard time accepting themselves and their faults. They are likely the ones that also blame everything on everyone else. Nothing is ever their fault. This is where becoming rigorously honest by doing a fearless and moral inventory will open our eyes and heart. Remember that we are not what happened to us or what we did to other people. Until we can identify our part in all things and admit our mistakes, we will continue to live in the river of denial and our life will continue to flow like a raging river at every turn. Identifying our part and writing it down is only the first step. To complete this step, we must not only admit it to ourselves, we must admit it to another person and God.

**CRI-HELP**

# YOUR LIFE IS WAITING

AFFORDABLE, EFFECTIVE ADDICTION TREATMENT  
FOR INDIVIDUALS AND THEIR FAMILIES

DETOX | RESIDENTIAL | OUTPATIENT | TRANSITIONAL LIVING

(800) 413-7660

**CRI-HELP.ORG**

PHOTO: MICHAEL DOUGLASS

Then and only then will we be able to start living life on life's terms and know a freedom and happiness unlike one we have never known.

**6. Own your outcomes** - Work toward owning every part of your reality-not just the things that need work but also your strengths and successes. Owning all your outcomes can help teach you to do better next time, to see failure as a learning opportunity. Remember everything that happens to us is a lesson and every person we encounter is a teacher. Open your eyes, heart, and mind to what the world and people have to offer you, and Living Life on Life's Terms will become a much easier concept to live by, and your life will become much happier and you'll experience a freedom you never imagined.

<sup>1</sup> 12 Steps of AA. *Addiction Recovery (Life After Treatment)*. Geoff Thompson, Suffering, Viktor Frankl, By Jordan Casey. <sup>2</sup> Alcoholics Anonymous, *The Big Book*, 4th ed., pg. 58. New York: Alcoholics Anonymous Worldwide Services, 2001

Randy Boyd is a licensed California Alcohol and Drug Counselor (CADC-1) with an AA in psychology and Drug and Alcohol Studies. He is the founder of the Courageous Healers Foundation – Helping Men, Women and Their Families Heal from the Scars of Sexual Abuse. Randy is also a certified Trauma Informed Transformational Life Coach. He is the associate Pastor at Destiny Church in Indio, CA overseeing the healing ministries. Randy hosts his own radio show Healing Courageously Friday mornings from 9:00-12:00 on Remnant Radio 100.1FM, heard nationally and international via the internet @ [www.readioremnant.org](http://www.readioremnant.org). As a courageous thriving survivor of sexual abuse, Randy speaks candidly at conferences, schools and treatment facilities and is a past associate and regular featured speaker at "The It Happens to Boys Conferences" from 2008 - 2017. In addition, Randy also speaks to clergy, law enforcement, attorneys, doctors and teachers about the effects of abuse on men and women and how it is possible to heal from those effects. Randy is the author of the new groundbreaking book and #1 International Best Seller in 8 countries and 5 mental health categories addressing emotional, physical, sexual, and spiritual abuse titled *Healing the Wounded Child Within – A guide to healing from the pain of abuse*. He is also the author of the devotional titled *30-Day Devotional to Wholeness*. His blogs are featured regularly in *Keys to Recovery Newspaper*. You can reach at [Courageoushealers@gmail.com](mailto:courageoushealers@gmail.com) Phone: (760) 702-5498.





Providing Quality Billing So You Can Focus on Healing

## Providing Quality Billing While Maintaining High Ethical Standards

**Lower Cost** than other billing companies because  
We bill it **RIGHT** the **FIRST** Time.

**Contact us today! 714.227.5058**

**www.LucrativeConsultingInc.com**



ALEGRIA CARE AND RECOVERY SERVICES

RECOVERY COMPANIONS,  
COACHING AND CASE MANAGEMENT

Helping those Struggling with  
Addiction and Mental Illness

818.298.6419

alegiacareandrecovery@gmail.com

## AUCKLAND HOUSE

Sober Living for Men



- House Meetings
- North Hollywood
- Vocational Rehab
- Sober Coaching
- Music Room
- Meditation Garden
- Affordable
- Safe Sober Living
- Surf & Skate Therapy

Call Today 323.447.3854

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



Hazelden Betty Ford  
Foundation

**Jeff Schlund**  
Outreach Manager

**Cell 626-372-4550**

**Direct 760-423-6728**

**Toll Free 855-348-7018**

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

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

## CELEBRATING OUR 50TH YEAR



Newly Renov  
**AT CENTER**  
Silver Lake Hills

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

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

[WWW.ATCENTERLA.ORG](http://WWW.ATCENTERLA.ORG)

## Clinton's Books



### Free Search Service

Specializing in Recovery  
and Psychotherapy

email: [deecoop@att.net](mailto:deecoop@att.net)

**818.341.0283**

**Dee Baldus**  
**818-742-1100**



**Animal Transport,  
Boarding  
& Day Care**

[itsddb@gmail.com](mailto:itsddb@gmail.com)

[www.AnythingsPaws-able.com](http://www.AnythingsPaws-able.com)

## Let them know you saw it in Keys to Recovery Newspaper

We try to live each day, and print each issue, on purpose,  
with purpose for a greater purpose. Our mission is to carry  
the message of recovery to as many people as possible, wherever  
they may be. There is no us without your continued support.



by: Leslie Gold

### FIVE TIPS FOR SELF-SABOTAGE

A friend of mine who is overweight decided to embark on an exercise and weight loss program. She bought an exercise bicycle and started posting about her training regimen on Facebook. As I read each post, I cringed. I think they were meant to be funny, but with each post, I saw more self-sabotage. As we all know, you can't help someone who isn't ready to receive help, so I said nothing. Instead, I decided to turn these posts into an opportunity to support recovery.

So many people in recovery either overeat when they give up other substances, or they decide that after years of neglecting their physical health, it's time to get in shape. Thus, while my friend is not in recovery, she's facing the same challenges that many people in recovery face as they begin an exercise program. In this article, I'll highlight five types of self-defeating comments or behaviors, share excerpts from her post that highlight her self-defeating mindset, and offer ideas on how to reframe the situation to be self-affirming.

**Ignore Success and Cut Yourself Down:** "Day One. Legs feel like jelly. I think I was hunching my shoulders as they are sore. I am really unfit." Three sentences. Three negative statements. How about turning this into positive affirmations. "I rode hard enough and long enough that my muscles know they did some work. I learned that I need to adjust my posture to ride in comfort. I took the first step on my journey to improved fitness!" Every new journey means we have a lot to learn and an opportunity to grow. When things don't go as you'd hoped, you can acknowledge it, but then keep going. Pay attention to what you did right and consider everything else as a lesson learned.

**Practice a Downer Attitude:** Each of her posts includes a selfie in which she looks exhausted and demoralized. She had to hold each frown in order to take each selfie. She could have applied just as much effort to hold a smile. Go ahead and try smiling, a big sincere smile as you picture yourself succeeding at something. Do you feel the rest of your body perking up? Do you already feel better than you did just a few seconds ago? Life is 10% what happens to you, and 90% how you choose to react.

**Don't Plan for Known Triggers:** "Day 4 started with me eating the last 2 homemade blueberry muffins. Not a great start to the day - I mean, who eats two muffins when they are trying to lose weight?" The world is full of triggers. We have choices: avoid them; ask for help dealing with them; remove them; to name a few. If you know there are triggers that can derail you from your health goals, plan ahead. Can you avoid the trigger? Do you need help from your support network? What can you do to stop yourself from succumbing? And when you figure that out, celebrate that success!

**Choose Exercise You Don't Like:** "An advantage of working from home is that I can guilt myself into peloton-ing at lunchtime." If you have to "guilt yourself" into exercising, you picked an exercise program that isn't right for you. You shouldn't have to use emotional punishment to achieve physical health. Wouldn't it be great to think "Hurray, now I get to [your favorite active pastime]" before you jump into that pool, head out onto the trails, meet your friends for a volleyball game, or whatever? There are lots of ways to fit physical activity into your life. You may need to try a few until you find what's right for you. You'll know you've made the right choice when your session ends with you feeling mentally, emotionally, and physically recharged.

**Let Others Drag You Down:** "It's been 10 days since my last workout post - I got a "correcting" message about my posts so I got cross and stopped." While I don't know what that "correcting post" was, I do know that her posts generate dozens of supportive messages every day. She chose to stop all of that positive feedback by refusing to work out or post. Fortunately, she did get back into her exercise routine and the supportive comments resumed. No matter what you do in life, there will always be someone who tries to drag you down. You can choose to ignore them. Their negativity is their problem, not yours. You can surround yourself with people who exude positive energy. Together you can lift each other up.

If you catch yourself practicing any of these "five tips for self-sabotage", I encourage you to remember that negative thoughts and behaviors are just one way of thinking and doing. You can replace those thoughts and behaviors with positive affirmations. You can:

- 1) Focus on your successes.
  - 2) Project a positive attitude to the world and to yourself.
  - 3) Have a plan to manage anything that could derail you on your path to success.
  - 4) Pick a fitness plan that restores you physically, emotionally, and mentally.
  - 5) Let negative energy flow past you. Absorb the positivity instead.
- You can develop a success mindset. You can succeed at whatever you choose.

Leslie Gold is the founder and executive director of Strides in Recovery, a Southern California non-profit that brings the healing power of goal-oriented group exercise to addiction recovery communities. Participants in Strides in Recovery programs enjoy improved self-confidence, empowerment, self-discipline, camaraderie, stress reduction, health & wellness, pride in accomplishment, and so much more. Leslie is an RRCA certified running coach who has trained hundreds of people in early recovery to cross the finish line of events ranging from 5Ks to the Los Angeles Marathon. To learn more, visit [StridesInRecovery.org](http://StridesInRecovery.org)



# 2020 PROVIDER DIRECTORY

## ADDICTION COUNSELORS

**Charlene McPherson** Holistic Guidance Service, Addiction Counselor CADC III, ICADC, 200YT. Specializing in Chemical Dependency, Healing Relationships, wellness in mind body and spirit. (231) 462-7667, hgs.charlene@gmail.com www.holisticguidanceservice.com

## FITNESS IN RECOVERY

### Recoveryfit Access

[www.myrecoveryfit.com](http://www.myrecoveryfit.com) 877-800-RF12 (7312)  
Experiential recovery-based fitness groups based on the 12 fundamental principles of recovery treatment. Digital curriculum allows these innovative groups to be applied anytime, anywhere.

## RECOVERY - WELLNESS CENTER

### A T Center - Silver Lake, California

Celebrating 50+ Year serving the LGBTQ community & allies. Featuring CV-19 compliant outdoor meetings with stage and sound. With Zoom studios coming soon indoors. Also, frequent our website to host special events. Free Coffee, Recovery Literature & chips for sale. Contact us at: [www.ATCenterLA.Org](http://www.ATCenterLA.Org)

## RECOVERY COMPANIONS / COACHING

### Alegria Care and Recovery

Recovery Companions Coaching and Case Management  
(818) 298-6419 Joy Stevens  
[alegriacareandrecovery@gmail.com](mailto:alegriacareandrecovery@gmail.com)

### Malibu Addiction Recovery Services

Certified Recovery Coaching/ Life Coaching/  
Sober Companions  
Our Services Are Discreet and Confidential  
Contact: [jjrlebasque@gmail.com](mailto:jjrlebasque@gmail.com)  
(323) 763-3329

## SOBER LIVINGS

### Angel Villa Sober Living

Encino, California  
Luxury healing in the hills of California  
(818) 571-8946  
[www.AngelVillaSoberLiving.com](http://www.AngelVillaSoberLiving.com) SOBER LIVING

### Sunshine Sober Living

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

We list your facility in our Monthly Provider Directory for 1-year (12 Issues) for a total of \$365. Call (818) 386-8400 or email us at [info@keystorecoverynewspaper.com](mailto:info@keystorecoverynewspaper.com)

## INTERVENTION & FAMILY RECOVERY CONSULTING

### Brass Tacks Recovery

(888) 277-8225 - Los Angeles  
Intervention & Family Support Consulting,  
Recovery Coaching / Companions  
[www.BrassTacksRecovery.com](http://www.BrassTacksRecovery.com)

## SUBSTANCE ABUSE TREATMENT

### DETOX - RESIDENTIAL TREATMENT (RT)

### Aurora Charter Oak Hospital

[www.charteroakhospital.com](http://www.charteroakhospital.com)  
Call Robin McGeough (O) (626) 214-2015  
(C) (626) 216-6031  
Covina, CA 91724  
RTC DETOX, RT, PHP, IOP

### Harmony Place

Woodland Hills, California  
A comfortable place to do difficult work!  
(855) 995-0808  
[www.HarmonyPlace.com](http://www.HarmonyPlace.com)

### The Villa Treatment Center

Woodland Hills, California  
(855) 915-0727  
[www.thevillatreatmentcenter.com](http://www.thevillatreatmentcenter.com)  
DETOX, RT, IOP, PHP. In-Network Anthem Blue Cross, Aetna, Blue Cross, MHN, Health Net, Cigna, Beacon

## SUBSTANCE ABUSE TREATMENT

### INTENSIVE OUT-PATIENT (IOP)

### The Ohana Retreat, LLC

Intensive outpatient treatment program is set within a sober living environment. After detoxing, Clients join our integrated IOP/SLE program for 30-120 days on their path to recovery in Hawaii. [www.TheOhanaHawaii.com](http://www.TheOhanaHawaii.com)  
(877) 6-OHANA-2 (877) 664-2622

### Multi Concept Recovery - Burbank, Calif.

Offering 2 different programs, Traditional Therapeutic Model & the alternative EQ & Mindfulness Program. Your Recovery, Your Choice! [www.multiconceptrecovery.com](http://www.multiconceptrecovery.com)  
(818) 433-8345 Admissions - PHP-IOP-Evening, Program-OP, In-Network Anthem-Aetna-Beacon-Optum-ComPsych.

## THERAPISTS

### Ross Phillips Therapy

Specializing in Chemical Dependency & the Addicted Family System

Ross Phillips M.A., LMFT, MFC 100034  
805-455-1614, Telehealth therapist in California  
[RossPhillipsTherapy.com](http://RossPhillipsTherapy.com)

# Classified Ads

## SOBER LIVINGS

### 12STEPSOBERLIVING.ORG:

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

### ADVANCED HOUSE MEN'S SOBER LIVING:

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

### ALCHEMY HOUSE SOBER LIVING

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

### AUCKLAND HOUSE SOBER LIVING:

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

### 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](http://primarypurposehomes.com) Separate men and women's homes located in Valley Glen • Van Nuys • No. Hollywood, California. Call us at (818) 612-1439. For our (4) Dallas Texas, locations call (972) 821-9550.

### ROB'S HOUSE SOBER LIVING:

A clean, safe, and beautiful Co-Ed sober living home. Participation in our community depends on always testing clean, staying employed, and attending meetings. Located in Winnetka California. Contact us to see if we are the right fit for you and your new life free of drugs and alcohol. Email: [akesaryan@gmail.com](mailto:akesaryan@gmail.com) or call (818) 523-0025.

### CHANDLER LODGE SOBER LIVING FOR MEN:

non-profit, since 1960. We function as a recovery program of attraction. 28 on-site AA Meetings weekly, 12-Step Program Guidance, Relapse Prevention, Sobriety Monitoring & U.A. Testing, Close to Buses, Gym, Cable TV, Food, Internet, Laundry. Call (818) 766-4534 [www.ChandlerLodge.org](http://www.ChandlerLodge.org).

### SUNSHINE SOBER LIVING :

[www.sunshinesoberliving.com](http://www.sunshinesoberliving.com). Upscale Structured Transitional Living in a warm family style environment. (866) 216-9789.

# Classified Ads

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

**Classified ads \$40 for 25 words or less.**

Email yours to us at [info@keystorercoverynewspaper.com](mailto:info@keystorercoverynewspaper.com)

**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 : \_\_\_\_\_

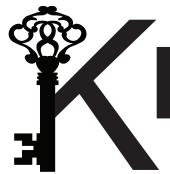
Classified Ad Content: \_\_\_\_\_

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

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

Email To: [info@keystorercoverynewspaper.com](mailto:info@keystorercoverynewspaper.com) or call us at (818) 386-8400

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



# KEYS TO RECOVERY

NEWSPAPER, INC.

## Advertising Rates

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

## Ad Sizes

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

## Materials & Deadlines

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

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

## Terms and Conditions

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

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

## 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!*

If you would like to receive Keys to Recovery Newspaper **FREE** of charge at your facility you can go online and fill out the "Distribution" form or email your information to: [info@KeystoRecoveryNewspaper.com](mailto:info@KeystoRecoveryNewspaper.com) or call us at (818) 386-8400.

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

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

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

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

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

For more information visit  
[www.KeysToRecoveryNewspaper.com](http://www.KeysToRecoveryNewspaper.com)

# 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](http://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](http://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](http://www.aasgvco.org) (626) 914-1861.

**A.A. Santa Clarita Central Office:** [www.aascv.org](http://www.aascv.org) (661) 250-9922.

**Al-Anon Family Groups:** [www.al-anon.alateen.org](http://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](http://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](http://www.adultchildren.org) (562) 595-7831.

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

**Alsana Eating Disorder Helpline:** For individuals, friends, families, and providers to receive support, answers to questions, and resources. Monday – Friday, 6am – 6pm PST. Call or text: (314) 807-3065. [www.alsana.com/helpline/](http://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](http://www.dhcs.ca.gov) (800) 735-2922 for deaf and blind.

**California Hispanic Commission on Alcohol & Drug Abuse:** [www.chcada.org](http://www.chcada.org) (916) 443-5473.

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

**CEA-HOW:** Compulsive Eaters Anonymous: [www.valleyhow.org](http://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](mailto:sfvalleyhow@aol.com) or Bryce at (818) 621-2130.

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

**Cocaine Anonymous:** World Service Office [www.ca.org](http://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, Porp 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](http://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](http://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](http://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](http://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](http://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](http://www.foodaddictsanonymous.org) World services (772) 878-9657.

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

**Gamblers Anonymous:** (GA) [www.gamblersanonymous.org](http://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](http://www.ocfoundation.org) (617) 973-5801.

**LGBTQIA+ AA Meeting:** Saturdays, 6:30 PM, Thousand Oaks, CA (800) 560-8518. [www.laventanatreatment.com](http://www.laventanatreatment.com)

**LifeRing Secular Recovery,** [Lifering.org](http://Lifering.org), (800) 811-4142

**Love Addicts Anonymous:** (LAA) [www.Loveaddicts.org](http://www.Loveaddicts.org)

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

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

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

**Narcotics Anonymous (NA):** [www.todanya.org](http://www.todanya.org) Regional Office (800) 863-2962.

**Narcotics Anonymous:** [www.nasfv.com](http://www.nasfv.com) (818) 997-3822.

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

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

**Nar-Anon Family Groups:** [www.nar-anon.org/naranon](http://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](http://www.ncadd.org) (800) 622-2255.

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

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

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

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

**Pills Anonymous:** (PA) [www.pillsanonymous.com](http://www.pillsanonymous.com)

**Rageaholics Anonymous:** [www.rageaholicsanonymous.org](http://www.rageaholicsanonymous.org)

**Recovering Couples Anon:** [www.Recovering-Couples.org](http://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](http://www.saa-recovery.org) (800) 477-8191.

**Sexaholics Anonymous (SA):** [www.sa.org](http://www.sa.org) (866) 424-8777.

**Sexaholics Anonymous (SA):** [www.sasocal.org](http://www.sasocal.org) (310) 491-8845.

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

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

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

**SHARE:** [www.shareselfhelp.org](http://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](http://www.laventanatreatment.com)

**Survivors of Incest Anonymous:** (877) 742-9761. [www.siawso.org](http://www.siawso.org)

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

**The Other Bar:** FREE12 step based peer recovery network for lawyers & law students (800) 222-0767; [www.otherbar.org](http://www.otherbar.org)

**Workaholics Anonymous:** [www.workaholics-anonymous.org](http://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](http://www.cadasb.org)

**CCBCDC:** California Certification Board of Chemical Dependency Counselors [www.CaliforniaCertificationBoard.org](http://www.CaliforniaCertificationBoard.org)

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

**CCPG** California Council on Problem Gambling [www.calprobegambling.org](http://calprobegambling.org) (800) 522-4700.

**CENTER FOR LIVING&LEARNING** - employment & supportive services (818) 781-1073 [www.center4living.lle.org](http://www.center4living.lle.org)

## FOOD AND FINANCIAL ASSISTANCE

**Los Angeles County Department of Public Social Services,** Info on General Relief, Aid to Families w/Dependent Children (AFDC), Food Stamps, MediCal and other forms for financial assistance, (800) 339-6993.

## FOOD BANKS

**APLA's Necessities of Life Program** 7336 Bellaire Ave., N. Hollywood, CA. Thursday 10:30am to 4:pm, (213) 201-1600.

**As You Are Church**, 7855 Lindley Ave., Reseda, CA. Wednesdays & Fridays, call for hours, (818) 758-1700.

**Catholic Charities/Guadalupe** Community Center 21600 Hart St., Canoga Park, CA. Once a month, or on emergency basis. Food recipient must register (818) 340-2050.

**Congregational Church of Chatsworth** 20440 Lassen, Chatsworth, CA (818) 882-3474.

**First United Methodist Church** 18120 Saticoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135.

**Los Angeles Food Bank** (323) 234-3030.

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

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

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

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

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

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

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

## DISABILITY SERVICES

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

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

# Vital Services Resource Guide

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

## EMERGENCY HEALTH & MENTAL SERVICES

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

Because I Love You, Nationally Known Parent And Teen Support Group. [www.bily.org](http://www.bily.org)

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

Fetal Alcohol Syndrome Information (626) 793-7350.

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

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

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

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

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

## MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

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

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

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

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

## HOMELESS SHELTERS & RELATED

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

Centennial Place Permanent Housing (626) 403-4888.

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

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

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

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

Fervent Heart LLC (626) 319-7479.

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

Family Rescue Center (818) 884-7587.

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

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

Family Promise (818) 847-1547.

GRCN Connecting Communities (562) 293-7595.

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

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

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

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

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

Homeless Adult Center (626) 403-4888.

House of Hope (323) 663-1215.

Hope of The Valley: (818) 392-0020, [www.hopeofthevalley.org](http://www.hopeofthevalley.org)

December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.

Genesse Center (323) 299-9496.

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

Los Angeles Mission (213) 629-1227 x305.

Long Beach Rescue Mission (562) 591-1292.

Los Angeles Youth Network (323) 957-736.

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

National Runaway Switchboard (800) Runaway.

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

OPCC Safe Haven (310) 883-1222.

Passageways Homeless Intake Center (626) 403-4888.

Pentecostal Outreach (562) 313-1257.

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

Rochester House Transitional Living (213) 986-5599.

Runaway Homeless Youth Shelter (310) 379-3620.

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

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

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

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

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

Sanctuary of Hope (323) 786-2413.

Samaritan House (562) 591-1292.

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

The Midnight Mission (213) 624-9258.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

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

WLCAC Homeless Access Center (323) 563-4721.

## DOMESTIC VIOLENCE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

House of Ruth (909) 623-4364.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## RAPE HOTLINES

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

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

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

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

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

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

S.A.F.E LA [www.safela.org/](http://www.safela.org/) (800) 799-7233

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

## HEP C / HIV / AIDS INFORMATION

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

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

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

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

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

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

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

## SUICIDE PREVENTION

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

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

Suicide Prevention 24Hour Center (800) SUICIDE (784-2433). Suicide Prevention Center (877) 727-4747.

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

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

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

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

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

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

Organization/Company Name: \_\_\_\_\_

Services offered: \_\_\_\_\_

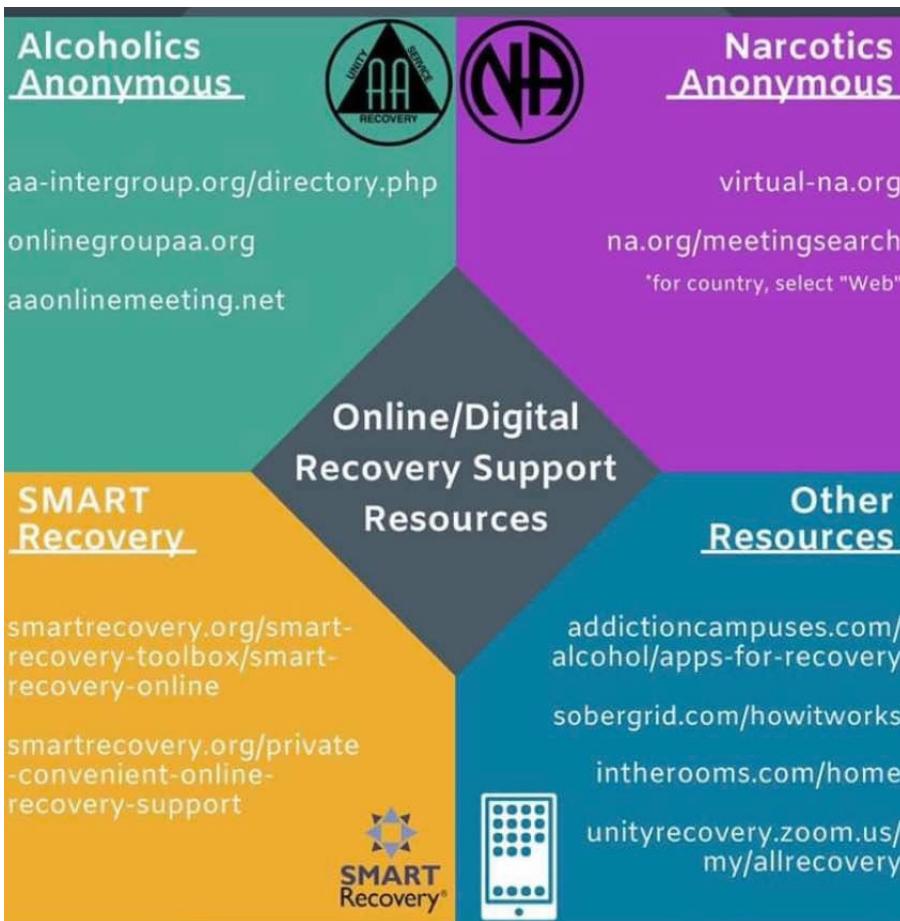
Address: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_\_) \_\_\_\_\_

Contact person: \_\_\_\_\_

What you would like us to print in the resource guide: \_\_\_\_\_

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



Since many meetings have had to close their doors for safety reasons during this “safer at home,” shutdown, many recovering individuals have been left alone and unsure of where to turn. We thought we should list some options for online meetings. Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally. A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs. You can visit the following providers to get more information on how to use their platforms to set up an online meeting. There are many options for converting to audio/video or phone meetings. See below platforms groups have shared:

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

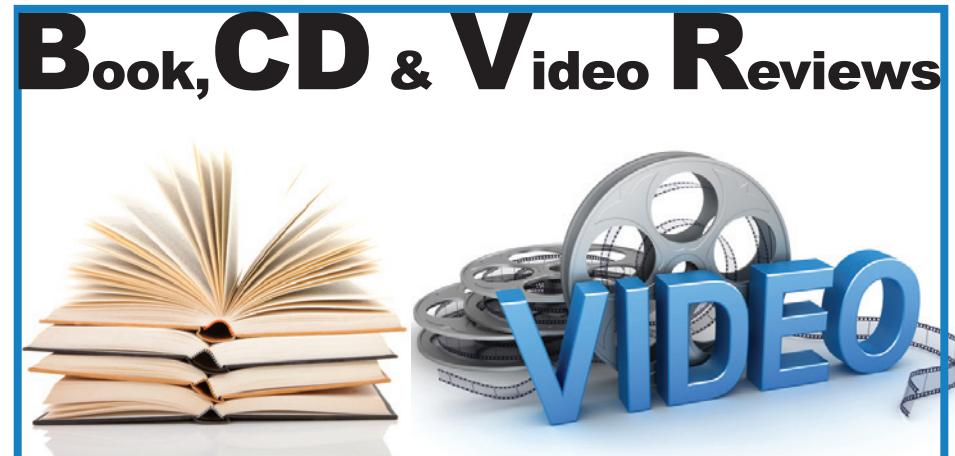
For more information on anonymity please see: Understanding Anonymity at [www.aa.org/pages/en\\_US/options-for-meeting-online](http://www.aa.org/pages/en_US/options-for-meeting-online). For more information on passing the digital basket please see: [www.aa.org/pages/en\\_US/options-for-meeting-online](http://www.aa.org/pages/en_US/options-for-meeting-online) Winter 2017 Box 459 p. 3 “Passing the Digital Basket”. Many online meetings are setting up ways to continue to give digitally. With AA meetings shut down internationally Our World Services Office and local Central Offices are going to need your support more than ever.

[Other 12-step Online Meetings can be found here:](#)

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

Support your local central office during this time.

**Alcoholics Anonymous**  
**San Fernando Valley Central Office**  
**Telephone: 818-988-3001**  
Mon.-Fri. - 9:AM - 6:PM Sat. & Sun. - 9:AM - 5:PM  
**VOLUNTEERS ARE ALWAYS NEEDED**



**ACRES of DIAMONDS, Discovering God's Best Right Where You Are.** Author Jentezen Franklin. Published by Chosen, a division of Baker Publishing Group.

Remember that “Time, Pressure and Heat” are the things needed to make Diamonds. And as Pastor Jentezen Franklin explains, these are also the very things that transform us. “Acres of Diamonds” is a guide book of Hope. Jentezen teaches us to release our faith, dig deep, open our eyes, and see the beauty around us.

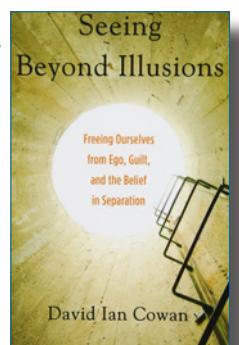
Sometimes we struggle with where we are right now in life. That job didn't pan out, our close friend moved away, or maybe you moved and now you don't know anyone and feel so alone. That thing you wanted to do with your life, it doesn't look like it's ever going to happen. Maybe you are questioning your purpose, your life, where you should be, what you should be doing. Maybe you are looking for diamonds and you only see stones. Maybe you're going thru trials that you think will never end or you are just getting weary from climbing mountains that seem topless.

He helps us gain the most from where we are, “Don't give up”. Instead, learn to see and cherish the hidden potential within your family, job, and community – Right, Where You Are. The old saying “the grass is always greener is true” but not on the other side of the fence. Be right where you are, just give it time to mature. God has you right where He wants you to be or you would not be there and that is where you will find your Diamonds. I must admit I have been discouraged and wish I had this book then, Jentezen gives real encouragement and reminds us that trials DO NOT last forever. Jentezen Franklin has included many of his true life testimonies into this book as well as biblical truths, causing this book to capture your interest right at the start. Do yourself a favor read this book. Available on Amazon.

**SEEING BEYOND ILLUSIONS: Freeing Ourselves from Ego, Guilt, and the Belief in Separation.** By David Ian Cowan. Published by Weiser Books Red Wheel/Weiser, LLC. From the beginning of this enlightening book, and throughout all of its pages are remarkable understandings, coupled with practical applications for the spirit and the soul. David Cowan explains that we were created as spiritual beings, and our complete and perfectly true essence allows us to see through the illusions of guilt, ego, and fear.

Liberation from these (I believe) gives us the recognition of objective reality and not just subjective! This book gives us some insight into how the Author tells how the Creator transcends certain perceptions, regarding specific names for the indescribable nature of God. David conveys to us about “perceptual distortions” and how these illusions deceive us daily, causing an era of “separation of humanity into national, racial, or religiously profiled populations.”

We as a human race desperately need to get back to the “unification of Creator and creation.” The old adage that is often used, “it's all in your head” has significant meaning, when applying the Author's informative and compelling viewpoints. When we truly forgive ourselves and others, the power of healing through forgiveness, permeates our mind, spirit, and soul, to bridge the gap of separation with our Creator. This is a must-read for anyone searching for some understanding of our existence, I give this book two thumbs up and five stars! Available at [www.Amazon.com](http://www.Amazon.com)

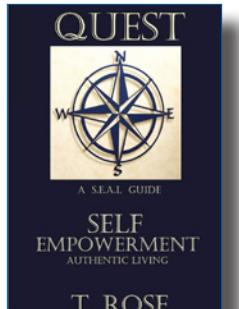


**QUEST, A S.E.A.L. GUIDE: Self Empowerment Authentic Living.** Written by T. Rose. Published by Tiffy Rose LLC Publishing.

Quest is the 3rd book I have read written by T. Rose. I'm not sure if each book gets better, or if each one just led me to a different level of appreciation for the other two. Whatever it is I love all three books. Quest is designed to help you “Unlock your potential through self-empowerment.” T Rose writes about age-old truisms such as “Know Thyself”, in a new way, so everyone old or young can take it to heart.

Rose explains to us how “Unresolved conflicts and repressed traumatizing experiences silently steal happiness.” The more we learn about trauma the more this makes sense to me. T. Rose writes from her heart, and more importantly from her personal journey. She shares the pain and the trauma, and then follows it with step by step instructions on how to release the past, and move into the joy of today.

Throughout her writing, she shares her pain, her healing, her failures, her triumphs, and her hope that we too can recover if we do what has been laid out. I admire the dedication and fearlessness that it took to write these three books. Thank you for leading the way to a better life. I give this book 5 stars. Available at [www.Amazon.com](http://www.Amazon.com)

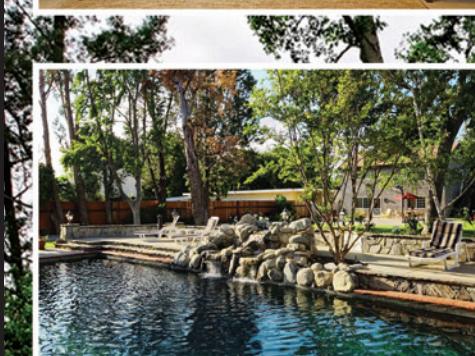


Do you have a book you want us to review? Send us a copy to at: 6930 De Celis Pl. #35, Lake Balboa, CA 91406.

— It's time to —

# MAKE CHANGES TO YOUR LIFE.

## TALK TO US.



## BEYOND EXCEPTIONAL treatment

*This is our promise to you.*

Start your healing journey in a  
**private residential setting Located in**  
**Walnut Acres area of Woodland Hills, California.**  
A relaxing atmosphere, close to nature,  
to reset your mind and body

**THERE IS HOPE. CALL NOW**  
**855-995-0808**  
*End Your Addiction Today*

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

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

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



NATIONAL ASSOCIATION  
OF  
ADDICTION TREATMENT PROVIDERS  
Voice. Vision. Leadership.





# WOUNDED WARRIOR PROJECT®

**877.TEAM.WWP (832.6997)**

**WHO WE ARE:** Every warrior has a next mission. We know that the transition to civilian life is a journey. And for every warrior, family member, and caregiver, that journey looks different. We are here for their first step, and each step that follows. We believe that every warrior should have a positive future to look forward to. There's always another goal to achieve, another mission to discover. We are their partner in that mission.

**WHO IS A WARRIOR?** Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. You are our focus. You are our mission. Here, you're not a member – you're an alumnus, a valued part of a community that's been where you've been, and understands what you need. Everything we offer is free because there's no dollar value to finding recovery and no limit to what you can achieve.

**WHYNOW?** More than 52,000 servicemen and women physically injured in recent military conflicts. 500,000 living with invisible wounds, from depression to post-traumatic stress disorder. 320,000 experiencing debilitating brain trauma. Advancements in technology and medicine save lives – but the quality of those lives might be profoundly altered. The numbers speak for themselves, because not every warrior can. With the support of our community of donors and team members, we give a voice to those needs and empower our warriors to begin the journey to recovery.

**WWW.WOUNDEDWARRIORPROJECT.ORG**



Sponsored in part by: Marcus & Jeannie Marshall • Polaris Teen Center • Lesa Garcia •  
• Advocate/Author, Catherine Townsend-Lyon • Tiffy Rose LLC Publishing •  
• Office of Professor Benjamin Salazar, MS, LMFT, #52049 • Cynthia •