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Holiday Issue 2020

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Written by: Catherine Townsend-Lyon

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Happy Holidays! My how time flies when you are having...well, my how time flies. I trust that if you are reading this, you have made it to the end of the longest, shortest year ever...the unforgettable year of 2020.

All kidding aside, Marcus and I have found ways to feel and express great joy, no matter what the world is doing, and sometimes this is no easy task. Some days it takes everything I have to stay positive and encouraging. Other days I wake up graced with God's peace. It reminds me of that saying, If I Know God, I Know Peace. With no God, I have No Peace. I repeat **No God, No Peace. Know God, Know Peace.**

Each month I have the pleasure of reading all the articles submitted to us for publishing. Every author has their own way of sharing inspiration and hope with us. Remember you can go online and read every back issue...kind of like binge-watching a series, only you will be reading endless stories of redemption, recovery, and hope.

God continues to bring people into our lives that share our vision, that fuel our purpose, and inspire us to keep carrying the message of recovery to the forgotten. They remind us that OUR MISSION is to carry the message of HOPE for recovery, through Keys to Recovery Newspaper. I value each and every one of these people, because it is easy to get distracted by the world we live in.

As strange as times are right now, I know that I am blessed just to be alive and living a sober life. My husband, Marcus, thanks God each day for the blessing of just waking up to another day. He inspires me to do the same. When God is in the beginning, the middle, and the end of my day, I feel the sunlight of the spirit in everything I do. There is peace in the middle of the storm, and joy can be found in every struggle.

Recently I saw someone use the word **God-fidence**. Brilliant, right? What that means to me is, the confidence I have when I rely on God. The feeling of humility combined with confidence, that "I can do all things through God". I am reminded that I don't have to understand everything that happens in the world, just have faith that "God's got it", or better yet "God's got me".

My granddaughter likes to say "Grandma's got me", usually when she is unsure of the situation (such as sitting on the edge of the counter). She trusts me because one time I told her "don't worry Grandma's got you." Now she trusts me to keep her safe. Sometimes when there is a new situation she will grab my hand and say "Grandma's got me", as if she is confirming and asking for reassurance at the same time, which I give to her. I learn from her to be child-like in my faith, and when I am in a new situation or unsure of what to do, I can say, "God's got me".

Learning to have faith in all things is a daily practice. I say practice because it takes just that, practice. Each day I have the choice to trust or worry, to have faith or feel fear. Today I choose, trust, and faith, because God has never let me down. If I can remember that, I can stay in faith and remember "God's got me". I can experience my **God-fidence**, any time I make the choice to stay in faith. No matter what the coming months bring, all I have to remember is that "God's got it and He has me". **God bless you! - Jeannie Marshall, President & Co-founder**

Hello to one and all, we hope that you and your's are safe and healthy. There has been so much separation and division between Americans. We all are on team America! Just as when we segregate different aspects of recovery, it allows us to become exposed to elements that could have been prevented. When we pick and choose what we feel at that moment, instead of searching for the correct information, we can be subject to belief in misinformation.

The month of November has been one for the history books, the landscape has been so dramatically changed, due to Covid-19 and the different political divisions. As those that are recovering from drug and alcohol addiction, we should maintain our focus on our sobriety first and foremost! Because in actuality, if we do not stay clean and sober during these times, we would be basically oblivious to us what is happening throughout the states and the world for that matter.

Throughout all of the chaos happening now, we have the opportunity to remain in our right minds, free from the influences of controlled substances. When we apply ourselves to be of service during this Epidemic, our strengths are heightened, this in and of itself is a breakthrough. When we all come out at the other end of this, I believe we will be stronger and more diligent in our efforts to advance ourselves. I have learned more patience and tolerance during this month, by having a positive outlook.

The adage "looking at the cup as half full, instead of half-empty," has given me more empathy for those still suffering from the effects of their addictions. Life is about the interpretation of facts, and how we apply them in our daily lives. Feelings are emotions that can change from one moment to the next, but facts never change from what they truly are. Let us depend on what is factual, rather than our feelings! Until we come together again for reasoning, may God bless, protect, and guide your steps. - **Marcus Marshall, Vice President & Co-founder**



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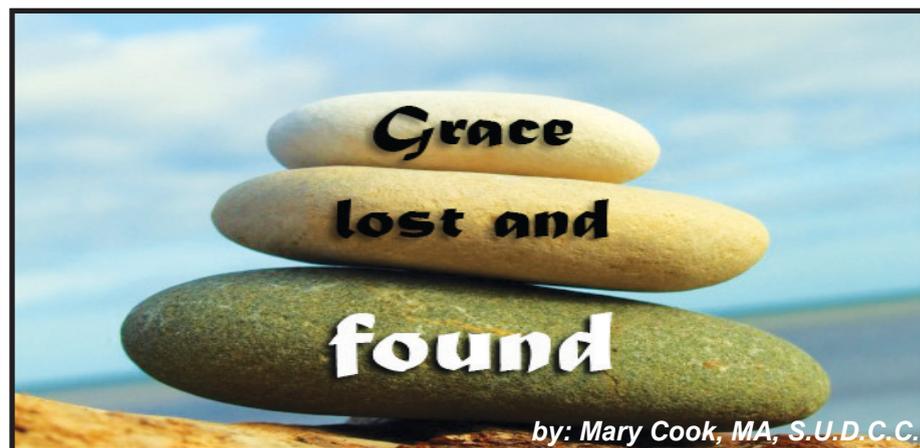
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PRACTICING SOLUTIONS

Pain and problems are the bell ringers beckoning us to challenge old beliefs in favor of fresh, new perspectives. Greater grief comes from denying or fighting problems, whereas greater gifts come from psychological development and spiritual practices. Healing requires a commitment to cause no harm to ourselves or others. With the exception of specific emergencies or crises, it is wise to refrain from making decisions or taking important actions until we have a state of outer silence, inner calm, and clear thinking. We may need assistance from others who can provide empathy, stability, and insight, thereby creating an emotionally safe climate in which personal clarity can develop.

Our observable problems and difficult emotions although certainly concerns in their own right, are often defending conscious awareness of deeper issues, along with their attendant thoughts and feelings. Many people with addictions, compulsions, and chronic serious problems have a childhood history of significant trauma or abuse. Therefore, it is prudent to explore possible parallels between present adult conflicts and childhood scenarios. All sensory cues, behaviors, feelings, and thoughts that are similar to past traumatic situations, can re-stimulate the original painful energies.

Examining our defense mechanisms and defects of character allows us to identify a solution from spiritual principles. Actively demonstrating these principles in our daily lives offers us healing for the deeper issues triggering symptomatic negative behaviors. If we have lived in chaos and confusion, for example, we can practice serenity, with periods of deep breathing, physical relaxation, prayer, or meditation. This disrupts negative habits, instills hope for releasing the original stress, and provides self-soothing to relieve the sense of emptiness when chaos diminishes. It is important to recognize and reinforce the moments of solution, and to feel grateful for experiencing them. This is how we attract more positive energy.

As long as we have a genuine desire for spiritual growth, it doesn't matter if our beginning attempts with principled behavior feel fake. They only seem that way because we are used to believing that our false self is our true identity. And this false self does not want disempowerment or dissolution. The false self is composed of defensive adaptations to harm, that we experienced starting in childhood. Its' role was to protect us when there were no healthier means to do so. Initial resistance to this false self stimulate fear and threats, however, persistence in practicing solutions enlightens and transforms the false self. Defense mechanisms can provide short-term relief but are not meant to be used as lifetime crutches, because they reinforce the original problem, create new problems, and prevent healing and growth.

Our true self is aligned with our soul, and that is what we empower when we practice spiritual principles. Because truth is more powerful than false beliefs and defensive identities, it is not necessary to intervene in every negative thought, feeling, or action, nor to initially feel genuine in our practice, to effect positive change. As long as we are willing, mindful, and practicing solutions as best as we can, true spiritual transformation will occur. Furthermore, our false self contains the energy of opposing forces, such as desires and deprivations, wishes and fears, cravings, and withdrawals. Spiritual principles are unified, harmonious energies that give freely, without expectation, imposition, or prejudice. As we become more used to positive energy, lightness, and improved feelings about ourselves and life, our practice will deepen and intensify on its own.

So if we have been selfish, we practice generosity, and this changes our consciousness so that we perceive the wealth within us. If we have exhibited anger and rebelliousness, then demonstrating kindness and helpfulness allows us to experience the very energies inside of us, from which we've felt so desperately deprived. If we have expressed violence and hate, we take actions that promote peace and reverence for life. This helps cleanse us of the pain and horror of aggression that we received and suffered and gave to others. Arrogance becomes humility and greed becomes gratitude, with every small spiritual step that we take. We realize that we no longer have to fight or fear ourselves or the outside world because of problems and pain. Instead, these are the bells within us beckoning us to reach higher levels of maturation and greater gifts.

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.



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Sunlight of the Spirit
 by: Darrell Fusaro

FOLLOW YOUR BLISS

"Grace, as the divine favor, the activity of God's love, is working for you constantly. It is not dependent upon any special faith or prayer on your part." –Eric Butterworth

There's a quiet confidence that comes from believing that God's grace is at work, bringing about your desires in better ways than you can imagine.

Prior to experiencing the miracles of trusting in God, I felt like I was on my own. With this feeling of being all on my own, I believed that I had to rely solely upon my own efforts to succeed. In other words, cunning and scheming. I had no idea that cunning and scheming to make things happen is an expression of doubt. This just fueled more concern, more worry, and more scheming. Not only was it exhausting, I never got ahead. There's a saying about this: "If you have to fight to get it, you'll have to fight to keep it." How true.

I don't fight anymore. I quit attempting to make things happen, and I've instead come to trust in the law of least effort. The origin of the word affluence means to be in the flow. So as soon as we can break away from our management and control procedures, we begin to enjoy the affluent life. The simplest way to do this is to just focus on exuding unconditional love. Give up trying to get. Enjoy believing that as you give love unconditionally throughout your day, God is scheduling divine appointments on your behalf. A good friend of mine would often exclaim, "When I'm busy taking care of God's business, God's busy taking care of my business."

Experiment for yourself. Make the intention that from now until the end of the day, you will act on every generous impulse. What is a generous impulse? The impulse to share a smile with a stranger. The impulse to wave and say hello to a passerby as you cross paths. It could be to say a kind word or to give a compliment. Following this impulse always feels good and brings happiness. Most prosperous, happy, and generous folks will say that they achieved their success by following their bliss. This is exactly what they're talking about.

I had just parked my car in an underground parking garage when I noticed that the car I parked next to had a special license plate indicating that the owner was a military veteran. Being a veteran myself, I took a closer look at the medallion on the plate. It was the U.S. Coast Guard insignia. Holy cow - I'm a Coast Guard veteran, too! I got excited, since bumping into another Coast Guard veteran is rare. Hopefully, I'll bump into them, I thought.

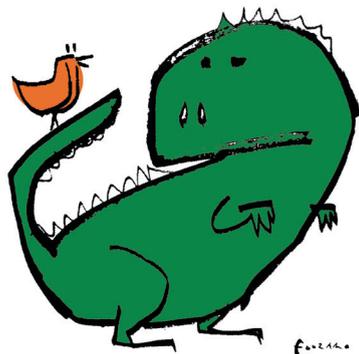
After going about my business in town, I walked back toward my car to leave. A car had stopped to allow me to cross the lane. It was the car with the Coast Guard veteran plates. The timing was impeccable. I went for it. I risked embarrassment and motioned to the driver to roll down their window. I didn't want to stifle the generous impulse to let the man behind the wheel know that I was a Coast Guard veteran, too.

He was startled at first, but once he discovered why I was flagging him down, we had a wonderful conversation. He was a commanding officer, and in his retirement, he had been teaching courses on city government at the local college. He had even been mayor of our town. I let him know that after I completed my tour of duty, I went to art school, and currently I have been doing some illustration.

Upon hearing this, he asked if I was familiar with our city's art foundation. Coincidentally, I had just recently learned about it. When it came out that I had been creating short YouTube videos highlighting the city's art in public places, he lit up. He then told me that he was on the art foundation's board of directors, and if I was willing, he would like to have me give a presentation at an upcoming board meeting. I was blown away. It was obvious that no amount of scheming and self-will could have brought about this opportunity.

There is no need to plot or scheme to bring about your heart's desire. Divine love is ever seeking to express itself through you. Do not let selfishness, doubt, or worry stifle it. Follow your bliss, and act on every generous urge. Chances are that it's God inviting you to accept a divine appointment.

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



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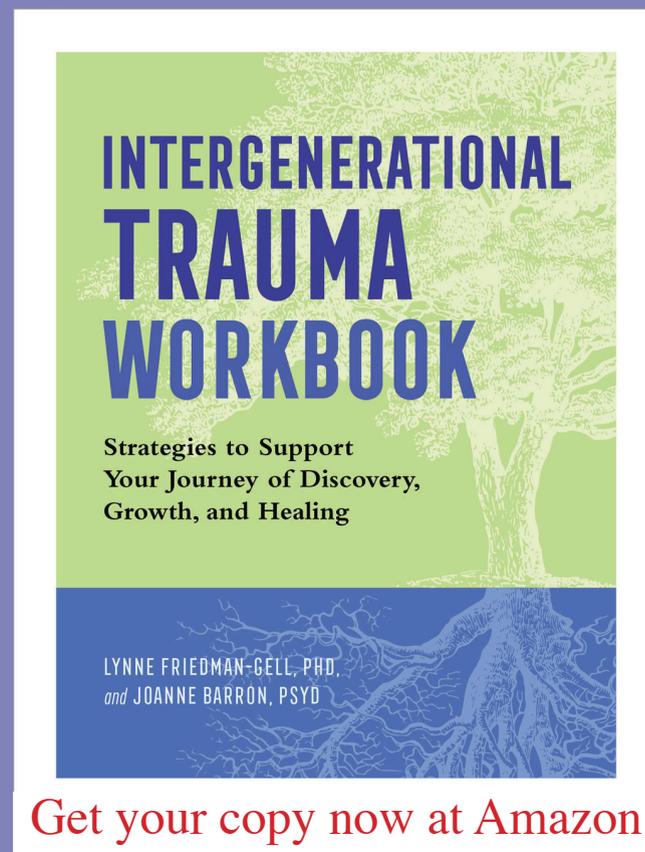
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THE REVIEWS ARE IN!

Here's what Allan N. Schore, PhD, Author of Right Brain Psychotherapy, The Development of the Unconscious Mind, and The Science and the Art of Psychotherapy and Rabbi Tirzah Firestone, PhD, Author of Wounds into Wisdom: Healing Intergenerational Jewish Trauma, have to say about Joanne and Lynne's new book:

"Grounded in expert knowledge of current right-brain neuroscience, Joanne Barron and Lynne Friedman-Gell have masterfully integrated their decades of clinical wisdom with a neurobiologically informed approach to working with intergenerational trauma. This focused, step-by-step guide utilizes case studies and clinical expertise to illustrate correlates of relational trauma to deepen the clinician's understanding while also providing clinical support to trauma patients. I highly recommend this pragmatic yet accessible compendium to any clinician working with trauma." - Allan N. Schore, PhD.

"The Intergenerational Trauma Workbook is a welcome contribution to the burgeoning field of intergenerational trauma awareness and integration. This gentle, user-friendly, yet comprehensive manual will speak to people of all ethnicities and backgrounds who sense that they are carrying the residue of their ancestors' painful past. Simply put, this workbook is a much-needed treasure trove of usable wisdom and support for all of us on the healing journey." - Rabbi Tirzah Firestone, PhD.



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2021: LOVE IS THE WAY

What a year 2020 was. May the lessons for all us all continue to impact our lives well into 2021 and beyond. If you were anything like us, 2020 was a sort of inner retreat. Despite the pain, loss, the changes to our collective lives, or the chaos of uncertainty, it still gave us the opportunity to go inward. To retreat at home. To work from home. To eat mostly at home. To be with oneself. From the spiritual point of view it has been a gift for us to do more inner work. We believe that each of us were/are given an opportunity to go within, and be with parts of ourselves that the busyness of life has distracted us from. For each one of us that will be different. Some of us may have needed to look at addictions, unhealthy habits or unprocessed grief. Others needed to slow down because it may have been killing us slowly. Others may have needed to start a whole new life and this is/was our moment.

Regardless of what it is for you. Now is the time to take stock of how you have been using these past months to uplift your life. If it's been too painful or distracting to even see that these months are an opportunity to uplift yourself, we understand. We get that it's been confusing, painful and chaotic. We are all feeling it. At the same time, we are inviting you NOW to look deeper within yourself.

Put the outside world distractions aside and venture inside and see what needs attention. What is there for you to tend to? Do you have a broken heart? Are you carrying deep resentment? Do you have a burning desire to create something but haven't had the full courage to step into it? Whatever is there for you to see, TEND to it. It's waiting there for you. 2021 is about embracing your true self!! Not the self that society, our past, our family, or even what we tell ourselves from fear and limitation. But our true AUTHENTIC self. Who is it in you that is meant to be expressed? That's what this inner retreat time calls for.

The gateway to your authentic self is your heart. Go into your heart and feel whatever is meant to be felt. Emotions are our guidance system. It is our road map back to our true self. We are each unique and have a special gift to bring to the world. Now more than ever is it time to peel the wrapping paper off and discover that gift for yourself, then share it with the world as it's meant to be shared.

Love is the way. Love is the only way to your true identity. The strongest emotion in the universe is love. Love is your guidance back to self. Love is a commitment though. We must take action in our lives. Use your emotional guidance system during this inner retreat time on our planet to take loving action. The reality is that love doesn't always feel good. Sometimes love feels really hard, uncomfortable, and feels like it is requesting more of you than what you're capable of. Do it anyway. Do it because you are worthy of a peaceful life. Do it because you deserve joy. Do it because you are meant to be fully self expressed. Do it because others need to watch you do it. Do it because we all need to do it.

We stand with you in getting intimately familiar with who you are, and what you want in this beautiful life. When you become those aspects of what it is that you're seeking, it will arrive, your world will reflect that to you. Our planet will shift from greed, disease, suffering to a place of love and harmony. All of our deepest desire is for that. Let's do it together and watch our collective human kind be kind. Be loving. Be harmonious. Be joy. Be blessed. Let 2021 be the new beginning of our humanity.

With awareness of our own shortcomings we can create this world. Through the capacity to be responsible, and utilize the inner sacred space to practice new ways of being is what will dismantle all of those walls that we put up to BEING that new world. It is time to reconnect to the center within ourselves which is LOVE. We are, in essence, the very thing we've been looking for out there our whole lives.

We DEEPLY invite you to stop doing things to get love, and step into the commitment to BE LOVE. Inside of this commitment what will fall away is the need to earn what is already your birthright, and the illusion of that will become clear.

Through being committed to being love, instead of being tuned into the scary chaotic world out there, a new experience will emerge. That experience is to fall in love with yourself!! How would the planet look if we all fell in love with ourselves at the deepest level? We would have harmony. We would have unity. We would love one another like we are in love with ourselves. We would treat our mother planet Earth with the utmost respect and care. We would be FREE, self expressed human DIVINE beings.

Happy 2021 Family of ONE. Peace be with you.

Love only,
Rudy and Kelly Castro

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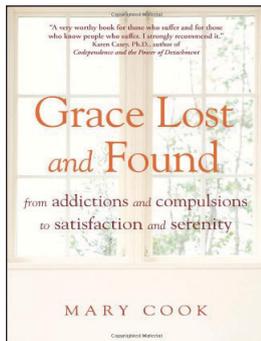
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Ageless Recovery

by: Louise Stanger, Ed.D, LCSW, CDWF, CIP

HOW TO DEAL WITH TOXIC FAMILY DURING THE HOLIDAYS

As I look out my window in the Marina I see sails dancing in the wind. I know in other parts of the country there's a brisk chill in the air, and in certain parts of the country, the first snowflakes are falling. Beautiful lights and decorations adorn many downtown buildings, and the comforting scents of your favorite foods will soon be wafting out from kitchens. The holidays are approaching, and sadly many of us are facing yet another lockdown due to the never-ending and always escalating pandemic. That is enough to put the Grinch on high alert, and to spoil your usual way of celebrating Thanksgiving.

As the holidays near, we know this holiday season that often brings joy can occasionally deliver an underlying sense of dread. Why? Because spending time with family members who are toxic can be taxing and heartbreaking. The pandemic does give us excuses to stay away, and yet most people are drawn closer and closer to being with family.

If you have toxic relationships within your family, here are some tips to ensure as much peace as possible for yourself during these next few weeks.

RESPONSIBILITY: Know that you are not responsible for anyone else's bad behavior. While you can't control anyone else, you can control your response to how they behave. Whether your trigger is a critical parent, a competitive sibling, or a mouthy aunt, you don't have to tolerate anyone's negativity. The success or opinions of others doesn't need to have power over your enjoyment this season, or your sense of self.

PERSONAL SPACE: If your childhood home or the people in it are triggers, consider staying somewhere other than your parents' house. Knowing you have a safe place to escape can be a powerful tool during the holiday season. When things get sticky you might not decide to leave, but the opportunity to (knowing you have a haven waiting) may help you remain calm. Even if you spend most of your time with family, a few minutes of your own can be a sanity-saver. If you have your own personal space, the separation may allow you to wind down and recharge from any over-stimulating interactions during the day.

MAKE A PLAN: No need to concoct a master plan to finally tell off your overbearing mother, or show your brother exactly who would win a fight. If you have an unresolved conflict, a holiday gathering may not be the best place to hash it out. However, you should have a plan in place to keep yourself from unraveling if things get tough. Whether your calm place is a short walk, singing a song in your head, or a breathing ritual, remind yourself when to use it. Long before you greet your family, consider the things that bother you and how you want to react to them this year.

BE REALISTIC: Holiday miracles might occur, but you shouldn't expect a difficult family member to suddenly undergo a personality change this season. Holding out hope for unrealistic expectations can be a trigger for family arguments. Whether your family argues, overreacts, or criticizes, accepting the way things are may give you permission to let certain situations roll off your back. After all, being with your family is a temporary event, and you don't need to take their negativity with you when you leave.

REMEMBER WHY YOU ARE THERE: If you showed up to the family gathering, you likely have a reason you want to be there. Consider what those reasons are and try to embrace them. Perhaps this is your only chance to see distant family, or maybe you enjoy recreating memories and following traditions. Try to keep your mind on the reasons you enjoy the holidays instead of dwelling on the burdens they also bring. And know that your presence is your present, and you do not have to stay.

LET IT GO: While the chorus of a popular Disney song might be permanently stuck in your head, the sentiment remains the same. Do your best not to absorb family toxicity, and bring it back into the rest of your life for weeks to come.

If you do bring it home, find a healthy way to rid yourself of any baggage you bring back. Whether it's a relaxing day at a spa, or a night out venting to your closest friend, choose a ritual to let everything go. Release the emotions you have gathered, rebuild your energy, and get on with your life.

A few small adjustments can ensure your protection over excessive negativity this holiday season. You know who you are and what drives your happiness, so allow yourself what you need this holiday season and do your best to let the rest go.

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





WHACK-A-MOLE: EATING DISORDERS IN SOBRIETY

In co-occurring substance use and eating disorders, the relationship between the two is like a dance. The eating disorder (ED) might have come first, then the addiction swoops in and becomes more prominent. And when the addiction gets addressed the ED rears its head again. It's an exhausting game of whack-a-mole where two disorders are working in concert to fill the same void – numbing pain and avoiding feelings.

Fifty percent of people with an ED will also abuse substances, which is a rate five times higher than the general population for addiction. When looking at the personality crossover between the two populations, the similarities become apparent. Overlaps in perfectionism, intolerance of feelings, anxiety, maladaptive coping skills, shame, and trauma are all high in both disorders. Substances can also be used to serve the needs of an eating disorder by promising fast weight loss through stimulants or offsetting caloric intake with drinking (often casually referred to as “drunkorexia”).

Another common thread is intense food cravings in the early days of sobriety. When people are heavily using, food often gets pushed to the wayside. Food isn't the main priority for long periods of time and the body often becomes malnourished during addiction. When the body enters into recovery, sobriety hunger cues wake up. It starts to realize the malnourishment levels and naturally starts craving food. For some people, this is a short-lived phenomenon, and their relationship with and thoughts about food will return to normal. For others, this food obsession can snowball into a full-blown eating disorder, even if there wasn't one present prior to addiction.

The interesting divergence in this heavy overlap of disorders occurs in their treatment. While food can feel quite addicting and out of control, and may feel emotionally addicting, you cannot be biologically addicted to food. This may sound very odd and different from what we hear all the time about sugar addiction. Yet we have to remember that, with an eating disorder, you cannot withhold food or label foods as good and bad. An eating disorder brain works differently when it comes to rigidity with food. Anything hinting at restriction will backfire and delay recovery. You cannot live without food, thus eating disorder recovery cannot utilize abstinence in the way that is essential in substance recovery. This can be a giant reframe in thinking if you're coming from an abstinence background with addiction. Instead of avoiding certain foods, in eating disorder recovery you have to do the exact opposite and face the foods that are causing distress on a regular basis.

For many individuals, their eating disorder is the issue that holds on the longest, long into sobriety. The ED is difficult to shake because it's the last leg standing. It's the coping tool that is still allowing you to check out and not fully face certain emotions. It's still meeting a need. Because it can be so difficult to recover from the ED even after working incredibly hard with sobriety, it's important to make sure you have all the support you need. Group therapy is unfortunately not nearly as available for eating disorders as it is for substances, and the community doesn't have deep roots like 12 step programs. Additionally, eating disorder behaviors and weight loss are often praised in a way that we don't see with addiction behaviors. Eating disorders can also be very severe without any “obvious” body signs, contrary to the popular belief that only deathly thin people are suffering with food. This means that many people often have to take it upon themselves to get help for ED and not wait for someone to step in.

We can all be more aware of these issues by normalizing how the body will react towards food in early sobriety, and being on alert if this snowballs into an eating disorder. We can be prepared to see our ED again if we had one prior to addiction and set ourselves up for success with support groups and ED therapy. We can address both disorders at once in treatment, as this is the best predictor of non-relapse and reduces the frustrating whack-a-mole rollercoaster. And we can look out for each other when it comes to food behaviors and check in on our recovery friends.

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



FINDING HOPE IN RECOVERY

Hope is the only thing stronger than fear – Hope is the driving force in life and in recovery, though through our addictions much of our hopes were stolen from us, both self-inflicted and by outside forces.

Hope means many different things to different people, along with the thing they most hope for or to achieve. For us in addiction, most of us ‘hope’ to understand ‘how’ to heal ourselves and those we love.

What then is the importance of hope and the driving factors to remain hopeful against all odds?

Hope is the will and determination that goals will be set and achieved, hope involves the will to get there – no matter what it takes to accomplish said ‘goal’. Hope allows us to approach problems with a can-do mindset and the strategy to obtain success in recovery, as long as we don't give in to fears of failure. Even when everything is going against us, hope drives us forward.

Hope comes with many possibilities of something better; it implies that there is a ‘Possibility’ of a better future. During our difficult and dire times as we flail in addiction, these most difficult times are when we must embrace hope. A place where we can see a glimmer of better days ahead if only we dare walk through our fear.

Hope is more than wishing. There must be an active approach to life and recovery. We must set a clear goal; develop a plan to get us closer to where we want to go. With each step achieved in our recovery plan, it will keep hope going and that hope will motivate us to keep working toward our ultimate goal. In this case, a life in recovery filled with serenity, happiness, and prosperity. This clarity of vision will keep us empowered and less fearful.

Looking at the challenges we face, the stigma and adversity that seems to hinder our culture for the recovering person, hope can be the positive difference in our lives, our family's lives, and our communities at large. Hope keeps us going!

Appreciate the setbacks you may have along the way and move through them. Though this may seem difficult or frustrating at the moment, every struggle, setback, or flat out ‘NO’, is cause to re-evaluate the things you are trying to accomplish. Hope is strengthened when you persist forward despite the struggles. Pay attention to the lesson it is trying to teach, use it as a growth opportunity, and keep going.

Hope reminds us we can continue despite the setback while we pursue greater possibilities.

This powerful feeling keeps us moving forward instead of staying stuck in addiction despair. Research shows, hope can help to manage stress and anxiety making a way to cope with adversity. It will also motivate our happiness and well-being. Making other healthy choices like exercising and eating better is another positive direction to bring us ‘hope’ in our recovery journey.

Addiction drove fear, self-doubts, and many other negative attributes. Wherein hope brings us courage and confidence, self-empowerment and joy in our lives. Hope is not delusional nor does it stem in denial. Hope doesn't ignore the challenges to be faced in recovery. It brings truth of the situation and helps to work out the best way to cope with the challenges ahead. Believe that something better is ahead. Hope is resilient. So seek things that inspire you and create meaning in your life, positive feelings that contribute to hopefulness and the desire to continue forward.

Much of my addiction was filled with fear of never being able to overcome all I had destroyed over a lifetime of using, stigma, and physical disabilities I feared would follow me to my grave. For a time I did stay stuck on a hamster wheel of substance abuse, recovery, relapse, around and around because I had lost all hope. It was only through God was I finally able to find hope. Hope gave me faith that I could beat the odds against me, and so can you.

Hope is Powerful. Hope will give you strength even on those days of darkest despair; hope will be the light at the end of the dark tunnel.

After years of hopeful progress in my life, the joy of watching my family healing and thriving, I knew I must share my hope with those who would most benefit those like me some 20 years ago. There is nothing that cannot be achieved with hope and determination. Hope gives us reason to dream, to aspire, and to grow.

T. Rose ©2020 Please follow me on Facebook @ <https://www.facebook.com/FRMTRAPPED-2FREED>. As an owner/operator of both; for-profit publishing company and a non-profit 501c3 public charity, I have over the last 5 years dedicated my life to the pursuit of finding a better way to help those struggling to know hope and serenity, from addiction. Quest 4 Recovery Self-driven/empowered treatment program is my life's work to engage those needing a new source of treatment help.

QUIT TO WIN

Written by: Catherine Townsend-Lyon



Gambling addiction is claiming more lives by suicide than any other addiction.

Problem Gambling Our Stories Can Be Tools For Hope: I have always been a firm believer that God brings people into our lives for a reason and a purpose. This is how I feel about my dear friend and bold advocate, Ronda Hafemann-Hatefi.

Since we are closing in on Thanksgiving, I have been counting my blessings. I met Ronda when we were both living in Southern Oregon, and I have been giving her thanks since that day.

Her facebook introduction tells all about Ronda. It reads, "I am a Wife, Momma, Grammy, Auntie, Friend, and advocate. And I believe GOD is good all the time."

That tells you what's most important to her. Ronda and I have been advocating for gambling recovery together for many years. It started after my book was released, and my recovery journey has continued throughout several years.

I was lucky enough to survive both of my suicide attempts, and I am always aware that many do not. That sums it up. Ronda became an advocate for one fundamental reason. Here is more about who Ronda Hatefi is, which includes her story about Bobby. I will share her written words.

Ronda Hatefi founded the 'Oregonians for Gambling Awareness' Organization in 1995. She is chair of the Lane County Problem Gambling Advisory Committee since 2003, and a member of the Lane County Mental Health Promotions Board, (formally called Suicide Prevention Committee) for ten years.

Ronda has petitioned and received a signed proclamation from the Governor of Oregon, now Kate Brown, every year since 1997, declaring this past September 29th, 2020, as Problem Gamblers Awareness Day. She had the first recognized day for problem gambling in the United States, which laid the groundwork for a National Problem Gamblers Awareness Week in March. O.G.A.O.

"July of 1995 changed my life forever. My 28-year-old brother Bobby could no longer handle his addiction to gambling. He chose to take his own life after his calls for help failed."
~Ronda Hafemann-Hatefi

RONDA'S STORY – THE BEGINNING

My Mom was happily married to my Dad for 54 years; they had 5 children and 10 grandchildren. Bob had a big circle of support around him.

We have learned now how we could have better supported him by educating ourselves. We thought that by making him realize what he was doing, or by helping him find a new "hobby," that he would be okay.

We didn't understand that his illness did not allow him to feel or see the support we offered. It was not as simple as "find a new hobby."

He was a good person, with good values, morals, great strength, and he was very intelligent. He was also a very compulsive person. He did everything with 110% effort. He was a one friend person, video games captivated him, he played to win. He worked so hard at every job he performed and always wanted to be the best.

When he gambled, it was no different. He first gambled when he was 18; he won \$500 on a scratch ticket. He liked the idea of quick and easy money. He gambled from there on a little bit here and a little bit there. He played the Oregon Megabucks and scratch tickets mostly for the next few years.

Before he started playing video poker, he was a very conscientious person who always paid his bills, had money in his pocket, and had many nice things. In 1991, the Oregon Lottery video poker was introduced and quickly took over his life.

Within four short years, everything changed. He borrowed money from anyone who would give it to him. He pawned his valuables, skipped bills, and started writing bad checks. He was ashamed and angry with himself for getting into this position.

Bobby didn't want to hear what we all would tell him repeatedly, and eventually, he withdrew from the family altogether. He stopped coming to the family gatherings, birthdays, and holidays. He didn't want to attend family gatherings if he couldn't buy gifts for his family.

He went to our Mom on Mother's Day 1995, and he told her that he didn't understand what was wrong. He had called the Oregon Gambling Hotline for help, and was told that what he was doing was entertainment, but for Bobby, it wasn't fun anymore. He wasn't eating, couldn't sleep, and was angry all the time. He knew that he needed help, but he didn't know where to turn. Our Mom made some calls and got him started in counseling in June.

Unfortunately, it was unsuccessful. The State of Oregon had pulled all the gambling treatment offerings at that time. They said it was contradicting to call it entertainment when you may become addicted. Bobby's gambling treatment counselor diagnosed him as depressed, not knowing how to counsel a gambling addict. She prescribed Prozac, told him to get back into other hobbies and the things he used to enjoy, and released him after just a few visits. They prescribed meds for his depression and did not monitor his treatment. We found out later that he quit taking them early on.

On July 22nd, 1995, we got a phone call saying that my Dad and two nephews had found our Bobby dead. It is a day of so much emotion for me.

I started my morning so excited to go to Portland to surprise Bob at

his company picnic.

The excitement turned to sheer terror when the phone rang. Our brother EJ asked to talk to my husband; I knew right then that Bobby was gone. I am not sure why I knew that, because I had no idea that he had ever thought about ending his life.

I do not remember getting ready to go or the ride to Milwaukie, Oregon. What I do remember is seeing my parents waiting for us in their driveway. The looks on their faces will be with me forever. My Mom was so angry when Bobby Hafemann died; she wrote his obituary listing his death as "suicide, thanks to the Oregon Lottery."

If Ronda's story of her beloved brother Bobby has touched you or resonates with you, I urge you to visit her website to read "the rest of the story" here: <https://www.ogao.org/the-story>

Since Bobby's passing, Ronda has worked hard through her advocacy to keep Bobby's memory alive. She does it by bringing action, change, and solutions to problem gambling, while raising awareness about this cunning disease and addiction.

Ronda and I both believe suicide becomes a permanent solution to a temporary problem. Approximately 3 to 4 million Americans are pathological gamblers—and one in five gambling addicts, myself and Bobby included, attempts suicide. Gambling addiction is claiming more lives by suicide than any other addiction. I would so appreciate you visiting Ronda's website to see how you can help her share her message of hope and also to memorialize dear Bobby. His birthday is celebrated on September 29th each year. by his friends and family.

Let's help those still suffering in silence from problem gambling by giving them a listening ear, and by letting them know that it is possible for them to recover.

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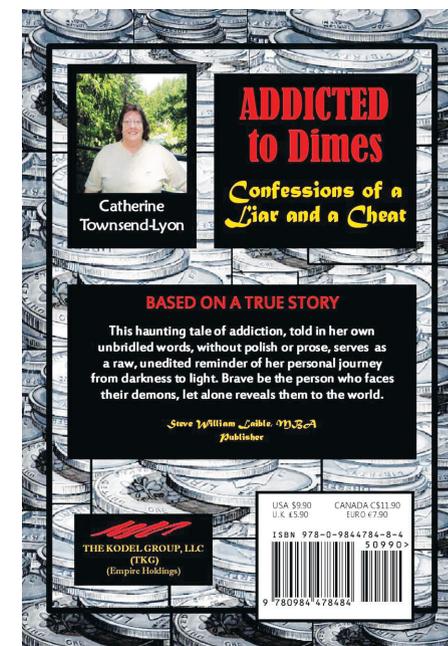
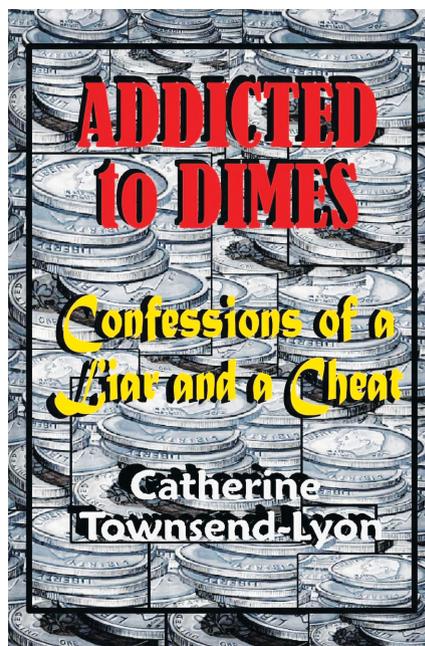
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Catherine Townsend-Lyon is the author of her debut memoir; "Addicted To Dimes," a gambling recovery advocate, coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about 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.

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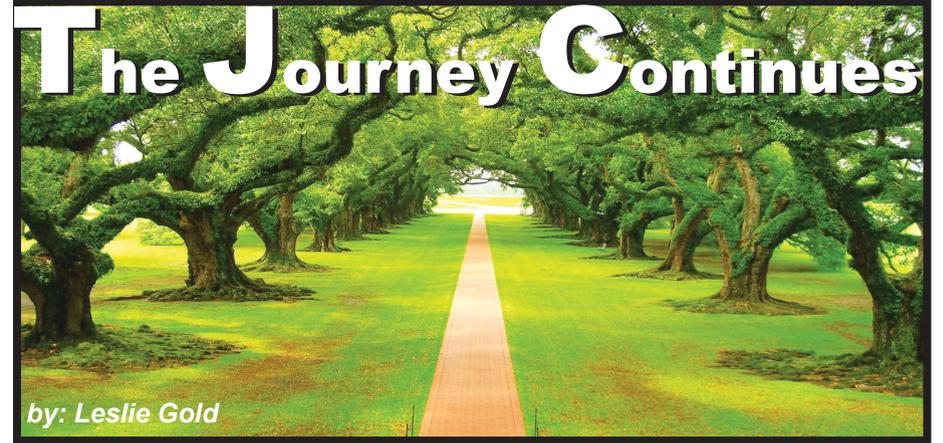
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by: Leslie Gold

HARNESSING YOUR SUPERPOWERS

"How many of you have ever run from the cops?" That's the question I often ask as I stand before a group of the newly sober, inspiring them to be part of a Strides in Recovery team. The response usually starts off as nervous laughter; but, as I explain the benefits of this life experience, the energy of the group quickly shifts to one of pride and empowerment.

Strides in Recovery is a relapse prevention program that teaches life lessons while promoting physical, emotional, and mental healing. Because we do it through running and walking, and I know that many think they can't run, I like to remind prospective participants that many have run successfully in the past, even if it was just for short distances. I also let them know that walking in our groups is fine too. But that's not the point. The point is that we can frame life experiences as something to be ashamed of, or something to draw strength from.

If you've ever run from the cops, you already have at least four strengths. Let's start with the moment you realized that the risk of being caught while engaged in illegal activity had suddenly gone way up. You could see or hear the police approach, or perhaps someone warned you. Did you organize a committee to spend months studying the problem and evaluating the various alternatives? I doubt it. Instead, you quickly assessed the situation. You decided on a course of action even though you may not have had all the facts. Then, you executed your plan. Run! Even a split second of hesitancy could have made the difference between success and failure. Running from the cops requires quick thinking and a willingness to act. You were decisive. You took action.

Once you started running, you probably encountered some obstacles. There may have been walls to hop over and fences to climb. You scaled both. The road may have been bumpy, hard to see, or difficult to navigate. But you kept going. When you realized the road to your goal would be difficult, you didn't stop in your tracks and think "I can't". You took on the challenges and overcame them. Running from the cops implies a willingness to overcome whatever obstacles may appear in your path.

You overcame those obstacles, and then you encountered temptations to stray from your goal. You passed your favorite coffee shop. You saw the store where you usually buy your smokes. Did you let those temptations and distractions derail you? Did you stop for coffee and a new vape pen? No. You kept on running. You didn't even take a break to catch your breath. You had a goal in mind, and you directed all of your energy into achieving that goal. You stayed focused on the long-term goal of evading capture, and you kept pushing ahead.

As you continued running, you started to get tired. You were alone. Nobody was cheering for you, encouraging you to keep going. Did you lose the motivation to keep going? No. You chose instead to dig deep within yourself to draw upon all the power you have. You pushed harder than you thought possible. You may have had thoughts of "I can't keep going", but you pushed forward anyway.

Decisiveness. Perseverance. Focus. Drive.

These are all strengths. If you have ever tried to evade law enforcement, you have those strengths. As you look to rebuild your life and harness your strengths to achieve your goals, remember that you are already strong. While active in your addiction, you simply misdirected your strengths. But now that you are sober, you can use those same strengths to move in a more positive direction.

Think back on what you may have done in the past that you are ashamed of, running from the cops, other actions, or simply using addictive substances. Using is not easy. You had to make decisions about how to acquire your substances of choice. You had to act. You may have had to overcome obstacles, and when it became more difficult to get what you craved, you had to motivate yourself not to give up. The end result of your actions did not have a positive outcome, but there are many positives that came from the experience of preparing to use. Whether you've run from the police or not, if you were able to secure your substance of choice no matter what stood in your way, you have strengths that can be harnessed for more positive long term outcomes.

You are decisive. You persevere. You stay focused. You have an internal drive.

How will you use your superpowers to achieve the life of your dreams?

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



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

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

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 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.

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

Rolling Sober SFV



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

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

Classified ads \$40 for 25 words or less.
 Email yours to us at info@keystorecoverynewspaper.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@keystorecoverynewspaper.com or call us at (818) 386-8400

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

KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

Ad Sizes

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

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

Materials & Deadlines

Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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 e-mail your information to: info@KeystoRecoveryNewspaper.com or call us at (818) 386-8400.

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

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

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

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

Alcoholics Anonymous (A.A.) World Services: P.O. Box 459, NY, NY 10163, www.alcoholics-anonymous.org (212) 870-3400.

A.A. San Fernando Valley Central Office: (818) 988-3001.

A.A. LA Central Office: 4311 Wilshire Blvd., #104, Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722.

A.A. 8752 S Broadway, L.A., CA 90003, www.aa.org (323) 750-2039, info for Spanish Speaking.

A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.org (626) 914-1861.

A.A. Santa Clarita Central Office: www.aascv.org (661) 250-9922.

Al-Anon Family Groups: www.al-anon.alateen.org (888) 425-2666.

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

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

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

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

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

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

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

California Depart. of Health Care Services: www.dhcs.ca.gov (800) 735-2922 for deaf and blind.

California Hispanic Commission on Alcohol & Drug Abuse: www.chcada.org (916) 443-5473.

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

CEA-HOW: Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484.

CEA-HOW: Compulsive Eaters Anonymous; HOW: San Fernando Valley Intergroup, (818) 667-6722 or e-mail: sfvalleyhow@aol.com or Bryce at (818) 621-2130.

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

Cocaine Anonymous: World Service Office www.ca.org. (800) 347-8998 or (310) 559-5833.

Clutterers Anonymous: (866) 402-6685.

Co-Dependents Anonymous: (CoDA) L.A. (323) 969-4995.

Co-Dependents Anonymous: (CoDA) San Fernando Valley (818) 379-3300.

COMMUNITY REFLECTIONS INC.: Prison Outreach, Homeless & Veteran Care, LiveScan, Prop 47, Legal Services, Etc. 10020 S. Western Ave., Los Angeles, CA 90047 (323) 674-4376

COSA for friends & family of Sex Addicts: www.cosa-recovery.org (866) 899-2672.

Crystal Meth-Anonymous: (CMA) (855) 638-4373

Debt-Anon: 12-step recovery program for those affected by a problem of compulsive debt in a relative or friend. Phone Mtg. Sun. 10am Pacific Time (605) 313-5104, 74951#. www.debtanon.org.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MADD Mother Against Drunk Driving www.madd.org (877) MADD-HELP

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

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

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

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

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

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

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

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

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

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

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

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

Pills Anonymous: (PA) www.pillsanonymous.com

Rageaholics Anonymous: www.rageaholicsanonymous.org

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

INFORMATION & REFERRAL SERVICES

Dimondale Adolescent (310) 791-3064.

www.SunshineCommunity2015.org Social Services, (626) 297-6112, Resource Services to Children in Foster Care, Emancipated individuals, Single Women age 18+ with children & much more.

www.Foundation2recovery.org, Prevention, Education, Treatment (561) 981-6214.

24 Hour DayCare, Referrals and Crisis Intervention Services (310) 669-5933 or (310) 427-4022.

The Sober Living Network referral service (800) 799-2084.

Sober Living Network (310) 396-5270.

San Diego Sober Living Homes Assoc: (858) 483-5866.

INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.

AVYFS, Antelope Valley Youth & Family Services (661) 949-1069.

Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, www.cadasb.org

CCBCDC: California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org

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

CCPG California Council on Problem Gambling www.calproblemgambling.org (800) 522-4700.

CENTER FOR LIVING&LEARNING - employment & supportive services (818) 781-1073 www.center4living.lle.org

FOOD AND FINANCIAL ASSISTANCE

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

FOOD BANKS

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

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

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

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

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

Los Angeles Food Bank (323) 234-3030.

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

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

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

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

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

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

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

DISABILITY SERVICES

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

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

Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

Vital Services Resource Guide

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

EMERGENCY HEALTH & MENTAL SERVICES

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

Because I Love You, Nationally Known Parent And Teen Support Group. www.bily.org

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

Fetal Alcohol Syndrome Information (626) 793-7350.

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

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

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

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

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

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

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

MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

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

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

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

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

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.

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

HOMELESS SHELTERS & RELATED

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

Centennial Place Permanent Housing (626) 403-4888.

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

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

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

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

Fervent Heart LLC (626) 319-7479.

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

Family Rescue Center (818) 884-7587.

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

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

Family Promise (818) 847-1547.

GRCN Connecting Communities (562) 293-7595.

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

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

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

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

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

Homeless Adult Center (626) 403-4888.

House of Hope (323) 663-1215.

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

Jenesse Center (323) 299-9496.

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

Los Angeles Mission (213) 629-1227 x305.

Long Beach Rescue Mission (562) 591-1292.

Los Angeles Youth Network (323) 957-736.

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

National Runaway Switchboard (800) Runaway.

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

OPCC Safe Haven (310) 883-1222.

Passageways Homeless Intake Center (626) 403-4888.

Pentecostal Outreach (562) 313-1257.

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

Rochester House Transitional Living (213) 986-5599.

Runaway Homeless Youth Shelter (310) 379-3620.

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

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

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

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

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

Sanctuary of Hope (323) 786-2413.

Samaritan House (562) 591-1292.

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

The Midnight Mission (213) 624-9258.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

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

WLCAC Homeless Access Center (323) 563-4721.

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DOMESTIC VIOLENCE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

House of Ruth (909) 623-4364.

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

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

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

Jewish Family Service of Los Angeles/ Family Violence Project/ Tamar House www.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 (562) 923-4545.

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

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

RAPE HOTLINES

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

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

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

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

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

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

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

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

HEP C / HIV / AIDS INFORMATION

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

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

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

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

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

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

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

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SUICIDE PREVENTION

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

National Suicide Prevention Lifeline (800) 273-TALK (8255), www.suicidepreventionlifeline.org, www.veteranscrisisline.net

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

Jason Foundation A Youth Suicide Prevention Program, www.jasonfoundation.com, (888) 881-2323.

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

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

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

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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.

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

Organization/Company Name: _____

Services offered: _____

Address: _____

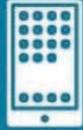
Phone: (____) _____ Cell (____) _____

Contact person: _____

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

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

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

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

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

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

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

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

Gamblers Anonymous:

www.gamblersanonymous.org/ga/locations

Al-Anon

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

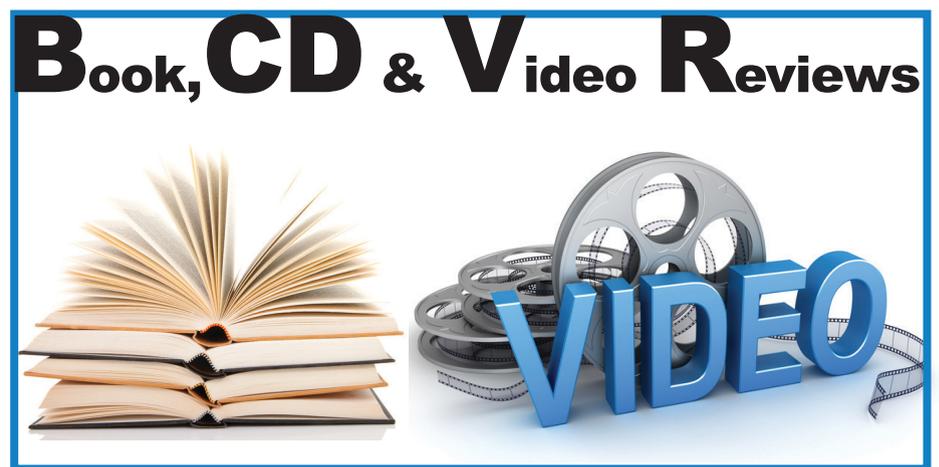
Support your local central office during this time.

Alcoholics Anonymous
San Fernando Valley Central Office

Telephone: 818-988-3001

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

VOLUNTEERS ARE ALWAYS NEEDED



WHEN GOD WHISPERS YOUR NAME; by Max Lucado, published by Word Publishing. This is an older book, in fact, I read it in March of 2009, and when I was searching my library for a book to review I said, WOW! How could I not have written a review on this wonderful book, so here it is.

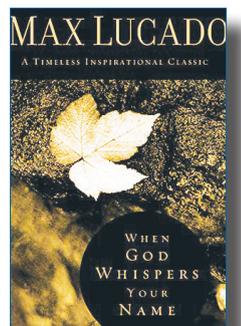
Excellent book. Helped me to understand the Holy Spirit and how to discern whether God/Holy Spirit is really directing you or whether it is a human choice or evil crossing your path.

I enjoyed reading the short, well written, meaningful, thought-provoking stories by a Christian author who has a lot of integrity. The title enticed me, as at times I do think God Whispers my name. This book encouraged me to always listen, pay attention, and respond. I have read some of Max's books. I have always felt they are telling me just what I need to hear. His humor and the way he puts a twist on his stories make me feel that God is whispering my name. Max draws me in and makes me know I am important to God.

Max has a way of writing; it is a mixture of lessons and life all in one. His writing helps me to feel that the world makes sense. The last chapter of this book has motivated me, and I'm looking forward to meeting our maker face to face. The more I read by this author the less fearful I am, in the end. We all need to practice when to fear and when not to and to learn to make right and live in peace.

Max writes in a manner that is easy to understand and thought provoking. He brings Bible stories to life and has convinced me that these stories are our stories.

This is a good book with valuable lessons You will be doing yourself a favor by reading it. I hope you will. Available at Amazon.com.

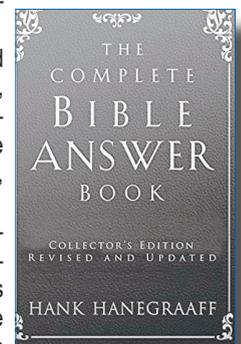


THE COMPLETE BIBLE ANSWER BOOK VOLUME 2. By Hank Hanegraaff (aka The Bible Answer man). Published by Thomas Nelson, Inc.

Hank is the President of the Christian Research Institute International, and the author of award-winning best sellers as The Prayer of Jesus, Resurrection, and Christianity in Crisis. The author rightly deserves being called The Bible Answer man; he has answered thousands of questions during his time hosting the Bible Answer Man radio broadcast. That is exactly what he does so concisely, and with such fluidity.

Hank answers 82 of the most difficult questions throughout this God inspired book, which follows his first Volume that answered 81 of the most common questions. Throughout the ages many have said that the Bible contradicts itself, on the contrary, excerpts from this remarkable book actually shows the opposite! From page 12, "What is Essential Christian Doctrine", to page 233, "Is the Mark of the Beast a Microchip?" Hank Hanegraaff smoothly enlightens the reader to comprehend the truths about certain Bible scriptures.

This author answers questions that have been asked throughout history. I deeply appreciate the answers I receive to questions I've often pondered. This book is a must read for anyone who questions certain scriptures in the Bible. I give this spirit filled book 5 stars; I can hardly wait for another book from such an inspirational writer! Unfortunately I was not aware of the previous books that Hank wrote Now I want to read them as soon as possible. I give this spirit filled book 5 stars. Available at www.Amazon.com.

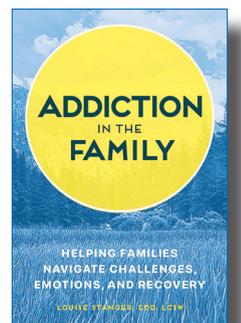


ADDICTION IN THE FAMILY: Helping Families Navigate Challenges, Emotions, and Recovery. Written by Louise Stanger, EDD, LCSW. Published by Rockridge Press.

The layout of this book is brilliant, it is broken into six easily read chapters. Each chapter is full of experience, knowledge, solutions, and hope. I was so excited to read and review this book because I love Louise Stanger's writing. She did not disappoint me in this incredible guide for families dealing with addiction, and you won't be disappointed either.

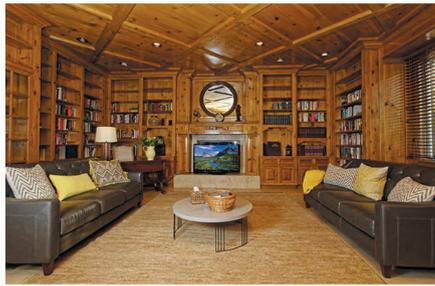
Louise writes from the heart and from her own personal experience. Each page is filled with compassion and understanding. She starts with "What is Addiction?" It seems simple enough but if you don't really understand addiction you might miss it or not feel capable of dealing with it. She then gives real life examples of addiction and recovery.

Stanger takes us even deeper and gives us more real life answers as we explore these chapters, "Navigating Addiction Behaviors", "Considering Treatment", "Recovery Journey", "Take Care of Yourself" and finally "The Road Ahead". This book is not just for the family but very beneficial for the addict/alcoholic, as well as any addictive behavior. I give this book 5 stars. Available at www.Amazon.com



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

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- Healthy Cuisine
- Yoga
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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.

WHY NOW? 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



**WOUNDED WARRIOR
PROJECT®**

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