

**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**

April 2021

KEYS TO RECOVERY NEWSPAPER, INC.

HOPE IS EVERYTHING

“We do not have failures, only young people in transition.” - Dr. Lois Lee



**Habit Formed
Thoughts & Feelings**
Page 4

**The Miracle Working
Power of Humility**
Page 6

**How Desperate
Are You?**
Page 9



CRI-HELP 50TH ANNIVERSARY - DRIVE-IN CELEBRATION

Friday May 14th, 2021 - 8pm to 11pm • Santa Anita Park

Vanguard Award Honoree Danny Trejo

Special Screening of, Inmate #1: The Rise of Danny Trejo.

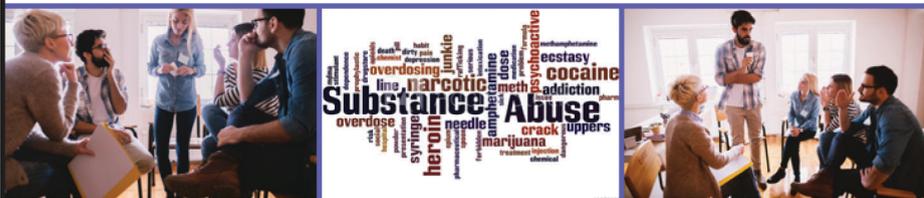
Catering by Trejo Tacos

For Tickets www.Cri-Help.org/Events

www.PAXHouseRecovery.com



Pax is the Latin word for peace, referring to a time in history marked by absence of war. In recovery we surrender to end our addiction battle.



Accepting Medi-Cal Soon

PPO Insurance accepted - find out if your treatment is covered.



Call Now (626) 398-3897



www.PAXHouseRecovery.com

Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 6	Darrell Fusaro
Food For Thought	Page 7	Annie Kuni
Quit to Win	Page 8	Catherine Townsend-Lyon
Freedom From Bondage	Page 9	Marilyn L. Davis
Hope is Everything	Page 10-11	Dr. Lois Lee
The Journey Continues	Page 12	Leslie Gold
Provider Directory	Page 13	
Classified Ads	Page 14	
Advertising Information	Page 15	
Resource Guide	Page 16-17	
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 210848022 © Akvdanil | Dreamstime.com

Editorial Contributors: Marcus & Jeannie Marshall •

Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro • Annie Kuni, LMFT •

Catherine Townsend-Lyon • Marilyn L. Davis • Dr. Lois Lee •

Leslie Gold • Peggy Salazar •

About Us

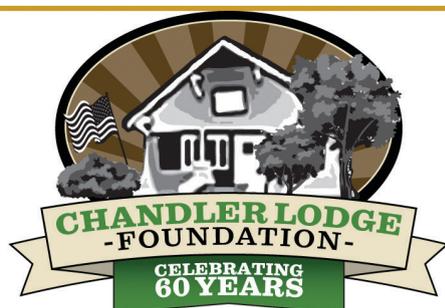
Provider Directory - page 13

Advertising Rates - page 15

Distribution Information - page 15

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

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



As summer approaches and the world is introducing fewer restrictions on activities, I find myself getting excited to participate in the world around me once again. I don't know about you, but I found myself getting worn down by the long shut down. Staying positive, happy, joyous and free has been a full time job. Here's what worked for me.

Going back to basics. I know you've heard it a thousand times, but doing just that has renewed my spirit. I remember a part in the Big Book of Alcoholics Anonymous (page 76, 4th edition) at the beginning of steps eight and nine. "Remember it was agreed at the beginning we would go to any lengths for victory over alcohol." Maybe we need to get as willing as we were at the beginning. I know it worked for me.

When I get discouraged I need to remind myself, where I came from, and where I am going. I remember what I am fighting against, and what I am fighting for.

I remember what I am living for, and who I am living for.

I remember to be thankful for what is still in my life, and for what is no longer in my life.

All of these together reset my perception and perspective, giving me renewed vision, or to quote the title of one of my favorite books, "A New Pair of Glasses". When you are "cause" driven you seem to find the strength to get it done.

When I needed help, people were there to help pull me out of the dark pit of addiction. I feel it is my duty, my mission and my purpose, to make sure I am there to help the next person. It is on me, and on us, to be there to help, no matter how we feel. So I work everyday to keep my feelings in check, and work on myself so that I can be a shining example of recovery.

Have you ever heard something so profound and moving that you say to yourself, "that is my story, that is what I was trying to say"? Well I did last Sunday during on line church services at Spirit and Life Ministries (www.spiritandlifeministries.org).

Psalms 40:1-3

I waited expectantly for the LORD, and He took notice of me and heard my cry.

² He plucked me out of a pit of confusion, even out of the quicksand; He placed my feet on a rock and established my steps. ³ He put a new song in my mouth, praise to our God!

Many will watch and be in awe, and they will place their trust in the LORD.

Right!? "He plucked me out of a pit of confusion" (my addiction), He placed my feet on a rock and established my steps (my recovery). He put a new song in my mouth, (I get to sing the message of recovery!) I am no longer tired and worn out. I am ready to fight, live and be grateful.

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

Hello to one and all who are now reading our Editor's columns, we genuinely appreciate you extending us your time.

The month of April has been filled with exciting and inspiring hope regarding the increased vaccinations, to sorrowful emotions regarding the different tragedies, we witnessed unfolding in the media. I have always tried to view everything with an open mind, regarding the current events that are happening around us. Thankfully, my sobriety has anchored my emotions and reactions, from causing my outlook and behavior to become negative.

I have learned that regardless of what is occurring in my life, if it is out of my control, then I should not allow it to dictate my behavior. It is not necessarily what is happening at the moment, but how I react to what is occurring that matters. The freedom from all of the different complications from drugs and alcohol has given me a truer sense of perception. Even during these times of uncertainty, with the Pandemic, racial tension, economic hardships, homelessness, and political unrest, my perspective has stayed positive.

I wake up knowing that I have only a certain amount of control over people, places, or things, and I leave the rest up to God. I sincerely try (operative word **try**) to do my part daily, by being slow to speak, and quick to listen. I know that learning how to be a doer of the Word, and of the 12 Steps and all of its principles, means that I need to depend more on what is necessary, than what I want. When we align everything in order, such as our priorities, moral and ethical practices, and our spiritual gratitude, then we will have peace, emotional security, and fear will not reign over us. Until we come together once again, for reasoning, may God bless, protect, and guide all of our steps daily.

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



www.WestValleyDetox.com

Where every life is celebrated!

WEST VALLEY
Detox



West Valley Detox is a 6 bed I.M.S. Residential Treatment Center within a beautiful home in Tarzana, California.



Our services provide every client with individualized wrap around care from admission to discharge.



- *Incidental Medical Services*
- *Treatment Informed Care*
- *PPO Insurance Accepted*
- *Quiet Neighborhood*
- *TV in Each Room*
- *Pool*

The emphasis at West Valley Detox is to assure every client is provided with the treatment, support, and resources required to succeed in their recovery journey.

Call now 818.302.0036

Most PPO's Accepted, Cash Pay Sliding Scale

Fully Licensed and Accredited



NATIONAL ASSOCIATION OF ADDICTION TREATMENT PROVIDERS

www.WestValleyDetox.com

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



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

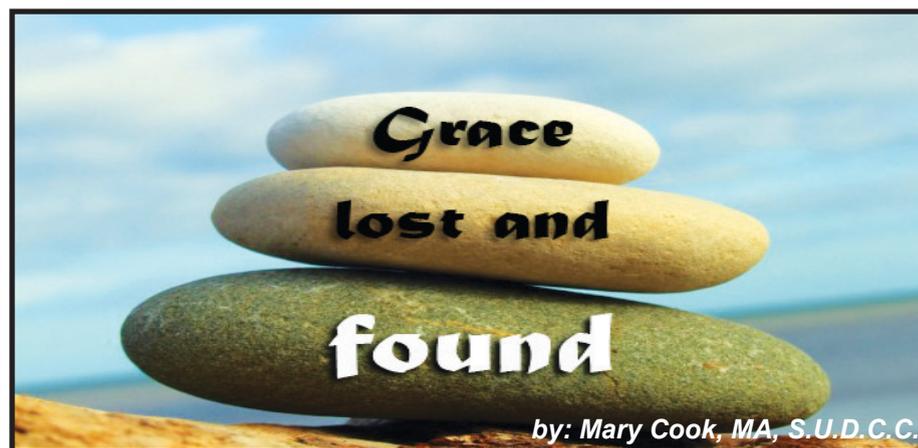
818-766-4534 **www.chandlerlodge.org**

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.

HABIT FORMED THOUGHTS AND FEELINGS

Dominant thoughts and feelings experienced in childhood and in active addiction tend to recur even when the elements that prompted them are no longer present. If for example, I was abused as a child and my dominant feeling was fear, I will experience fear despite the safety of my current adult environment. If I was abandoned in childhood and felt a deep sense of loss, and believed I was unlovable, these will be my issues in adulthood. If stimulant drug use brought feelings of intense nervous energy, which I directed to excessive activity, I will continue to experience this in sobriety. If my dominant feelings when withdrawing from stimulants were depression, despair, and lethargy, then I will also have these feelings in sobriety.

When we experience feelings and thoughts that are out of sync with current situations, we are prone to create circumstances that justify them. So I focus on who or what I can't trust to explain my fear. In relationships, I magnify behaviors that I view as signs of withdrawal, which reinforces my belief that I am not loved sufficiently. I obsess on what needs to be done, and compulsively busy myself in frenetic activity when I have nervous energy. I dwell on my shameful past, and overwhelm myself with an impossible vision of what I must do in order to recover, and this drains my energy and explains my feelings of hopelessness.

Making decisions and acting from habitual patterns insure that my life remains predictably sick. And risking the least amount of change in recovery increases vulnerability to relapse. Our thoughts and feelings have more power to affect our behavior than external circumstances. Thus it's vital that we pay attention to them and consciously decide which ones to empower, which ones to explore, and which ones to let go of. When our thoughts and feelings harm more than help, intrude more than support, or abuse and control more than teach and guide, we are not free to create the life we so deeply desire and deserve.

Our mind presents a chaotic mass of mixed messages all fighting for control over our decisions and actions. The disease disguises itself to talk to us in a multitude of ways, as do our character defects until we surrender them. Aggression, arrogance, defensiveness, drama, fear, judgment, prejudice, pride, and shame typically have strong voices in our heads. Just as in experiencing cravings to use drugs, we need to interrupt our thinking long enough to view the ultimate consequence, we must do the same when listening to other sick messages in our minds. Aggression spreads woundedness like wildfire. Arrogance halts learning and growth. Defenses prevent us from healing and invite further attack. Drama substitutes a hell of a soap opera for a life. Fear removes faith. Judgment binds us to whatever we judge. Prejudice and pride turn our character defects into dictators. Shame supports inferiority and punishment, rather than amended behavior and relationships.

We can't afford to empower our minds in recovery. This is one reason why fellowship, following direction, sponsorship, step work, prayer, and meditation are stressed in the program. Clarity, peace, and wisdom will come as we cleanse ourselves of old mental patterns. Relaxation and meditation techniques are the most important tools to interrupt our normal mental process. As thoughts fade away, we tune in to a deeper part of ourselves. Here, there is nothing to control, no effort to expand, and no conditions on caring. Full absorption in the present moment allows us to detach from all that pulls us away from our spiritual origin. In the light of serenity, our habitual thoughts and feelings seem infantile. Yet we see with the eyes of compassion, not judgment. We allow ourselves to surrender on a daily basis, what we have outgrown.

When we cease listening to our mind chatter, stop seeking fulfillment outside ourselves, and surrender defenses and offenses, we discover that everything in our life is here to teach us. We then see that our strength lies in love and service. When we give up our small will that clings to crumbs of comfort, in exchange for our Higher Power's will which provides eternal abundance, we are given our greatest gift. The enormity of the change that is required for quality recovery cannot be achieved through human power alone. It is our consistent conscious contact with our Higher Power that allows us to trade habit-formed thoughts and feelings for a greater truth that sets us free.

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 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.





CALL TODAY
(866) 696-5594
 OR VISIT OUR WEBSITE
www.Tarzanatc.org

Are you or a loved one suffering from Substance Use or Mental Health Disorders? We can get you the HELP you need NOW!
 Tarzana Treatment Centers have been helping individuals and families recover for almost 50 years.



INTEGRATED HEALTHCARE

We provide whole-person healthcare through our integrated programs of primary medical and behavioral healthcare.

Compassionate, Professional Healthcare

LIST OF SERVICES:

- Inpatient Psych (Voluntary) – Stabilization
- Medical Detox (alcohol, opiates, and benzo's)
- IOP (Psych & SUD)
- Residential (Youth & Adults)
- Opiate Treatment Program
- Narcotic Treatment Program

- MAT Program for Relapse Prevention (Naltrexone, Vivitrol, Bup, Methadone)
- Individual Counseling (Psych & SUD)
- Group Counseling (Psych & SUD)
- 12-Step Approach
- Motivational Interviewing
- Case management



WE ARE NOW ACCEPTING NEW PATIENTS

We are fully licensed in California and accredited by The Joint Commission (formerly JCAHO).

For information visit our website, or visit one of our locations in Southern California: Tarzana (Main Location), Reseda, Northridge, Woodland Hills, Long Beach, Lancaster, and Palmdale.

We also provide service in the Santa Clarita Valley and other surrounding cities.

We Accept Private Insurance, Private Pay, Medicare, and Medi-Cal.



CALL TODAY
(866) 696-5594
 OR VISIT OUR WEBSITE
www.Tarzanatc.org

Vita Behavioral Health

Drug & Alcohol Rehab Treatment



Family Wellness Therapy
 Individual & Group Therapy
 Medically Supervised Detox
 Medically Assisted Treatment
 Medical & Psychiatric Sessions
 Grief & Trauma Work
 Aftercare & Alumni Programs

Welcome to Our Family **Call 888-848-2234**

All PPO Insurance Accepted - Located in Van Nuys California

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

Sunlight of the Spirit



by: Darrell Fusaro

THE MIRACLE WORKING POWER OF HUMILITY

"Meekness isn't weakness." – John DeBerry, U.S. Representative

Humility is the willingness to let go and let God do it. Humility opens the door to God's law of adjustment. It has nothing to do with being a martyr.

We all have the tendency to get overwhelmed by circumstances beyond our control. At these times it is very easy for us to get caught up with concern over every little unresolved problem. We vacillate back and forth between trying to control outcomes, and wanting to run away from it all.

The greatest discovery is the realization that life is consciousness. Our circumstances always correspond to our inner state of mind. The best way to regain harmony is to tend to our peace of mind. And the key to restoring peace of mind, is by choosing humility. It is the willingness to take our mental hands off the steering wheel, stand aside, and allow the power of God to flow unobstructed into our affairs: healing, restoring and resolving.

Just the other day after my morning routine of inspirational readings, prayer and meditation, I jotted down the following affirmation for myself: "Today I practice absolute humility by deciding to be incorrect about my concerns."

Absolute humility is an unshakable faith in God. It is the willingness to surrender our limited perspectives, in exchange for the faith that problems can be miraculously solved.

When my tenants informed me that they suspected we had a termite problem in their home, it wasn't great news. We have two homes on our lot, one we live in and one that we rent out. My tenants along with my wife and I have pets, so I had concerns regarding the treatment being toxic. Rather than panic, I wrote down the affirmative statement on the top of my calendar: "Found a company that provides a non-toxic termite pesticide. We are termite free!"

I do this as a way of practicing humility, and getting the problem out of my hands and into God's. Doing this released it from my conscious mind, and allows the subconscious and universal mind to go to work on it.

Funniest thing, later that day when I mentioned the termite problem to my wife, she blurted out the name of a local company she just heard on the radio, that uses non-toxic treatment. They use natural orange oil, no need to leave the house, it's safe and non-toxic, and smells nice, too. Fantastic!

I scheduled an appointment for a complete inspection by the company. Concerned about what they might discover, I practiced humility by affirming, "Every problem has a simple solution."

They inspected every inch of the property—the outside, the inside, in the attics, etc. The good news was that the damage was very minor, and a treatment would resolve it without having to tear into walls. While inspecting for termite damage in the crawl space under each of our properties, though, they discovered water damage. There was a leak under our house and one under the tenant's house as well.

By choosing humility, I avoid the temptation to sink into self-pity and cry out in defeat, "What's next?" Instead, humility encourages me to rise up in light of this new information and ask God, "What's next for me to do?"

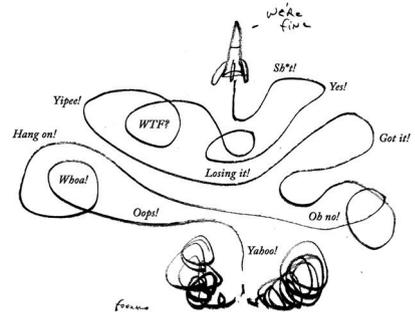
I sent our plumber a message simply informing him of what the termite inspectors discovered. Every time fearful thoughts of it being a major issue came to mind, I humbly affirmed, "Every problem has a simple solution." This put my trust back in God rather than in my concerns. The plumber responded that he could drop by at noon the following day.

Great news! The next day both leaks were easily repaired. However, the plumber informed me that the water damage under our home was significant, and needed to be addressed as soon as possible. Before I even had a moment to feel anxious, he offered me the next bread crumb to follow: he gave me the number of a restoration company that specializes in remedying water damage. I humbly made the call and an appointment for an assessment has been made.

At this stage the thought of cost became a concern. I reassured myself with an affirmation that someone shared with me over thirty years ago, "money is not my problem", reminding myself that peace of mind is my one goal and peace is synonymous with prosperity. As within, so without. God makes a way where there is no way.

Humility enables me to live enthusiastically in spite of unresolved problems. Humility helps me see the good, rather than being overwhelmed by the seemingly negative. Thank goodness for those termites, or none of this would have been discovered. Choosing humility and putting my faith in God rather than my limiting concerns inspires optimism. With humility I can look forward to the wonderful thing that will come of this.

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



Today's the day!

Meeting Chips - Medallions - Medallion Holders - Plaques -
 Sober Water - Mints - Candles - Meeting Coffee -
 Tops - Hats - Keychains - Books - Book covers -
 Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs -

MY 12 STEP STORE.COM
 Recovery gifts InStyle!

got 12

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

cns www.CNSTRIAL.com

PTSD RESEARCH STUDIES

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.

CONTACT SERGIO VENTURA:
714.206.1463

Clinton Weyand, Psy.D.
 Specializing in Recovery and Psychotherapy

- ADDICTION COUNSELING
- LIFE COACH
- READING YOUR WAY TO RECOVERY
- IDENTIFY & CLARIFY A VISION
- MODIFY YOUR GOALS
- TELETHERAPY

email: decoop@att.net
818.800.4814

Clinton's Books

Free Search Service
 Specializing in Recovery and Psychotherapy
email: decoop@att.net
818.341.0283



RESPECTING YOUR BODY

There's more talk than ever in the zeitgeist right now around body positivity. This means that we're all being encouraged to like – and even love – our body. While we can all agree it's about time for this change, that doesn't mean that it's an easy pill to swallow for everyone. If you have struggled with an eating disorder, body dysmorphia, or low self-esteem, body positivity can especially feel like a far-off goal that you'll never reach, because it feels so presently unattainable.

So, sometimes the best place to start on this journey is with the concept of respecting your body.

Anytime we deal with eating disorders, we have to take into consideration what is, and is not in our control. Feeling good about our body, or even feeling good in our body, isn't always in our control. Illness, chronic pain, bloating, weight restoration during the recovery process, and hormonal cycles are not situations that we can control and can often severely impact the relationship we have with our body.

On the other hand, one aspect we can control is how much respect we show our body, despite how we feel about it or how we feel in it. We want to separate the idea of respecting your body from liking your body, rather than feeling like the two have to go hand in hand.

If you've been through any eating disorder recovery work, you most likely have a lot of thoughts, insights, and reactions towards the idea of respecting your body. You might feel that you thought you were respecting your body and doing the right thing with ED-based eating habits, only to realize in recovery that disordered eating is not respectful towards your body at all. Recovery means rewiring your brain so that you realize that respecting your body means eating food, not denying food or punishing yourself for food.

You might have found in recovery that respecting your body also means listening to your body. In an eating disorder we completely ignore our body and its signals of hunger, pain, emotion, and basic survival needs. When we start to respect our body, we also need to repair our trust with our body. In doing this work, you may identify that you fell off the wagon in many ways of respecting your body during an eating disorder, and not just limited to nourishment with food. Respecting your body can look like self-care, hygiene, and healthy relationships too.

Many people tend to get the process of respecting your body, then liking your body backwards. They think that they have to like their body first, and only then they will be allowed to respect it. However, the caveat is that the eating disorder mind often tells us that the only way we will ever like our body is if we lose weight, which is a thought fueled by disordered eating. This can get you stuck in a loop where you never feel permission to begin the process in the first place. We want you to grant yourself permission to respect your body no matter what it looks like, and independently respecting your body regardless of weight.

The concept of respecting your body can often cause someone to wonder if their body even deserves respect to begin with. This can unearth shame and feeling like you "need" to disrespect your body. Why would anyone feel like their body doesn't deserve to be respected? Latent issues like sexual abuse, chronic pain, self-worth and fatphobia can all contribute to this complicated feeling, and are important to untangle in order to get through the recovery process.

If all you can do right now is just respect your body, then that's okay. There's no rush. It's more important to take that first step towards making peace with your body, rather than pushing off the process as a whole. If we showed ourselves as much respect as we show other people, we would all be a lot farther along in our body positivity 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 www.gemmed.ngo, on IG @theinnergem, and can be heard on the podcast Freudienne.



CHILDREN OF THE NIGHT NATIONWIDE CASE MANAGEMENT

NO COPS / NO FBI

Confidential Social Services
Rescue from Pimp
Suicide Intervention
Rape Intervention
Drug Overdose Intervention

Anonymous Crime Reports

Housing Referrals for
All Ages & All Circumstances

Medical Services
Mental Health Services
Psychiatric Evaluations /
Psychotropic Medications

Public Health Insurance
Social Security/
Disability Benefits

Transportation

Advocacy with Social Workers,
Probation Officers & Courts
Court Accompaniment,
Court Intervention

Resumes
Jobs

Training / Vocational Schools
Community College

FAFSA (Financial Aid for School)

1 (800) 551-1300



www.childrenofthenight.org



Started nonprofit at 5. Fed 20,000. So far.

SERVICE

#PassItOn™

VALUES.COM™ THE FOUNDATION
FOR A BETTER LIFE®

THERAPIST

recover. heal. bloom.

ADDICTION TRAUMA PTSD EMDR SELF-ESTEEM

CALL TODAY 818 425-9337
www.mercedescusick.com
 mercedesLMFT@mercedescusick.com
 Lic #118720 | Woodland Hills



AT A TIME OF LOSS YOUR RECOVERY CAN REQUIRE EXTRA MAINTENANCE

Don't you wish the "newborn stork" and God, gave us a choice of the family we are blessed with when born? No, we don't get that option. See, my father recently passed away on Jan. 29th, 2021, of COVID, which was the same day I celebrated 14-years of maintaining my recovery. He lived in Southern California in the home that I was raised, and where horrible memories of my past childhood trauma still lay. When I first began my recovery journey, I wasn't ready to dive into my past childhood trauma, abuse, and haunting memories.

When I turned 30, I lost my brother-in-law to cancer. He was the real brother I never had, and I talked with him and shared everything with him. After Mike's death, it took me a few years to get over his passing with a lot of first-time therapy, to even begin to process this. Shortly after is when all the haunting pain and memories flooded back. I had to learn to process them, forgive myself and those who had hurt me, and lay those haunting memories away. It was some of the roots and underlying issues, of how I got sucked into gambling addiction. I was using gambling as a coping skill, and an escape from the pain of my childhood trauma and abuse, until I finally could not stuff it away any longer.

Then in 2003, my mom passed away. By then, I had about nine months of recovery when I began writing and journaling. The next few years were pretty rough. We seem to think our parents will always be with us. Still, more painful memories, and I was still not ready to share that part of my past. Since my mom's passing and now my dad, I felt like here I go again; some pain has again begun to surface slightly. Even when I started to write my book all of 2010 into early 2011, to see all that gambling addiction had taken from me, was when I began a deep dive into all the sexual trauma and abuse, I'd endured as a little girl into a young teen.

One of the many amazing things about truly working through my childhood was the act of taking every single thought and terrible memory that held me captive; I began to watch Christ redeem them, helping me face them, and feel them. Without making excuses. Without placing or taking the blame. Finally, today my abusers no longer linger in the darkest parts of my mind, controlling or tainting my good memories.

But with my dad's passing, it seemed they were front and center again. I began begging God to help me defeat them. Way back then, every day, and sometimes minute-by-minute, battles are fought to reclaim simple things, innocent objects, smells, and sounds. Things that may seem trivial to others, represent a great victory and pushing through the fear. That is how God works in your life!

Thanks to a relapse prevention plan I have had in place and through my faith in my Higher power (God), I am winning over these old memories. I will be honest that I had a few urges, and thoughts about going out and gamble. But I knew it was the disease trying to seep back into my mind. With my dad's passing, even though we had not spoken in almost 15-years, I was able to forgive him still, accept and respect his choice.

It still stung, but I have the comfort in knowing God, and (my mom) has told him the truth about all I went through as a little girl, that I was telling the truth, and that if he knew? I am pretty sure he would have protected me, and would have understood the "WHY" I sought his unconditional love and validation. I have the comfort of knowing he is now with our Father above and at peace with my mom. I will continue to live and build a beautiful and fantastic life within my recovery, and continue 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 website/recovery blog www.betfreerecoverynow.com. Catherine resides in Phoenix, Arizona, and continues to help and sponsor those from gambling addiction.

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



MARY COOK

ADDICTION SPECIALIST COUNSELOR
 M.A. Psychology, R.A.S.
 44 Years of Experience

310-517-0825

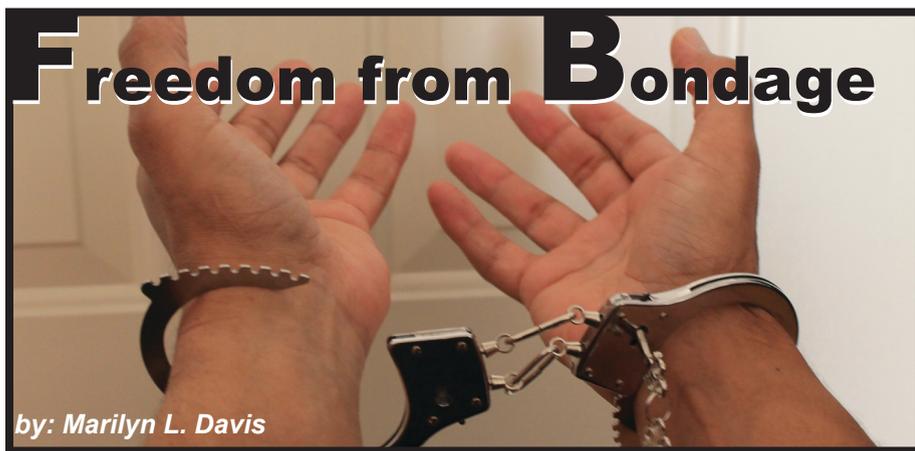
Available for counseling in my office in San Pedro, California or by telephone.

AUTHOR OF:
 Grace Lost & Found
 Available on Amazon.com

WWW.MARYCOOKMA.COM

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

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



HOW DESPERATE ARE YOU?

Desperation is that feeling we get when we run out of dope and money to buy more. Besides feeling desperate, we may feel guilty, angry, or hopeless. We know that once again, we've trapped ourselves in the never-ending cycle of use, withdrawal, and more use – hurting our families, but mostly ourselves.

I remember one Christmas day when I was desperate to change the way I felt. My children were living with their father in DC because of my use, and I was in Georgia.

Two friends and I went to three dope dealers – none home. We decided that there had to be at least a liquor store open in South Carolina, so we made the hour-long trip up there. Nope, no liquor sold on that holiday. Now the choice was North Carolina or Tennessee.

Surely, there would be alcohol in Tennessee. Three hours later, no alcohol. But we had a map. Maybe in Alabama, there'd be a store open. All we got was terrible fast food, but no drugs or alcohol.

Without Google to guide us and no cell phones, we just drove, bitching at one another for this lame idea, but continuing anyway. That's desperation.

Desperation Fueled a Decision: My most desperate moment occurred at an intervention, where five caring individuals had evidence of my behaviors and use. I knew I couldn't run, and there was no place to hide.

It felt as if my world was crumbling. I knew that I could not manipulate these people anymore; they would not believe anything that I said. My situation felt hopeless.

The only out was to go to treatment.

Desperate for Release, Relief, and Recovery: I also felt desperate in treatment about:

- Withdrawals • Telling the doctors how much I was using
- All the money I'd taken from my parents • The fears and uncertainty about my job

More than anything, I never wanted to experience this sense of desperation again, so I started participating in treatment.

From Desperation to Desire: Lying in a detox bed, sweating and smelling myself, I knew something had to change and that I didn't know how, but the staff and other recovering people did.

Now I felt a glimmer of hope; that maybe if I did what they told me to do, I could recover as they had.

Desire Fuels the Determination: Using as much Xanax and alcohol as I did, the doctors were concerned about seizures. Tests, restrictions on my physical activities, and learning to be gentle with myself helped. I now had a desire to heal. When I applied that desire, it fueled my determination to get better.

Listening to others started being easier. I heard that they, too, had been desperate and didn't want to experience any more failures.

Using the determination to follow directions, I got a day, then a week, then a month in recovery. Then I left treatment.

Determination Fuels the Dedication: I discovered dedicated people who had no other agenda but helping others. All of the old-timers and regulars at my noon and 8 PM meetings, showed me what to do. I thought they were only helping others, but their participation in chairing a meeting, being the discussion leader, or answering questions for a new-comer helped them maintain their recovery, too.

As much as I was dedicated to using, I had to become dedicated to my recovery if I hoped to change my life.

Are You Desperate or Dedicated? People are desperate for answers about how to get out of the cycle of use, withdrawals, and more use. We can try to answer that desperate call through our dedication to carry the message of recovery.

Marilyn L. Davis is a Certified Addiction Recovery Empowerment Specialist, who opened and ran an award winning residential facility from 1990-2011, called North House. She recently celebrated 32 years of abstinence-based recovery. She is the editor-in-chief at fromaddict2advocate.com and twodropsofink.com. She is the author of Therapeutic Integrated Educational Recovery System. In 2008, Brenau University created the Marilyn Davis Community Service Learning Award, ongoing to honor individuals working in recovery and mental health. In 2010, Marilyn received the Liberty Bell award, given to non-judges and attorneys for contributions to the criminal justice system, and communities.

Before reaching these milestones, she was a desperate woman on drugs, managing rock bands at night, pretending to be okay, but ultimately giving up on herself, losing her husband, children, family, and friends due to her addiction. A chance encounter with a 74-year old Native American, named Gray Hawk, showed her that healing herself would include meetings, Steps, and providing a house of healing for other women. Marilyn wrote a book Finding North: A Journey from Addict to Advocate is about this journey and is available on Amazon.com.



Pick the right team

Tanya Dean Ins Fin Svcs Inc
Tatiana Dean, Agent
Insurance Lic#: 0F22456
Bus: 310-792-5900
www.tanyadean.net

Here's the deal: When you go with State Farm®, you get a local agent that can deliver Good Neighbor service at surprisingly great rates. Give me a call.

I am honored to be a sponsor for a wonderful organization like Keys to Recovery.

Like a good neighbor,
State Farm is there.®

State Farm
Bloomington, IL
2001732



R BLVD



www.RichBlvd.com

HOPE IS EVERYTHING

“We do not have failures, only young people in transition.” - Dr. Lois Lee



FBI reported the recovery of 33 missing children in Operation “Lost Angels” on January 24th, as part of Human Trafficking Awareness Month. This effort involved more than two dozen agencies to identify and find missing children. This effort required the help of the Los Angeles Police Department and over two dozen (24) agencies. That seems like an awfully lot of police for 33 missing children, who likely do not want to go home to abusive families or foster care.

What the FBI fails to report is how many children were running from “foster care” or the police, because they did not want to testify against a pimp/trafficker.

Children of the Night developed an effective model of case management and education, combining advanced internet technology and mobilized social services for sex trafficking victims.

From our headquarters, Case Managers provide children 24-hour services, 7 days a week. We rescue youth from pimps, help with medical services, public health insurance, social security/disability benefits, maternity housing, drug program placement,

domestic violence housing, transportation, mental health services, psychiatric evaluations or access to psychotropic medications, advocacy with the courts, social workers, probation officers, resume preparation, job placement, access to vocational or trade schools or community colleges, applications for FAFSA (federally funded financial aid) - we are ready and willing to help.

Our FREE tutoring through ZOOM tutors sex trafficking victims for the high school diploma – the first step in escaping the streets. The high school diploma enables them to enter the military or work in support positions in medicine or law; attend vocational or trade school, and even community college.

Our students are unable to attend regular school because of extensive existing trauma, and an on-going chaotic lifestyle, so our case management program dovetails with our High School Diploma tutoring.

Permanent solutions for young people trying to escape prostitution may only be resolved by innovative social services - not by law enforcement.

Our children live such dramatic lives, and we never know when or what will happen next when we pick up the telephone or text.

That is why Children of the Night maintains an unconditional commitment to our children and youth.

A few days ago, I woke at 3:09 am with such clarity I knew I had to reach for my telephone. Below is the text I received at 11:40 pm the night before.

“I know that if I do not make a change soon, I am going to die. Drugs are going to kill me if I do not do something soon.

I really hate asking for help. It makes me feel weak. But I really want to lead a happy and successful life. I am so miserable right now. I am so physically sick. I cannot go a few hours without getting high. I hate this life. I want to get clean and go to detox.

The only thing stopping me is not having a place to go afterwards. I feel as though the program I was living in is my only option, and I refuse to go back there.

I was bullied so much while living there, and never want to go back.

I need help finding a place to live, so that I can go to detox and turn my life around.

I want to finish my GED. I want to go to college. I want to be happy. I want healthy people in my life that support me.

If there is any way that Children of the Night can help me get into some type of low income or government assisted housing, so I can have my own little place to live after I go to detox, I would really appreciate it.

I am ready to be an adult. I am ready to get clean. I am ready to be successful and independent. I just need help and for someone to believe in me."

Although it was 3 am, I forwarded the text to Crystal, our director of case management. Crystal text back "Have her call my cell, I'm up!"

The children we serve cannot wait until 9 am for their crisis, and their crisis does not end at 5 p.m. We must be ready to respond when they need us.

Prostituted Children Need Social Services, and often services not provided by traditional social service agencies.

Children of the Night is often the bridge between traditional social services, and the needs of prostituted youth.

Prostituted youth is not solely the responsibility of law enforcement, critical social services specifically designed for these children, and their unique challenges can only be met by a program supported by private donations.

Our children do not forget, they remain part of the Children of the Night family.

Here are just a few stories of hope, and what can happen when someone believes.

Sheila was 19 years old when she was referred to Children of the Night by the FBI.

She needed clothing and hygiene and wanted to pursue her high school diploma.

She was living in a Detox Recovery Program and she wanted to be tutored through ZOOM with our instructors. After 32 hours of tutoring, she was ready to test for the high school diploma and she passed.

Her passion is fashion design, and she makes her own outfits.

Our case managers stand ready to assist with her application to FIDM, Fashion Institute of Design and Merchandising, and to help her obtain financial aid required to enroll in school.

Jennifer has lived in foster care for most of her life.

Public school was not addressing her needs and she wanted out of foster care, and to relocate near her sister who had been sex trafficked for many years.

Jennifer's sister has been a client for many years and was eager to reunite with one of her sisters separated from the family, after being removed from her parents by the state.

Children of the Night case workers convinced Jennifer's social worker to allow Jennifer to enroll in our ZOOM tutoring in, lieu of regular public school where Jennifer struggled socially.

Jennifer completed her tutoring, and successfully passed the High School Proficiency exam in 3 months - before she reached the age of 18. She scored 166 on her Math and 167 on her Reading Language Arts GED exam - scores exempting her from taking college placement tests.

Children of the Night case managers enrolled Jennifer in a Certified Nursing Assistant course, bought her an inexpensive cell phone, schoolbooks, and uniforms.

Our case workers are skilled at applying for financial aid, and we will soon count Jennifer as one of our successful vocational school graduates.

Julie, 19 years old, was referred by her social worker who was responsible for her extended foster care.

Her social worker called us as a last resort, because often their traditional approach to prostituted youth is unsuccessful.

Julie was one of those challenges. She was quiet, passive, unmotivated and never completed her homework.

When she started with our ZOOM tutors, she was only reading at a 5th grade level.

During her tutoring she was arrested, and we were unable to locate her for several months. Today she is motivated, reading at a 9th grade level and will be taking the Reading Language Arts GED test this month.

Our tutors predict she will successfully pass her high school equivalency exam in 3 months.

Children of the Night case workers purchased Julie an inexpensive cell phone so Julie could connect with our ZOOM tutors for tutoring.

Case workers also provided Julie with school supplies, and helped her obtain her birth certificate.

Each month our case managers communicate with Julie's social worker, who are astounded at her 180-degree turnaround.



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: MICHELLE DOUGLASS

Annie, 18 years old, had a 7-month-old baby. She and her baby were living in foster care.

Our case managers arranged day-care for her baby, so she could tutor and work on her education.

Children of the Night case workers bought teething toys, and other toys for her baby.

While Annie tutored through our ZOOM tutoring, case managers worked on college placements with day care.

Annie wanted to pursue a career as a Medical Assistant and, she began her tutoring on May 12th, 2020 and successfully passed her high school equivalency the week of October 14th, 2020. Hats off to Annie!

Annie writes:

"I am proud of myself because I never thought I would get my GED. I did not believe I was smart enough. Now I believe I am. I can go to college now and be whoever I want to be. I was able to get my GED with my son being 7 months. He has no excuse for not getting a high school diploma, or a GED. I have become a role model he can imitate. I am going to go to college to become a Medical Assistant. He can follow my footsteps."

Our students are unable to attend regular school because of extensive existing trauma, and an on-going chaotic lifestyle, so our case management program dovetails with our ZOOM High School Diploma tutoring.

No gift is too small to help Children of the Night continue the legacy of saving prostituted children, and young people. We have over 20,000 donors, some large and many small who have made the difference in the lives of over 11,000 children.

With our new programs we will rescue, stabilize, educate, and help another 11,000 children become successful adults.

Be part of the magic that occurs at Children of the Night, and help us provide the resources that often mean the difference between life and death for our youth.

If you are not already on our team, please join us today with a gift to help children and young people who have nowhere else to turn.

Dr. Lois Lee, Founder & President Children of the Night, 818 908 4474 x7, The New Website is Live NOW! www.childrenofthenight.org. Since inception in 1979, all Children of the Night programs have been exclusively funded by private donations from foundations, corporations, and individuals.



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

alegriacareandrecovery@gmail.com



Jeff Schlund
Outreach Manager

Cell 626-372-4550

Direct 760-423-6728

Toll Free 855-348-7018

JSchlund@hazeldenBettyFord.org

www.HazeldenBettyFord.org

SOBER LIVING HOME FOR MEN

Founded in 1949, Valley Lodge has provided
a sober living environment for recovering alcoholics.
Weekly rate, \$135, includes meals!

Southern California's oldest Men's Sober living home!

Welcome to the

**VALLEY
LODGE**

CALL: 818.843.9270

446 NORTH VARNEY ST. BURBANK, CA. 91502

Dee Baldus
818-742-1100



Animal Transport,
Boarding
& Day Care

itsddb@gmail.com

www.AnythingsPaws-able.com



KEYS TO RECOVERY
NEWSPAPER, INC.

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

HOPE
Faith, Perseverance, Service

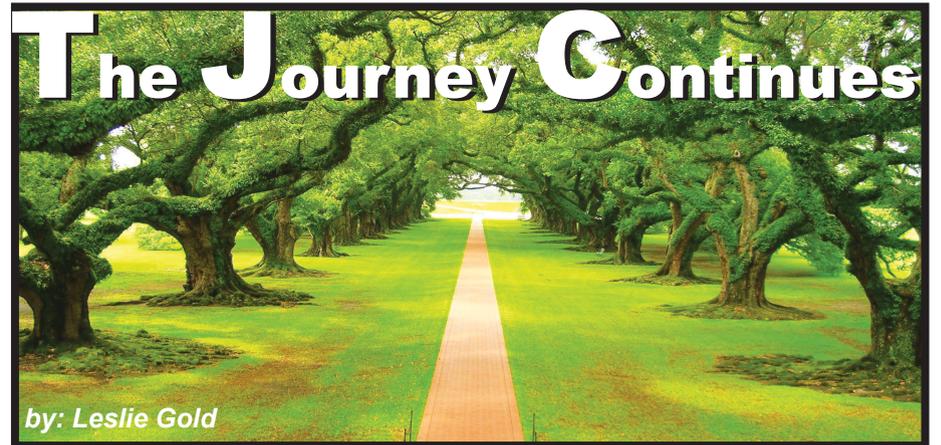
Order now and get your free
subscription to
Keys to Recovery Newspaper



email us at: info@KeysToRecoveryNewspaper.com

WWW.STAYSTOPPED.SHOP

LAST CHANCE TO
PURCHASE TO



by: Leslie Gold

SUPPORT YOUR SOBRIETY. DO SOMETHING HEALTHY. EARN A MEDAL

Yes, you can do these three good things for yourself all at once. If you've been reading my column for a while, you know that "something healthy" is exercise. Now you have an opportunity to make that exercise more meaningful, to walk/run for a purpose greater than yourself, and to make a difference to those who are just starting their recovery journey. You'll even earn a medal, and a hat, for doing it. Here's how.

Beacon House is a men's addiction treatment program in San Pedro (South Los Angeles). About a dozen of the residents have been training together to run a half marathon in May. They started in February, with a run/walk of 3 miles. With guidance from their Strides in Recovery coach, they've been adding distance to their runs ever since. Week after week, they are getting stronger inside and out. They are practicing commitment, accountability, perseverance, and self-discipline. They are proving to themselves that they can do whatever they put their minds to.

If we weren't in the middle of a pandemic, the men would be entering an actual half marathon. They would be enjoying the excitement as runners gather in the starting area. They would be energized by the crowds cheering for them as they ran by. They would cross the finish line, celebrating with the hundreds or thousands of others who had achieved this challenging goal. It would be an amazing day they'd always remember.

Obviously, no official organized half marathon is going to happen in May. But, the men are still going to run. The Beacon House staff will be dropping them off near Lunada Bay, in Rancho Palos Verdes. They will run from there back to Beacon House, enjoying the ocean views and nature trails, as they cover the 13.1-mile distance. And when they arrive, they will be greeted by cheering staff and their brothers in sobriety.

We want this event to be special for them. We want them to experience the support and energy of the crowd. We want them to share their joy with many others. We want to create memories for them that will last a lifetime. And that's why we've created the 'Strides in Recovery Virtual Run with the Men of Beacon House.' This virtual event is an opportunity for you to run with these men in spirit.

I can guess what you're thinking. "But I can't run a half marathon." No problem. We've got options for everyone, regardless of your level of fitness. You can do a 5K (3.1 miles), or, if you want a challenging but very achievable goal, you can stretch your half marathon out over 14 days. If you can walk a mile a day for 13 days, and do 0.1 mile on the last day, you will have completed a half marathon. Distance runners sometimes take breaks. So what if your breaks last overnight. You'll still get your half marathon finisher medal. And, if you want to run the entire half marathon in a single day, you can do that too.

Since the event is virtual, you get to pick your own route, and your own event time, as long as it's between now and May 8th. Run/walk on your own terms, and support sobriety while you're out there.

When you register, we'll let the men of Beacon House know that you will be running with them in spirit. We'll share stories about the team members with you, so you can feel more connected to the people you are supporting. We will also send you training tips and inspiring messages to keep you motivated. We will even have a Facebook group so you can share your success stories with the Strides in Recovery community.

When you're done, you'll upload your results to the event website. We'll send you your medal as well as a Strides in Recovery running hat. You will feel great about what you accomplished, and you will have something tangible to remind you of your service to the recovery community.

To learn more and to register, go to www.StridesInRecovery.org. Thank you for supporting sobriety one stride at a time.

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



2021 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 & spirit. (213) 462-7667, hgs.charlene@gmail.com
www.holisticguidanceservice.com

FITNESS IN RECOVERY

RECOVERYFIT ACCESS

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.

INTERVENTION & FAMILY RECOVERY CONSULTING

BRASS TACKS RECOVERY

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

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. Visit our website to host special events. Free Coffee, Recovery Literature & chips for sale. Contact us at: www.ATCenterLA.Org

RECOVERY COMPANIONS / COACHING

ALEGRIA CARE AND RECOVERY

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

MALIBU ADDICTION RECOVERY SERVICES

Certified Recovery Coaching/ Life Coaching / Sober Companions
Our Services Are Discreet and Confidential
Contact: 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

MIRACLES IN ACTION

Miracles In Action - Northridge, Calif.
www.miraclesinaction.info
(818) 918-5822
Sober Living & Intensive Outpatient

MY NEW BEGINNING SOBER LIVING FOR WOMEN

(310) 871-0465 Wendy Rudin - www.mynewbeginningsl.com
email: wendy@mynewbeginningsl.com
7-Beds, In Business Over 13 years. Upscale sober living for women w/chemical dependency and/or primary mental health.

SUNSHINE SOBER LIVING

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

SUBSTANCE ABUSE TREATMENT

DETOX - RESIDENTIAL TREATMENT (RT)

AURORA CHARTER OAK HOSPITAL

www.charteroakhospital.com
Call Robin McGeough (O) (626) 214-2015
(C) (626) 216-6031
Covina, CA 91724

HARMONY PLACE

Woodland Hills, California
A comfortable place to do difficult work!
(855) 995-0808

www.HarmonyPlace.com

THE VILLA TREATMENT CENTER

Woodland Hills, California
(855) 915-0727

www.thevillatreatmentcenter.com

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

SUBSTANCE ABUSE TREATMENT

INTENSIVE OUTPATIENT (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

(877) 6-OHANA-2 (877) 664-2622

MIRACLES IN ACTION - Burbank & Northridge, Calif.

www.miraclesinaction.info (818) 918-5822

Addiction Treatment, Dual Diagnosis
Intensive Outpatient & Sober Living
We accept most insurances.

MULTI CONCEPT RECOVERY - Burbank, Calif.

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

VISTA DEL MAR HOSPITAL

www.vistadelmarhospital.com - Phone: (805) 653-6434
Dual Diagnosis & Chemical Dependency Treatment,
Inpatient stabilization & Outpatient Programs
801 Seneca St., Ventura, CA 93001. Accepting most insurances.

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

MERCEDES CUSICK THERAPY SERVICES

Specializing in Addiction, Trauma and EMDR
Mercedes Cusick M.A., LMFT # 118720
818-425-9337 • www.MercedesCusick.com
Located in Woodland Hills/Telehealth Available

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

Classified Ads

Classified Ads

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

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.

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.

FRESH START SOBER LIVING for women has beds available in our structured sober living. If you are looking to change your life and learn how to live clean and sober, we are here to help. We offer a clean, safe environment for women wanting to recover from addiction/alcoholism. \$650 month. We also offer weekly rates. Call for more info (818) 642-6384.

MY NEW BEGINNING SOBER LIVING: 7-Beds, In Business Over 13 years. Upscale sober living for Women, w/chemical dependency and/or primary mental health (310) 871-0465 Wendy Rudin - www.mynewbeginningsl.com, email: wendy@mynewbeginningsl.com.

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

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.

PAX HOUSE SOBER LIVING: Separate Houses for Men and Women. Rent only \$750/mo. Clean, shared rooms, available now. Near AA/NA "in person" meetings. Email: morgan@paxhouserecovery.com. Call now (626) 398-3897.

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.

THE VESPER HOUSE! 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.

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. Interested in attending meetings? Call Paul for info @ 818-447-0613

SOBER LIVINGS SMALL STEPS HOUSING: Transitional & Sober Living Homes. A Supportive, Safe and Sober Living Environment. Affordable Rent, For Men & Women, Job Assistance Program, Near Public Transportation & Shopping Centers. Locations in Reseda, Granda Hills, Los Angeles. Call Now (818) 335-1252.

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 advertiser's 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 email 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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

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

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

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

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

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

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

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

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

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

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

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

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

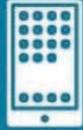
On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

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

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

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

On-Line Resources for Hep C: www.hepcsource.com •

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

Online/Digital Recovery Support Resources

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

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

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

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

Gamblers Anonymous:

www.gamblersanonymous.org/ga/locations

Al-Anon

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

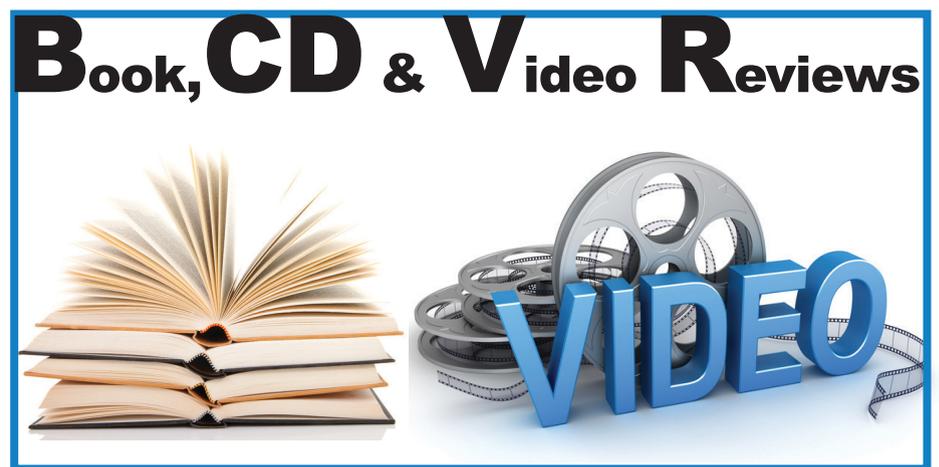
Support your local central office during this time.

Alcoholics Anonymous
San Fernando Valley Central Office

Telephone: 818-988-3001

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

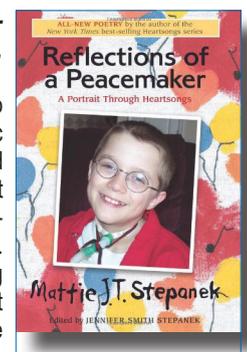
VOLUNTEERS ARE ALWAYS NEEDED



REFLECTONS OF A PEACEMAKER, A Portrait Though Heart-songs, by Mattie J T Stepanek. Published by Andrews McMeel Publishing, Kansas City.

This is the final published book by 13 year old Mattie Stepanek, who died the 22nd of June 2004, from a rare form of Muscular Dysautonomic Mitochondrial. He was a genius by intellect, but as sweet as a boy could have been. He was a youngster with a terminal illness; Mattie had a short life and difficult life and chose to make every moment count. There is nothing to compare with the wisdom of one so young and remarkably inspiring. What an incredible young boy: With all the negativity in the world reading this young man's stories and about his challenged life, it makes you look at your own and be ever so thankful, that your cross in life is what it is, because other people's crosses are enormous!! Compared to ours. A grateful heart is something we as a world are very short on.

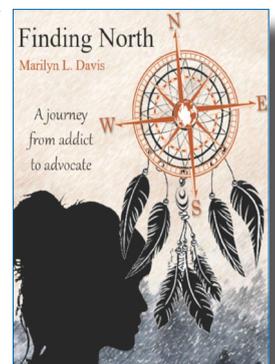
This is an excellent combination of his best work plus new insights from him. He was an astounding person, very hard to believe that he was so very young when he wrote most of his poems. His insight into human nature is truly amazing. An excellent read because of Mattie's keen insight into major human issues such as, love, pain, suffering, friendship, sickness, loneliness, fulfillment, depression and impending death. It seems by late autumn of 2003 Mattie had surmised not that was death possible but was probably imminent. And what makes this book even better is the photos from his mother's collection give the reader a visual biography of a boy who ROSE ABOVE his fatal sickness and who proved to be an Angel in disguise for millions upon millions of people, when the day was done. I could not read this book without being moved and motivated to be a better person. I give it 5 stars. Available at Amazon.



FINDING NORTH. A journey from addict to advocate. Written by Marilyn L. Davis. This is an incredible story written by an amazing woman. Marilyn writes about her journey in such an honest open manner, that I instantly felt a bond with her. Her story begins when she is in treatment detoxing, and attending groups. She then ventures into her story of addiction, which starts at age 9, yes age 9.

We get a look into her childhood, adolescence, and follow her into adulthood. I love that she included the good with the bad. Because we are all miracles, in the beginning, we just don't always follow the path laid out before us. Following her into the depths of her addiction we see first hand how addiction progresses, and what we tell ourselves so we can keep using, our denial, and our rationalizations.

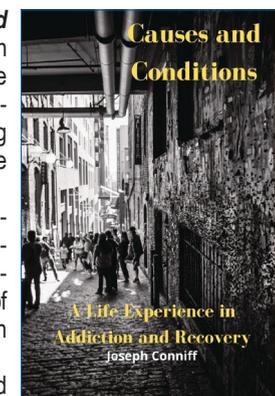
Her story of recovery is one of the most beautiful I have read. Finding purpose is one thing, but her unique story is what I call "divine intervention". Taking a chance on a stranger's belief in her, Marilyn begins her journey "from addict to advocate". Seriously, I was moved to tears. Turning purpose into her mission took faith and action. We give this book FIVE big Shining Stars. Available at www.Amazon.com.



CAUSES AND CONDITIONS: A Life Experience in Addiction and Recovery. Written by Joseph Conniff. Self published. Even before Joseph Conniff wrote this power account of his own experiences of addiction, he personally knew countless individuals that died from overdoses or drug-related deaths. He experienced the losses that are associated with drug addiction, with its demeaning and horrible effects, which result from the shame, guilt, and depression, and a gamut of associated hardships.

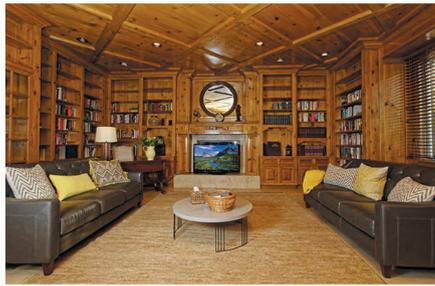
This book is structured in such a way, that the reader can put themselves in the shoes of the writer. Joseph explains about portions of his upbringing, the escalation of his drug use in high school, during times of a national drug pandemic. Joseph writes about his military service, and some of the difficulties of being a veteran. He then tells us how homelessness, with all its horrors and inconveniences, impacted his outlook and motivation.

Emotional, physical, and psychological suffering, imprisonments, and isolation are parts of the traumatization process, that are inherent to being an addict. This is a remarkable book, outlining events from the beginning of his drug dependency, up to the start of his journey on the path of recovery. This book gives us a visualization of how we can take incredibly negative situations, and construct them to have positive outcomes. I give this book five stars. A must read for anyone wanting or needing an inspiring, uplifting, and touching story of the human spirit. 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.

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

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.





CRI-HELP 50TH ANNIVERSARY DRIVE-IN CELEBRATION

FRIDAY, MAY 14, 2021

SANTA ANITA PARK

8-11PM

VANGUARD AWARD HONOREE DANNY TREJO

**SPECIAL SCREENING OF
INMATE #1: THE RISE OF DANNY TREJO**

CATERING BY TREJO TACOS



FOR TICKETS: CRI-HELP.ORG/EVENTS