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Holiday Issue 2021

KEYS TO RECOVERY NEWSPAPER, INC.

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Guidance**
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About Us

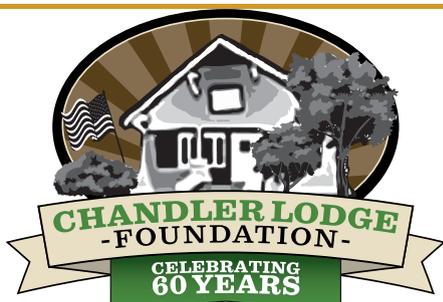
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Happy holidays to everyone. Each issue of Keys to Recovery newspaper that we publish is filled with experience, stories of redemption, and hope that no one is too far gone to recover. The theme of our "Holiday Issue", Don't give up...five minutes before the miracle, reminds us that each of us has a story, and a miracle to share. We hope that you find the inspiration that you need in these pages.

No matter what you do, or don't celebrate, this season is full of hustle, bustle, and bright lights. I for one am going to celebrate life to the fullest. As the saying goes:

Live every day as if it were your last...

Yet live life as if it is everlasting.

In the spirit of that verse and gratitude month I thought I would share a very small portion of my **DAILY** Gratitude List:

Waking up to another day, filled with God and his undying love, and all the gifts He has blessed me with.

Having the gifts of sight, of hearing, of speech, and mobility, gifts that many do not have.

My Sobriety, without it so much would not be possible.

Thankful for my husband, my daughter, my granddaughter, my mother and brothers, my sister, my nephew, my extended family, my sponsor, my friends (this part of the list goes on and on, people are my biggest blessing).

The home that protects us, with all that is in it.

Enough food to feed me, my family, and those around me.

My work that brings in money, the work that gives me a chance to be of service, such as this newspaper... "we could increase the list ad infinitum."

Learning to be grateful in ALL things is the Key to peace, joy, and lasting happiness, at least it has been for me. Thank you & God bless you! - **Jeannie Marshall, President & Cofounder**

Hello to everyone. We are thankful that you are part of our monthly readership. My wife and I have seen a large turnaround personally, as well as globally. The month of November has always been a special time for me. My mother and I always enjoyed Thanksgiving before her passing in 1995. She reminded me daily to be thankful for all that we have, and to never complain about what we do not have. My upbringing has given me the belief that EVERYTHING belongs to GOD, and He allows us to USE what He decides to give us. I believe those sorts of beliefs that my mother instilled in us, have helped me to overcome countless obstacles, which were in my path. Actually, my own doing caused many of those obstacles, by me trying to overlook the unethical and moral implications of those actions.

Recently, I received information that I had to come to grips with, an exceptionally good friend of mine was diagnosed with stage 4 Cancer. He has an extraordinarily strong faith in God, and he is looking for a positive outcome in his situation. His unfortunate condition has given me a clearer perception of what I should do daily with my time remaining. I am going to apply what amount of time God is going to allow me, to do even more for those around me. If we all live our lives as if it is our last day here on earth, I believe we would truly amp up our daily performances in all of our affairs. I am so thankful for another day of opportunities, I "Get to Go" to Hope of The Valley to drop off donations of clothes, dishes, appliances, etc.

They sell the donations at their Thrift Stores, and the proceeds are to help the homeless get housed, fed, clothed, and supported in other ways. Ken and Laurie Craft are two amazing individuals. Their vision has helped countless homeless men, women and children, obtain the fundamentals that enhance their dignity and self-worth. Ken and Laurie's hearts are geared towards providing as much help that is required, for each and everyone who is in need. In the 12 Step Tradition, being of service daily, helps us to heal from our addictions, and become whole again. I want to take one day at a time, to do all that I can do in that day, which God has given me. Until we come together again for reasoning, may God protect, guide, and uplift us all daily. - **Marcus Marshall, Vice-President & Cofounder**



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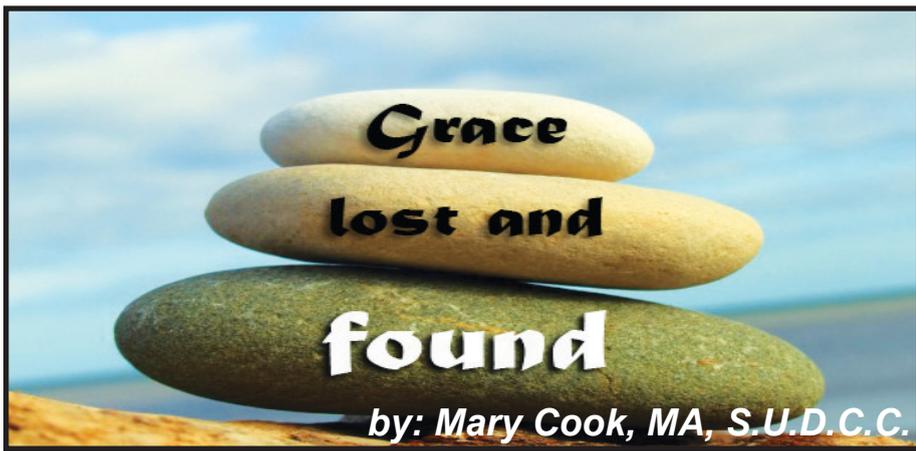
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SOUL GUIDANCE

When we seem blocked from spiritual progress, we are likely listening to the wrong source of inner guidance. We are both human and spiritual. Our mind dictates advice based on the culture and habits of our family, society, and environment, while higher consciousness offers our soul's perspective.

Our human mind gives us what we need to function in our specific social system. We learn to master tasks, acquire abilities and define and meet goals that give us a sense of esteem and empowerment. Our five senses help us determine our particular responses to stimuli. We seek gratification of desires and needs, and avoidance of pain and confusion. We in the western world especially, experience materialism, which emphasizes security and power through abundant finances, competition, and consumerism.

*The voice of fear is loud,
repetitive, insistent, and
frequently illogical and insane.*

We are here with a deep longing to learn, experience, and evolve, according to our character traits and talents and their potential. We and our lives are dual in nature, blending healthy and unhealthy, knowledge and ignorance, attraction and repulsion, stewardship and exploitation, wealth and impoverishment, and so on. Earthly life is not meant to be perfect bliss and harmony. The key to accomplishing our purpose, however, is to attend equally to both human and spiritual aspects, and discern between the two.

When we are significantly harmed or deprived in early life and have no resources to heal, our minds' focus can become dominantly fear-based. This then propels a preponderance of defense mechanisms to protect our physical or psychological survival. Fear and its reactions make it difficult for us to appreciate the balance of what our mind can give us.

The excess of fear can cause us to fixate outwardly, both to blame and to seek relief so as to avoid internal examination. Since we cannot control others and outside experiences, however, we only accumulate more fear through this method. Fear also disrupts our ability to hear from our soul. We often realize the flaw in this chronic over-focus at a much later time.

The voice of fear is loud, repetitive, insistent, and frequently illogical and insane. We are threatened, called names, and given disaster scenarios of what will occur if we fail to heed fears' advice. Fear is an intrusive bully that attempts to control and smother us with its self-appointed power. And yet, it is the culmination of this long, painful, overwhelming experience, that can motivate us to an earnest search for spiritual truth and blessings. We tend to take for granted that which is always with us, and revere more strongly that from which we have been desperately deprived.

And how then will we know the voice of our soul? One way is by its stark contrast to fear. Our souls' voice remains silent if we do not wish to hear it, for it needs nothing from us and is not bound by time or space. When it speaks, it will not give us more than we can understand and wisely use. Soul enters our conscious awareness where we have created space and cultivated gratitude for its offerings. Soul guidance is gentle, soft-spoken, and devoid of all judgment. It is accepting, calm, encouraging, unconditionally loving, patient, and understanding.

Our soul will not aid us in causing harm or in robbing anyone of free will. It will not co-dependently rescue us from problems we must experience in order to learn and spiritually evolve. Soul sees through false disguises, defense mechanisms, and character defects, to show us that it is our own shadow that scares us the most. This shadow only needs the light of love and truth for it to be transformed.

Whenever we feel blocked from spiritual growth, we can ask what actions, feelings, or thoughts hold us hostage. We can imagine, then practice demonstrating their surrender to our Higher Power. We allow ourselves to increasingly align with the divine, while at the same time accepting the imperfection of our humanness. In this way, we are experiencing healthy, unconditional love and commitment to ongoing progress. As we continue to ask and listen for soul guidance, fortresses of fear fall down around us to reveal the blessings that have always been with us.

~~~~~  
*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 over 45 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.



~~~~~  
Check out Mary's Ad on Page 13, and the review of her book Grace Lost and Found on Page 17 (reprinted from the October 2014 issue of Keys to Recovery Newspaper).

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Sunlight of the Spirit

by: Darrell Fusaro

START ENJOYING YOUR INHERITANCE TODAY

You do not have to wait until somebody dies before you start enjoying your inheritance. It's made abundantly clear throughout the Bible and other sacred texts that we have a covenant, a Divine contract with God. In it we are promised an inheritance of unlimited health, happiness, love, success, prosperity and money. When our thoughts are in alignment with these affirmative promises, we're keeping up our end of the contract and as we do, we receive as promised. Any thinking to the contrary is not in our contract and interrupts the flow.

A simple definition of a contract is an agreement between two parties, in which they each promise to give an agreed upon something they have in exchange, for an agreed upon something the other has. As stated above there are countless examples of our Divine contract throughout the Bible.

One example is, "Seek ye first the Kingdom of God, and His righteousness, and all these things shall be added unto you." (Matthew 6:33) The esoteric and spiritual meaning of "Seek ye first the Kingdom of God" is to dwell on thoughts of love, prosperity, success, happiness, right outcomes: all things good. "His righteousness" is referring to our thoughts. Righteousness can be considered as "right use of mind": keeping an optimistic attitude by trusting completely in God's promise to meet and exceed our needs. "All these things" is referring to all the good we desire and require throughout our daily life. Finally, "added unto you" makes it certain that all our needs and desires will come to us effortlessly, as we maintain this faithful mental approach to life. Simply stated, "Always expect God to bring about the best in any given situation, and you will always experience better than expected outcomes."

Whether you live in the world of Hollywood or not, you probably have heard rumors and reports of the extravagant perks actors demand in their contracts. Like, David Hasselhoff's contract specifying that a life-size cutout of David Hasselhoff is set up backstage. Or Will Ferrell's contract including a Janet Jackson-style headset microphone, a mobility scooter, and a rainbow on wheels. Although these examples maybe humorous, in a very real and personal sense we are promised incredible perks of good fortune in our Divine contract.

Our end of the contract is simple: to dwell upon or remind ourselves of all the perks in our contract. Anytime our mind drifts to discouraging ourselves, doubt, worry, or anger we are not keeping up our end of the bargain. Those things are not in our contract. Whenever we catch ourselves thinking along negative lines it's time to remind ourselves to drop that manner of thinking abruptly, and exclaim as in the language of Hollywood, "That's not in my contract!"



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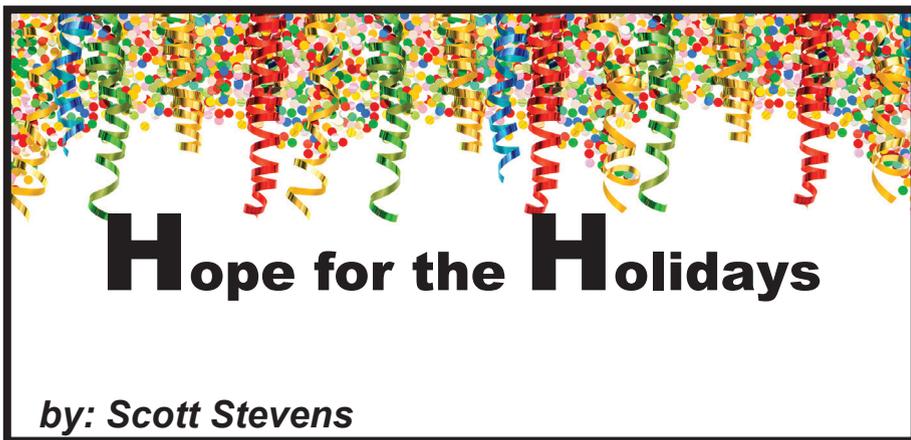
"What a relief it is to discover that it's not against the law to expect that everything will turn out better than expected."

I had a scheduled medical appointment at 9:00am on a Tuesday morning. I woke up with plenty of time to enjoy my morning routine of inspirational readings and meditation, shower, eat breakfast and leave the house. However, once in my car and driving off I began to anticipate rush hour traffic, and then sitting for a great length of time in the waiting room at the doctor's office. Luckily, I caught myself doing this and exclaimed, "That's not in my contract!" It's quite miraculous that whenever I follow through with this practice my mind begins to go to work thinking about what is in my contract. "I'll get there with more than enough time. My appointment will be a quick and positive experience", I thought. It's not presumptuous to expect the best—it's keeping up my end of the Divine contract.

Traffic flowed incredibly smoothly. As I got within a hundred yards of the medical center's entrance, I noticed a man on his morning walk. It was someone I had met just two weeks' prior. I looked at the clock and saw it was twenty-five minutes until my appointment. So, I turned my car around. I pulled up alongside my new friend to say hello. We both agreed that encounter made each of our mornings. When I checked into my appointment, I met two other men who served in the U.S. Coast Guard as I had. We all couldn't believe it, since it is very rare to bump into another Coast Guard veteran let alone two, and all sitting in the same doctor's office waiting room at the same time. When I was with the doctor, he had great news to share with me and our time together was brief. Once back in my car and heading out of the parking lot I looked at the clock. The time was 9:06am.

Keep the Kingdom at hand and alive within you by reminding yourself often of God's promise. "(With the knowledge of all the perks in my contract) You have put gladness in my heart." (Psalm 4:7)

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



DODGE THE HOLIDAY MINE FIELDS

1) Stay out of your medicine chest. Cough and cold season are here. It's especially easy to overdo the meds. In typical addict fashion, we think the dosage is only a suggestion and if a small amount works, the whole bottle will really kick the symptoms to the curb. Not so. And the little buzz from an over-the-counter drug OD can lead back to the drug of choice.

2) Stay out of your medicine chest: Part II. Another relapse trap in the medicine chest is sleep aids. With the time change and extra holiday-season stress, sleep is a casualty of the calendar. Alcohol is a depressant. Sleep aids are depressants. The brain doesn't make such an exact distinction between the two, and historically, drinkers have used alcohol as a sleep aid – or excused their drinking by saying it helps them sleep. It isn't just the prescription sleep aid like Abilify. It's also the over-the-counter one, and especially concoctions like Motrin PM or Tylenol PM.

3) Find sober celebrations. Not as rare as you might think. If you're timid, take someone along with you who might be even newer to sobriety. If there aren't celebrations, it could be time for a diversion like a museum or pick a dry theater and watch Star Wars. All the older kids are doing it.

4) Bail out. There is nothing wrong with the word no. We were all pretty creative with excuses for our drinking. If you are even slightly apprehensive about an event, put the same creativity to use for why you can't go. And if you're busted telling a little white one...isn't it better than possibly challenging your sobriety? Real friends understand.

5) If you can't bail, bring candy. Seriously. Satisfying an oral fixation can make a difference. The taste on your palate will make alcohol flavorings less inviting, too. If you ever had a beer on top of a candy cane, you know.

6) Never stay late if you do go. Our reputations as the last soldiers standing – gone. Be the first leaving. Everyone has seen a dreaded morning after, or the photos of the night before and uttered the words, 'I shoulda left way earlier.' The more tired you get, the weaker your defenses become anyway. My grandmother's rule was that nothing good ever happens after 10 pm.

7) Go help another alcoholic who might be struggling. The twelve-steppers founded their fellowship on this simple act. Even if you're not a twelve-stepper or vow to never be one, give this a try. It works. There's a flawed thinking that the holidays are an inappropriate time to challenge someone who's challenged by drugs including alcohol. It may be the best gift you ever give the person with the disease and the family around him or her. Inside every person sick with this disease is a trembling, sorry, sad person dying to feel well again.

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Invite him or her out onto the path to recovery. In the case of the disease of alcoholism, there's no worse time than waiting for tomorrow, or the New Year. You wouldn't imagine postponing treatment for a chronic, fatal, progressive disease like cancer. Why postpone it for a chronic, fatal, progressive disease like alcoholism? If the worry is that it wouldn't be the holiday without that person near, what have the past few holidays told you about that... and what if there isn't a next holiday?

8) Breathe. The holidays are loaded with financial stress, family stress, traffic stress, cold-and-flu stress, and end-of-year work stress in addition to the normal everyday stress of life. Alcoholics and non-alcoholics alike drink to relieve stress. There isn't a single stressor that is cured by drinking: There isn't one that got worse because you chose to just breathe rather than drinking it off the calendar.

9) Be brutally honest with yourself. The biggest mine in the holiday minefield is in the eight inch gap between your left ear and your right. Nearly every relapse comes in the collision with reality and the five words, "It won't happen to me." Here's the very alcoholic reason why I still have the Ibuprofen PM in my nightstand: Because it won't happen to me, the warning is only for those other guys, right? Those other eight tips are just for the other guys in the minefield, right? Right.

By the way, these nine aren't just for the end of the year and the start of a new one. They work anytime.

Scott Stevens is the multiple award-winning author of bestselling alcoholism recovery books What the Early Worm Gets, Every Silver Lining Has a Cloud, and Adding Fire to the Fuel. Find out more about the books, his 'The A-Files' series, and the free Alcoholology app for Android at www.alcoholologist.com.

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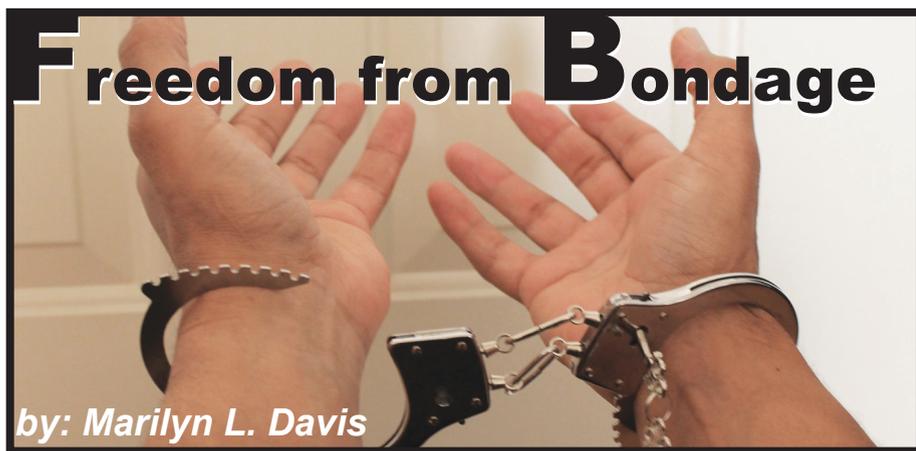
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GUESS WHO'S COMING FOR DINNER? TRIGGER ALERT

“This is the moment I realize that our traumas never really go away. They live inside of us, in the deepest darkest pits of our own tiny hells. Cocked and loaded, waiting for someone to come along and pull the trigger.”— A. Zavarelli, Crow

Okay, you've decided to go to the family function, and only hours before the feast, you get a text from your mom and find out:

- *Your cousin you used with is also coming. You haven't seen each other since you got into recovery, and you're anxious.*
- *The aunt and uncle who bad-mouthed you in your use are now coming. You haven't seen them since you got into recovery, and you still resent them.*
- *Perfect sister is now coming. Growing up, she was the role model you never could match.*
- *Your mother texts and says, “Your dad is drinking again. Will that bother you?”*

Now you've got a choice - go, stay home, or leave if you get uncomfortable?

If You Go?

Do you even know if your cousin is still using? You know you haven't asked about him, so maybe a call to your mom could let you know if your cousin is safe. Most of us didn't participate in extended family functions if we were still using, so maybe he's safe. Better to ask than show up, and he's high, which might trigger you.

The aunt and uncle? Are they the parents of that same cousin who used? This one gets tricky. Sometimes, we bad-mouth people, so we look good. Perhaps that's what your aunt and uncle have done. They couldn't accept that their son was using, so focused on you. Your choice now is, do you go and show them how you've changed? Sometimes it takes people seeing us in recovery to realize that we are not the same person. Your choice.

Perfect siblings are something I understand. My sister is an accomplished artist, business owner, and all-around extremely remarkable woman, and I never felt equal growing up. But that's changed, as I changed. Her skill set is different than mine, and spending time comparing was eroding my self-esteem. Now, I don't compare, and it's made a considerable difference in our relationship. She is the one who designed the cover of my memoir, *Finding North: A Journey from Addict to Advocate*. How's that for combining our talents - art, and writing?

Any family member who chooses to drink, knowing you're an addict or alcoholic, is suspect. Granted, not everyone has a substance abuse problem and is entitled to drink at family functions. But I find it disrespectful, at the least. Do you need to ask your father not to drink? Have you been in recovery long enough that someone else drinking won't bother you? These are personal decisions you have to make if you go.

Family Members Who are Plain Toxic and Trigger You

Some of our family members are just toxic. Being around them reminds you of the ill-treatment, the spiteful things they said, or the abuse they inflicted. It prompts anxiety, fear, and sadness.

These relationships give you nothing and drain all of your energy. Sometimes, crazy-making games are played at your expense.

My suggestion? Take out with some recovering friends who also have toxic relationships.

When You Are Aware of the Triggers

I remember going to a Christmas party in my early recovery. It was at the home of the president of the college that sent me to treatment. He personally invited me and said, “If you get uncomfortable, let me know.”

The faculty, staff, and his family were there with a catered buffet and an open bar. I drank with many of the faculty, and some staff, so I simply stayed clear of them. I waved across the room and considered that an adequate greeting. There were enough people who didn't drink to socialize with, and I stayed about two hours. After I left, I immediately went to a 12-Step meeting.

Choosing to Stay Home

I've decided not to attend certain functions because I knew I'd be uncomfortable. I used over anxiety in the past and don't like to set myself up to have that feeling. I try to be honest in declining an invitation. Most of the time, my explanation is accepted. I also try to make arrangements to see the person separate from their function. It lessens the guilt or questions they may have about me “not liking them.” It really is the old, “It's me, not you.”

You Can Always Leave

Recovery gives me choices I didn't have in my use. I was trapped in a vicious cycle. In my recovery, I wasn't trapped. Neither are you.

If you find that you're uncomfortable, leave. While that may sound like a command, it's about supporting your recovery

Whatever You Do, Be Joyful

Whatever you choose to do, go or stay, be joyful. Recovery gives us many blessings, and especially on this day, it's good to remember them. You're in recovery.

That is present enough. Oh, and where ever the food comes from, enjoy it.

Marilyn L. Davis is the Editor-in-Chief at From Addict 2 Advocate and Two Drops of Ink.

She is also the author of Finding North: A Journey from Addict to Advocate and Memories into Memoir: The Mindsets and Mechanics Workbook, available on Amazon, at Barnes and Noble, Indie Books, and Books A Million. For editing services, contact her at marilyndavisediting@yahoo.com.

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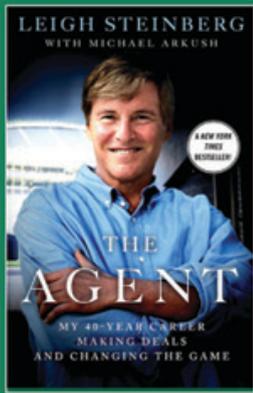
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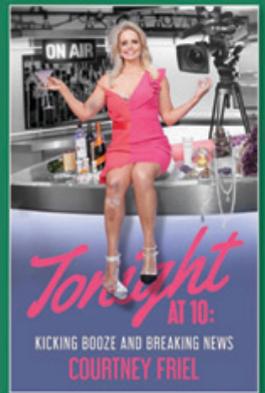
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by: Annie Kuni, LMFT

EATING DISORDERS AND THE HOLIDAY

I've always noticed an uptick in clients seeking eating disorder recovery therapy after both Thanksgiving and Christmas/New Years.

Why? First and foremost, family triggers. Being home for the holidays brings out old eating disorder (ED) behaviors, and many people realize they have more of an issue than they have been willing to admit. For teens and college students, parents tend to notice that their child isn't eating normally when they start spending more time together at family meals. And of course, we have the old faithful – New Year's resolutions. This one is just big for seeking therapy in general.

Given all these triggers, let's talk about how to take care of yourself during the holidays. It goes without saying that family can be stressful. Make sure to carve out some alone time when you're with family to journal or meditate. Anything that helps to prevent stuffing down your feelings. The holidays are also rife with ED statements from everyone. For example, people talking about fasting before thanksgiving, their diet starting at New Years, etc. The best way to deal with this is to have a conversation with people prior to the holidays that you don't want to hear certain things and ask them to respect those boundaries. These conversations are usually much more productive ahead of time, rather than in the moment. Furthermore, make sure to eat regularly and stay out of everyone else's binge, and restrict cycle.

It can also be helpful to be aware of feelings that might be attached to certain rooms in the house where you will be spending the holidays. You can even take time mapping out your childhood home floor plan ahead of time, and write out what emotions you associate with different rooms. Usually, clients with eating disorders tend to have a lot of feelings around the kitchen, the dining room, the bathroom, and their bedroom. It might be hard to avoid these rooms entirely, but being aware of unconscious triggers is always helpful.

Last but not least in coping tools, get on the wait list now for therapy! Knowing that you're going to start taking care of food in therapy, can be a light at the end of the tunnel during the holidays. There has never been a higher demand for therapy than right now, mostly because of the mental health effects of Covid. Even if you don't plan on starting till the New Year (New Year's resolutions, am I right?) a spot most likely won't be open for 2-3 months now anyway.

In addition to taking care of yourself during the holidays, there can also be a lot of opportunities for healthy challenges. For example, try eating some fear foods, as the holidays are full of them. Take it slow so you don't get overwhelmed, but try to not avoid fun foods in general. The holidays can also be a time to practice eating in front of other people. You'll encounter way more group meals than the normal calendar year. Try and put your coping skills into practice – plan an activity for after mealtime to distract from any ED thoughts. This can be a game, a walk to look at Christmas lights, cookie decorating, a crossword puzzle, etc. Even though it might be tempting, don't skip therapy. If your therapist is working over the holidays take advantage of that, and do the work while it's happening in the present. With telehealth, it's easier than ever!

Not everyone has a family to spend the holidays with. If this is the case for you, know that you're not alone. Also, know that this doesn't mean that you can't have fun, and use these same coping tools and challenges on your own, or with friends and a family of choice.



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



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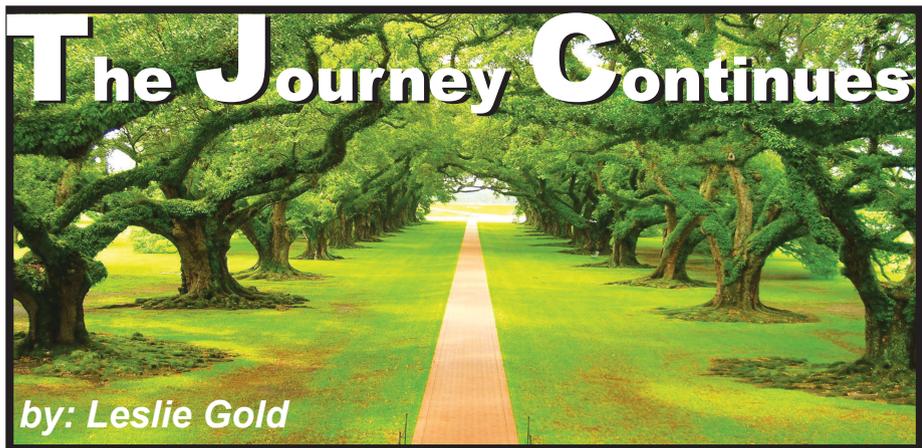
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WHY DEREK STAYED IN TREATMENT

For nearly two months during Fall 2020, the first words out of Derek's mouth, as we began our weekly training run, were always the same. "I almost left the program this week." Derek was one of the members of the Beacon House Half Marathon Team, and he was working on his fourth step.

The challenge of "made a searching and fearless moral inventory of ourselves" was daunting. It was something he wanted to run away from. I would always ask why he chose to stay, but he seemed to struggle to explain his decision. A year later, he can reflect on those days with much more clarity.



Members of the Beacon House Half Marathon team.

"When I first arrived at Beacon House, I didn't want to be there. I was insecure. I had no motivation. I was a mess." Shortly thereafter, he joined the running team. The men trained together 3 times each week for four months. They encouraged and supported each other as they took on longer and longer distances. Together, they grew physically, mentally, and emotionally stronger. Everything began changing for him.

"I learned that if I could push through the discomfort of running, I could push through the discomfort of recovery. I built relationships with the other guys on the teams, and that helped me become more honest and vulnerable. Running with the team gave me a purpose," he continued. "The team is what kept me in the house."

The first half marathon the team trained for was cancelled due to a COVID outbreak. Derek and the rest of the team trained again for the rescheduled 13.1 mile group run in May 2021.

The rest of the team finished this half marathon, but Derek had to drop out just 2 weeks before due to a severely pulled muscle, that took over a month to heal. He stood on the sidelines and cheered on his brothers instead.

Despite that setback, he persevered and maintained a positive attitude. Derek trained with the team for a half marathon in August 2021. Days before the event, he sustained an injury to his heel that required stitches. He couldn't run for several weeks. But still he didn't quit. As soon as the injury healed, he resumed his training.

Today, Derek is training for a half marathon in early 2022, and he is mentoring the newest members on the running team. Today he is a man with self-confidence, and a man of purpose. He is still in the Beacon House program, and he now has 18 months of sobriety.



This is Derek after an 11 mile training run, and just days before sustaining the heel injury.

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





LET'S RAISE AWARENESS TOGETHER THIS SEASON

Now that Thanksgiving is approaching fast with the holiday season right behind it, I want to share some news from my friends at "The National Council on Problem Gambling." This year, they have partnered with many State Lotteries, and Canada to join their "Holiday Gifting Responsible" campaign. I have signed up to be a social media partner and am happy to do so, and so can the readers of my "Quit to Win column!"

With permission from the executive director, Keith Whyte, here is more information about this year's campaign, and how you can help raise awareness about responsible gifting of lottery products to those under 18 to 21, who may be on your holiday gift list. I am a stickler when parents or relatives give teens or children lottery scratch tickets under the tree, or in their holiday stockings. You are teaching them that it's OK to gamble at a young age.

Peer pressure with alcohol, drugs, or even tobacco is terrible enough to navigate through with your kids. If you add gambling in the mix, it could become a problem for them later on in life. I know parents or others may not think of it in this way. They may consider giving the lottery products all in fun. I know most parents want the best for their children. How about buying them some books instead to develop healthy habits that may last a lifetime—just some of my opinions.

Here is more about the councils' campaign and how you can help raise more awareness about it this holiday season.

"Help us Make a difference and join your colleagues across the country and around the world, in our responsible gambling campaign to raise awareness regarding the risks of underage lottery use. Lottery products are appropriate for gifting only to adults, from adults."

Research shows why: the earlier a person's participation or even exposure to gambling in childhood, the more likely they will develop gambling problems later in life. And gambling in childhood is frequently some kind of lottery product, given through lack of awareness by a well-meaning adult. This public-private campaign was previously known as the 'Holiday Lottery Responsible Gambling Campaign.' The name was changed in response to requests from lottery organizations, and feedback from our global stakeholders.

The new name enables lotteries all over the world to participate.

It avoids the word 'holiday,' which in many global cultures describes what American English-speakers might call 'vacation.' It provides flexibility to expand the responsible giving message for all the occasions, where children and minor teens might receive lottery tickets as gifts throughout the year. And it is a short name, which is easier to use in social media and advertising.

Whether or not it is legal for minors to participate in lottery games in your area, a responsible gambling message is always appropriate. The campaign continues to be endorsed and receives support from the World Lottery Association (WLA), European Lotteries (EL), and the North American Association of State and Provincial Lotteries (NASPL).

Find out how you can participate in the 2021 Gift Responsibly Campaign by visiting the link <https://www.ncpgambling.org/programs-resources/programs/gift-responsibly-campaign-2021/> scroll toward the bottom to download some of the tools and images to show your support on all your social media platforms. Together with the "National Council on Problem Gambling," we can make changes, raise awareness, and help our teens while doing so.



Call: 1-800-522-4700

Chat: [ncpgambling.org/chat](https://www.ncpgambling.org/chat)

Text: 1-800-522-4700



I wish you all a "Happy and Blessed Thanksgiving and a very merry Christmas."

Catherine Townsend-Lyon is the author of her shocking debut memoir titled "Addicted To Dimes," available on Amazon. Today she celebrates 14+ years of maintaining recovery and shares her experiences, strength, hope, and recovery journey as a writer, author, speaker on her website at <https://betfreerecoverynow.com>. Catherine is the owner of Lyon Literary Services & Consulting, helping new authors learn where to market their books. She and her husband reside in N. Phoenix, Arizona. She welcomes questions and emails at lyonmedia@aol.com.



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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. 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. Our newspaper also includes a resource guide listing free services and vital help offered within our community.

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.

Distribution Information

Keys to Recovery Newspaper, Inc. has a readership exceeding 100,000 per month, we are already a solid and formidable presence. 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.

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!

Book, CD & Video Reviews



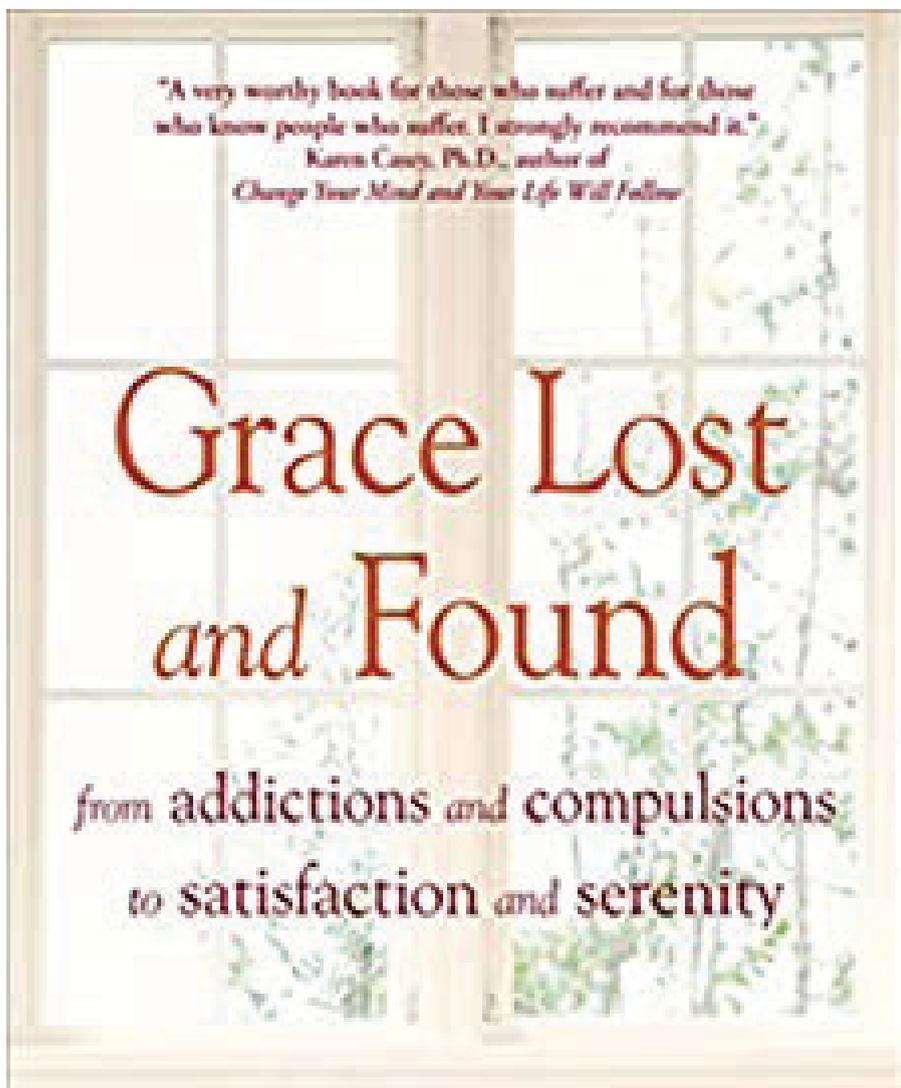
GRACE LOST AND FOUND: From Addictions and Compulsions to Satisfaction and Serenity: by Mary Cook - published by Conari Press.

The Addicts "Bag of Tricks" EXPOSED! and Simple Solutions to Deal With Them. I really enjoyed reading this book. I'm in a 12 step program, but I think it's good for others around them too. Dealing with someone who's in their addiction can make anyone around them crazy.

Mary Cook's simple explanations of how and why addicts do, what they do and how to avoid them is a lifesaver. In the first chapter about addictions, compulsions, and recovery, her explanations go beyond where the 12 steps leave off, sharing her experience in dealing with addicts for over 45 years as an addiction specialist, and a counselor.

The second chapter takes it even further, helping us with how to overcome stress, fear, and pain. I found it to be completely in harmony with my 12 step program and spirituality. Emotional sobriety is an area many in 12 step programs need help, and in chapter 3 on relationships with self, others, and a higher power, again she speaks from experience and offers simple tools to add to my spiritual toolkit.

The last chapter I read was on the process of growth and transformation, which gave even more good ideas to maintain and grow spiritually. Mary Cook's book was exceptional with tons of things I didn't know about recovery and living a happy life. If you are in recovery get this book. If someone you love is in recovery and you need help to figure them out, this book is your textbook. I give this book 5 stars. Available at Amazon.com



DO IT AFRAID, Embracing Courage in the Face of Fear; by Joyce Meyer. Published by Faith-Words a Hachette Book Company.

In "Do it Afraid" Joyce reminds us that fear is everywhere and it affects everyone. Fear has been here since the beginning of time, and it will be here until the end of time. She reminds us that although fear rules many people it doesn't have to be that way. Even though fear will never disappear from our lives, we can confront it and overcome it. Courage is not the absence of fear; it is moving forward in the presence of fear.

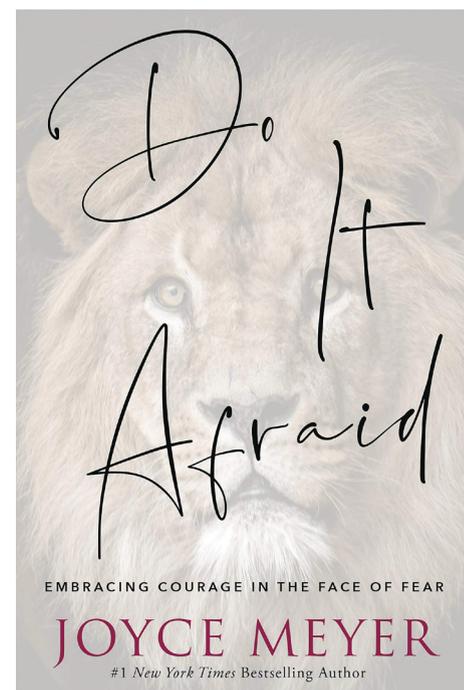
Joyce tells us to remember that God has a plan for our life and it is a good plan, but Satan also has a plan for our life and it is not a good plan. It is up to us to choose because God gave us free will.

Joyce points out that God never stops loving us, and He doesn't get angry with us when we choose to be fearful, but it does make Him sad because He wants us to trust Him, and to have the best life we can live.

This book will remind you that fear has no real power over us if we understand what it truly is. Joyce explains the only way to live free from fear is to confront it, or as she says "DO IT AFRAID". She tells us we can face fear with faith. We can feel fear and do it afraid.

Whether we walk in faith or fear is a decision we must make many times throughout our lives. So, we should make a habit of looking to God everywhere, you just might be surprised where He will show up.

Reading this left me with a new sense of Hope, I would recommend this book to anyone who has ever felt fear; Oh! That is almost everyone. I give this book 5 fearless stars. Available at Amazon.



AFTERMATH: A Memoir, by Anthony S. Giarratano.

The author of this hard-hitting book holds back nothing, in order to leave an impression in each of our minds, one that will show how devastating, and encompassing drug and/or alcohol addiction can be regardless of one's upbringing. Anthony mentions in detail, how he was diagnosed with Acute Promyelocytic Leukemia, undergoing life-threatening treatments with horrible side effects.

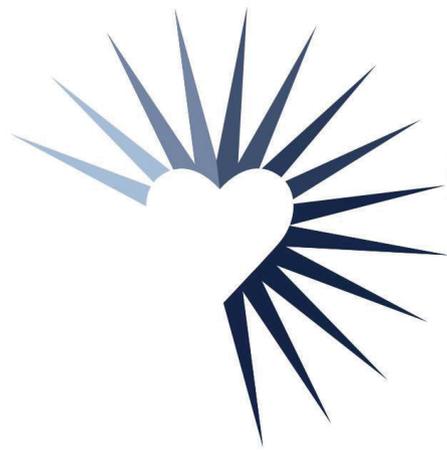
The treatments combined with the pain medications, caused him to be diagnosed with Chemotherapy-Induced Heart Failure at the age of just 18 years old. In this remarkably written book, the Author gives you a front seat ride from the beginning of his addictions, starting with pain pills up to partying all night with various pills, and cocaine. He ended up severing relationships with friends from his childhood, who stuck with him no matter what.

He tells of his ride down the road of addiction, and why he was given an opportunity to admit himself into a long-term, in-patient drug rehab in Florida. Sentenced to prison, released from custody, given a pardon...Another incredible story of redemption. This book is a must-read and I give it a five-star rating, it is inspirational and uplifting to the Human Spirit! Available at Amazon.



Do you have a book, CD or movie you want us to review? Just send us a copy to: Keys to Recovery Newspaper, 6930 De Celis Pl. #35, Lake Balboa, CA 91406.

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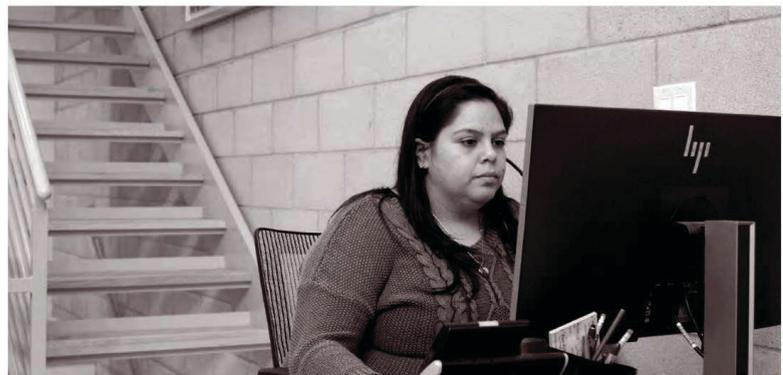
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www.childrenofthenight.org

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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 Family Groups: A 12-Step recovery program for those affected by a problem of compulsive debting in a relative or friend. 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.siaawso.org

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

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

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

INFORMATION & REFERRAL SERVICES

Dimondale Adolescent (310) 791-3064.

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

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

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

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

Sober Living Network (310) 396-5270.

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

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

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

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

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

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

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

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

FOOD AND FINANCIAL ASSISTANCE

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

FOOD BANKS

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

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

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

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

First United Methodist Church 18120 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.

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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.

MEALS SERVED & SERVICES OFFERED: Homeless Shelters listed most have food programs.

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

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

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

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

HOMELESS SHELTERS & RELATED

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

Centennial Place Permanent Housing (626) 403-4888.

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

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

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

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

Fervent Heart LLC (626) 319-7479.

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

Family Rescue Center (818) 884-7587.

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

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

Family Promise (818) 847-1547.

GRCN Connecting Communities (562) 293-7595.

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

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

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

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

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

Homeless Adult Center (626) 403-4888.

House of Hope (323) 663-1215.

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

Jenesse Center (323) 299-9496.

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

Los Angeles Mission (213) 629-1227 x305.

Long Beach Rescue Mission (562) 591-1292.

Los Angeles Youth Network (323) 957-736.

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

National Runaway Switchboard (800) Runaway.

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

OPCC Safe Haven (310) 883-1222.

Passageways Homeless Intake Center (626) 403-4888.

Pentecostal Outreach (562) 313-1257.

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

Rochester House Transitional Living (213) 986-5599.

Runaway Homeless Youth Shelter (310) 379-3620.

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

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

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

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

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

Sanctuary of Hope (323) 786-2413.

Samaritan House (562) 591-1292.

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

The Midnight Mission (213) 624-9258.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

Volunteers of America Homeless Support (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

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Organization/Company Name: _____

Services offered: _____

Address: _____

Phone: (____) _____ Cell (____) _____

Contact person: _____

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