

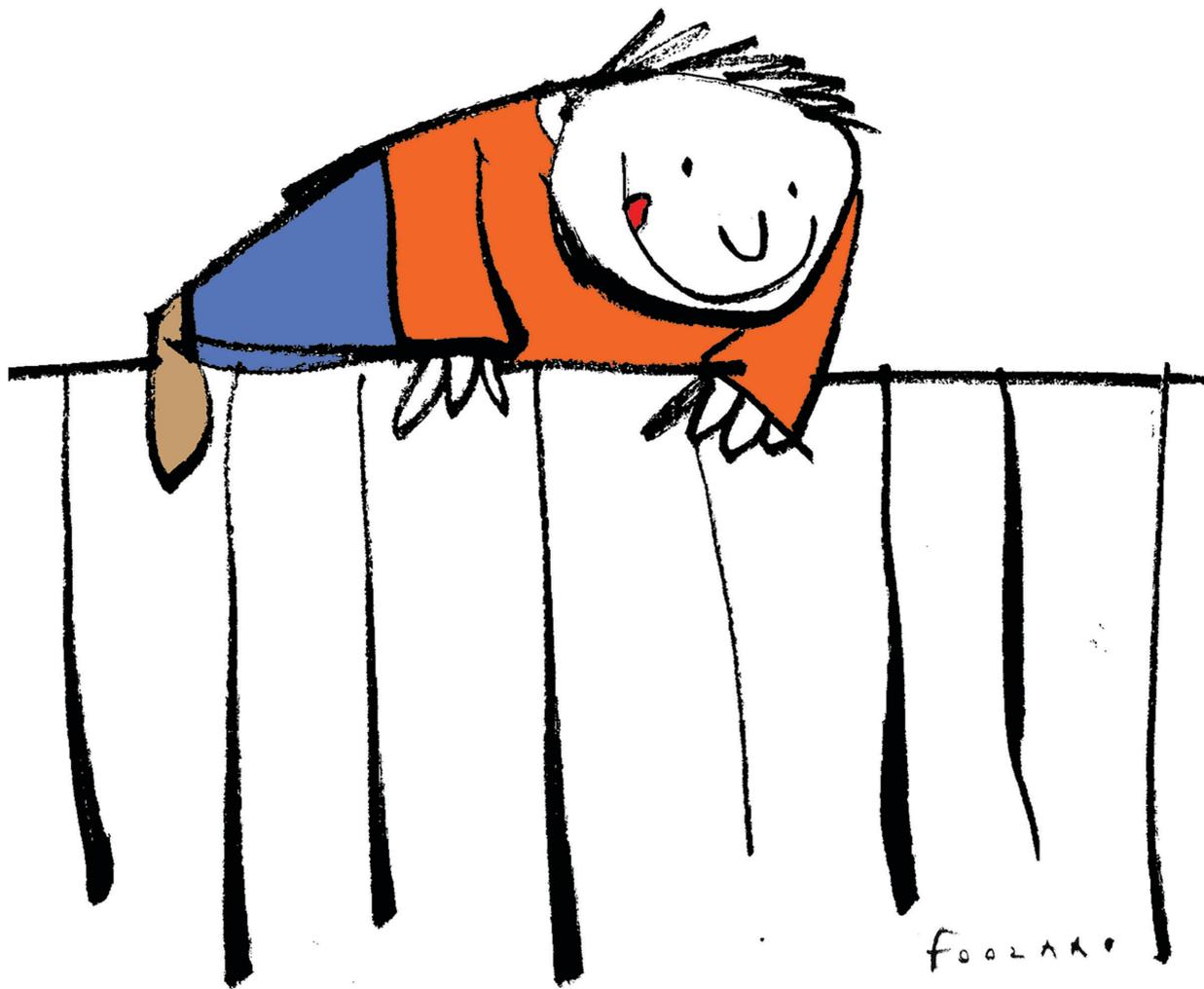
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January 2022

# KEYS TO RECOVERY NEWSPAPER, INC.

## Actually, you can.

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For Maturity**  
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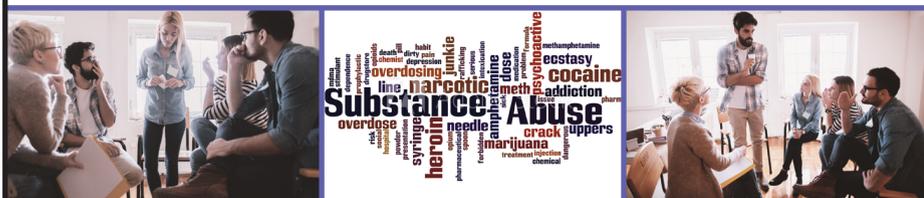
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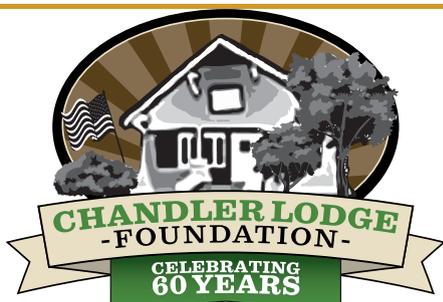
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***"It's a new dawn  
It's a new day  
It's a new life for me  
And I'm feeling good..."  
- Nina Simone***

Those words are exactly how I feel as we step into 2022. I am in awe as I look around and see all the blessings God has given us. Blessed beyond measure only begins to explain how I feel.

I am so thankful to have made it through the last two years stronger, healthier, and ready for whatever God brings our way. Staying out of the way of His plan is sometimes the hardest, but the most important thing I can do.

In February of 2021, I celebrated 35 years of sobriety. In October of 2021, I turned 60 years old. Both of these dates are milestones in my life, that would not have been possible if I had not gotten sober. I am so happy I didn't quit 5 minutes before the miracle (last month's feature), and that I had people who never gave up on me. Thank you mom for believing in me when it didn't make sense.

We have been celebrating everything differently since COVID began. For my 35th year sober I took cakes at "Zoom" meetings. For my 60th birthday, we had a small dinner with our family. And New Year's Eve was spent putting the finishing touches on the newspaper, making cookies and cupcakes with our granddaughter, and finally watching the newest "Matrix".

This last year has been full of lessons. I have learned that being flexible is crucial to my joy, serenity, and peace of mind. I have learned to be adaptable when necessary, otherwise, I spend time-fighting a war that is best left to God. I have learned to pick my battles. I have learned to "let go, and let God". Most importantly I have learned to count my blessing each and every day, because who knows what tomorrow brings.

As my granddaughter, Zoe likes to say "You never know". Thank you & God bless you! - **Jeannie Marshall, President & Cofounder**

Hello to you our readers, it is a blessing to be able to share our thoughts with you. The month of January is about reflection of the past year, and the prospects of what good things lie ahead. Because of the uncertainties of what is occurring due to Covid-19, my focus is on the simple blessings that we can count on daily. Such as waking up every morning to new opportunities, having our loved ones near, and enjoying interactions with those we meet daily. I am trying to focus on the positives and not the negatives. Life is a precious gift, and I believe we should embrace what we have, not worry about what we do not have, and that includes what was taken away due to Covid-19.

Whenever things change, whether it be bad or good, we learn how to adapt to the circumstances. Humanity is phenomenal, we individually can help one another fill gaps in each other's lives, as well uplift and guide one another through different hardships. When we put our collective minds together, there is nothing that we cannot accomplish! I wake up focused on these truths, and that motivates me incredibly so. I am practicing not to complain, instead, I am seeking solutions for my problems, bringing resolve. I look forward to seeing the joy and excitement in our Granddaughter's eyes, her anticipation in wondering what her grandparents will surprise her with that day.

Celebrating with limited family and friends, spending quality time with one another is priceless. Stepping outside seeing the neighborhood kids, still enjoying what they received for Christmas. It is also the simple things in life that we can count on, such as taking a leisurely walk in the park, cuddling up with loved ones enjoying a movie, driving through the neighborhood, and appreciating our friends and neighbors. The month of January should be embraced, for the excitement it still gives to children and adults alike, to those who focus on primarily what they have. Until we come together once again for reasoning, may God strengthen, bless, and uplift us all daily! - **Marcus Marshall, Vice-President & Cofounder**



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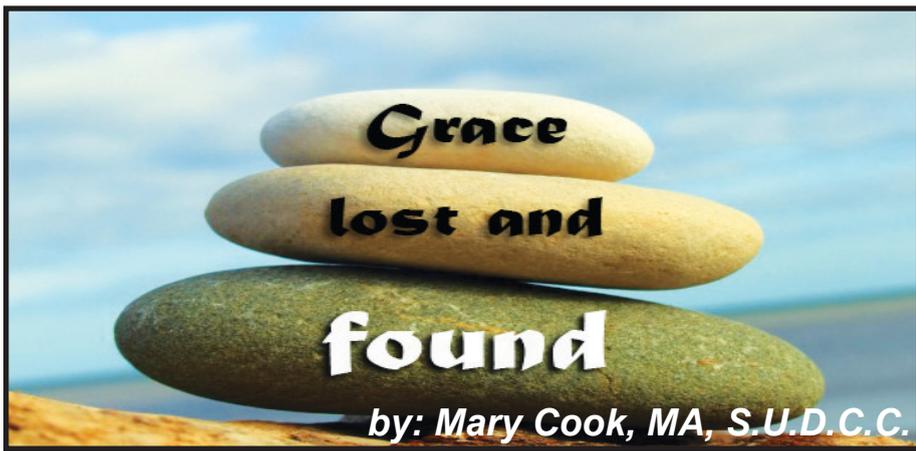
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## A NEW MODEL FOR MATURITY

It is in our childhood dependent state that our safety, security and happiness is irrevocably tied to our immediate social environment. When this environment lacks the capacity to provide necessary physical and psychological functions for our well being, we become wounded.

The areas of self or life that are not negatively impacted in childhood are free to evolve. We mature through a process of trial, error, exposure to new information, and training and modeling through a variety of people and experiences in our life. The wounded areas however, generally remain in an immature state. In absence of healing, defenses arise to partially protect us from full awareness of present and future pain. These defenses eliminate or reduce opportunities for growth. As our social environments change and expand through life, our responses in these obstructed areas remain static, until we develop the courage and desire to examine and change ourselves.

The deepest and most enduring wounds generally occur in childhood. Because a clear whole sense of identity has not yet formed, we see our child selves primarily as reactors and responders to others who have power over us. Since thinking in these wounded areas remains static, we continue to over-empower others as the source of our safety, security and happiness into adulthood. This means that in every part of our self and life that holds unhealed wounds, we lack personal awareness and responsibility necessary to experience mature health and happiness. Furthermore, we believe the problem lies either in others or in our lack of skill to change others so they can take responsibility for our well being.

Thus we search for significant others to compensate and correct for previous painful experiences. If we were abandoned as a child, for example, this can translate into seeking a relationship with someone who never does or says anything we could perceive as a potential rejection. They don't interact or speak with anyone that triggers our jealousy, insecurity or sense of inferiority. They cannot become angry with or hurt by us and withdraw affection or warmth, without us feeling abandoned. If we were abused as a child, we may look for a partner who is always kind, compassionate, sensitive, loving and understanding. They must not raise their voice, become angry, critical, confrontive, controlling, impatient, intolerant or argumentative even for short periods of time, without us feeling endangered.

These examples hopefully illustrate the impossibility of the "right partner" being the solution. To further complicate matters, as human beings we are easily habituated to patterns of acting and thinking, and to attracting people who reflect our unresolved issues.

Our patterns eventually become automatic and unconscious to the point where we believe our current experiences confirm the past even when no objective observer would validate this.

We erroneously think we need someone to gratify our needs today in such a magnified and perfect way, so as to eradicate the feeling of their past deprivation forevermore. This is unrealistic, and when we focus on what we missed and need, we reinforce and attract more experiences of missing and needing, rather than gratification. The nature of habituation also means that we become attached to our specific problems and pain and their resulting symptoms and defenses, and are reluctant to give them up. We perceive them as an important part of our identity and even our survival strength.

This accounts for us not believing, internalizing, and reinforcing positive experiences, which can be a part of the healing process. When we do obtain gratification for what we seek, we tend to dilute it with defenses, rather than accept it with gratitude. Because we are looking for a complete healing to come from others, we reject and resist anything short of this. We focus on how the gratification hasn't lasted long enough yet, likely isn't sincere, or we set new, higher requirements for gratification.

*Healing and maturity don't come from others. It comes from inside us, with the help of others.*

Healing and maturity don't come from others. It comes from inside us, with the help of others. It comes from allowing defensiveness to decrease, internalizing positive experiences, giving positive energy to ourselves and others and processing and releasing past negativity. Experiencing all of our feelings without clinging to them or fighting with them, allows them to evolve.

The heart of our life journey is contained in the closed off places within us. Hidden behind every wound is a great gift waiting to be discovered. If we think of the highest possible outcome of problems and tragedy, we get a glimpse of the power of spirituality and our soul's purpose.

Our world is filled with examples of the worst possible outcomes. Abuse breeds more abuse, more victims and perpetrators, more alienation, distrust, fear and violence. Abandonment leads to depression, emptiness, enmeshment, manipulation, and worthlessness. Committing to recovery means we take the road of our highest purpose and set new models for maturity and fulfillment in all areas of our life.

~~~~~  
[WWW.MARYCOOKMA.COM](http://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 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.  
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# Sunlight of the Spirit

by: Darrell Fusaro

## ACTUALLY, YOU CAN

Goals are not hard to attain. It is our habits that get in the way. Old worn-out habitual ways of thinking are the only culprits that make moving forward to any goal difficult. I heard someone say that the greatest sin of all is to interfere with one's own growth. And a minister put it best when he described sin as an acronym for self-imposed nonsense. The most efficient way to break away from old habits of thinking that limit yourself is to question yourself. Questioning yourself does not mean doubting yourself. It means asking yourself the questions that fuel your desires.

You're a friend to yourself because you question yourself and by questioning yourself, you encourage yourself. Your mind is your friend. It is a gift from God. A receiving set for inspiration and a joyful problem solver. It loves to solve problems. When you ask your mind the right questions it immediately goes to work on your behalf.

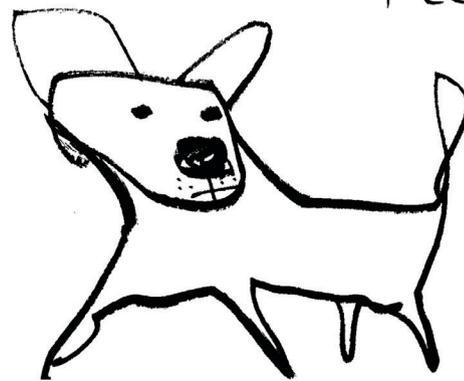
Here are four questions to ask yourself during downtimes in your day. They will effortlessly break you out of your box and renew your enthusiasm toward your goals.

1. "How would it feel if my desire was already a reality?" Whatever it is that you desire ask yourself how it would feel if it was already true. "How would it feel if my book was done?" "How would it feel to be on stage receiving a standing ovation?" "How would it feel if I was at my goal weight?" Your mind will happily respond with scenarios where you can see yourself already enjoying your heart's desire. This will activate the corresponding good feelings. Let yourself live in this feel-good place. Whatever you imagine with feeling impresses the subconscious and you will receive it. This natural stimulant will inspire the right action. With every little step you take toward your good, your good takes 1,000 steps toward you.

2. "Am I happy with the things I spend my time on?" When you move forward with joy it's an indication that you're on the right track. Allow joy to be your compass. When feeling depleted, bored, or lost ask yourself, "Am I happy with the things I spend my time on?" The answer will be obvious, and you will instantly be provided with the next joyful step to take toward the attainment of your desire. Take it!

3. "Is what I'm doing giving to—or taking from—life?" This is the question that gets you creating and advancing rather than competing and comparing. Your mind will supply you with fresh ideas on how your creativity can benefit others. With this attitude, regardless of what your talent, product, or service is, you will be enthusiastic to follow through. Your generous frame of mind will always attract more of what you desire. You will always be presented with creative ways to be well-compensated for your ability when you ask yourself, "Is what I'm doing giving to—or taking from—life?" There are givers and takers in the world and the givers are the ones having all the fun.

"Oh no,  
I'm off  
my leash."



**The crucial moment when I must decide  
to press on with faith or play it safe and  
get back in my box.**

Fusaro

4. "What about this do I love?" When inconveniences arise, asking yourself this question will eliminate them. It is the ultimate barrier breaker. It breaks the bad habit of relying on willpower to plow through difficulties. Love is the most powerful force in the universe. Sophocles sums this up as "One word frees us of all the weight and pain of life. That word is love." Whenever I feel frustration or disappointment beginning to rise within, I quickly ask myself, "What about this do I love?" It can be something as mundane as traffic or a critical review of my work. Regardless of whatever the case may be, when I ask myself this question my mind will always find a nugget of gold. That one nugget is all it takes because it always seems to attract more things that my mind points out in the situation that are lovely. From this elevated state of mind, the seemingly negative, whatever it may have been, is either transformed into a blessing or evaporates from my experience.

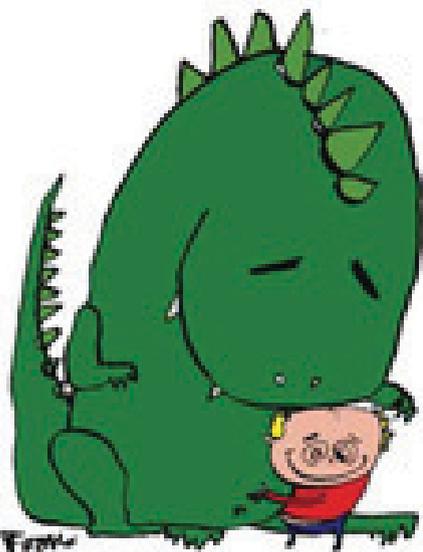
I would like to offer you one last bit of advice. Just let'em have it! Life's an inside job. Avoid the temptation to internalize upsetting words or behaviors of anyone else. Just let them have it. In other words, just let them have whatever it is they are saying or doing by maintaining your poise. It may sound silly, but when you find yourself getting upset by the behavior of others, I highly recommend saying to yourself, "Let'em have it." Say it to yourself at least three times, "Let'em have it, Let'em have it, Let'em have it!" You may find yourself smiling, even laughing. That's a great indication that this affirmation of acceptance and love is working. Love is the power that defeats my enemies, by defeating in me any idea of having any. Whatever it is that they may be saying or doing, just let them have it and you'll remain enthusiastic as you continue toward your goal.

With each new desire remind yourself that the attainment of it is easier than you think. Instead of relying on the old habit of doubting yourself, start questioning yourself. Your mind will be open to inspiration, and you'll feel yourself being pulled forward toward achievement. Ideas of limitation dissolve as your imagination develops an inspiring, and wonderful vision of your future. Nothing is too good to be true. If you can dream it, see it, and feel it, you will obtain it. In the words of Saint Paul, "Be ye transformed by the renewing of your mind."

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

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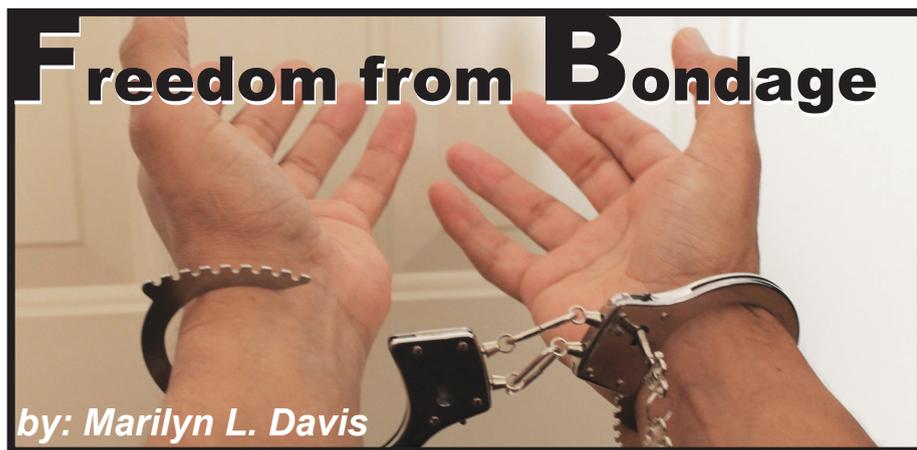
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# Freedom from Bondage

by: Marilyn L. Davis

## SHARE WHAT THEY NEED NOT JUST WHAT YOU KNOW

*“Fifty years from now, I will not be remembered for how much money I earned, the type of home I lived in or the car I drove, but on whether I made a difference to someone’s life.”*  
— Karon Waddell

### **Personal Recovery Problems: Group Solutions**

When we find ourselves at a crossroads where we are trying to decide if we can put down drugs and alcohol, we know that we either have to stop our use, face our fears, make changes, and create a better life, or succumb to the temptations of addiction.

In this decision, we are all alike.

However, what got us to this point differs from someone with blue or someone else with brown eyes.

• What are some of the differences that influence our recovery paths?

- A “criminal mentality” doesn’t apply to all people
- Comprehension is personal
- Gender, race, morals, and beliefs may differ
- Motivations aren’t always the same
- Not everyone is a quick learner
- People have different goals
- Specific drugs may have altered understanding, and the ability to grasp concepts
- There is no one recovery path for everyone

Too often people have good intentions when they share what worked for them. Unfortunately, we don’t all get it at the same time or in the same way.

### **Where Are My People?**

When we are new in recovery, we must find people who respect and work with our differences. Whether this is a sponsor, accountability partner, or therapist doesn’t matter. What was easy for one person is difficult for another.

For instance, I don’t do math. Oh, sure, I can add and subtract, but much beyond that, and I’m clueless. Algebra, trigonometry, and calculus – shoot, I had to look up how to spell calculus – ’nuff said.

I only remember the word PI because I can think of blueberry or cherry. However, there will be others who relate to math and actually understand it. I’m not one of them.

So when we’re sharing about our character defects, self-defeating behaviors, or adopting spiritual principles, it may make sense to us, but it could just sound as daunting as the numbers or PI to someone else. That doesn’t mean that the sharing wasn’t beneficial; it just means that someone may not comprehend the meaning of our choice of words.

### **What Do You Need, Not What Do I Have to Offer**

So how do we share, help, and encourage people? It is essential that what we share is what the other person needs help with, not simply because we want to share information.

So, I always start with some basic questions but realize that there won’t always be common ground in their answers and my experiences, and it’s necessary to respect those differences.

Some questions I ask are:

“What is motivating you to change?”

• Consider: If someone hasn’t been to jail, there is no incentive for them even if you’ve been there 27 times.

“Why do you want to change?”

• Consider: If someone doesn’t have a family, why would “getting my family back” be a reason for them to change?

“What consequences or outcomes scare you the most?”

• Consider: Whatever losses you’ve faced aren’t the same as someone else. If you were born with a silver spoon or had great enablers, losing your Porsche was a significant loss for you; losing a bed at the homeless shelter is more than likely, a more substantial loss for someone else.

### **We’re all Fragile in Different Ways in the Beginning**

We all present somewhat differently in the beginning. Our individual personalities, beliefs, and values play a role in how we deliver our problems. Some people come to recovery support meetings and immediately talk about what’s going on with them. For others, it’s a struggle to sit still for an hour. Different reactions, same problems – when, how much, and where to share. We have to make sure that we meet someone where they are, not where we want them to be.

### **We’re All Vulnerable – Even When We Don’t Show It**

What are some of the ways people are fragile, embarrassed, or reluctant to share their problems?

- Afraid of appearing vulnerable to others
- Posturing that they are okay
- Presenting themselves as a victim
- Acting disinterested in solutions and suggestions
- Appearing hostile and aggressive

Then some people are genuinely grateful for any help. Yet, even with these differences, everyone feels scared in the beginning. I sometimes wish we would remember more about how we felt, what we thought, and what behaviors we operated from on day one.

Because that’s when we’re meeting someone where they are, not where we are, or where we think they should be in their recovery.

### **Determining Where They Are**

Be a Good Listener, Ask questions from a place of sincere interest in the other person.

- How are you feeling today?
- What thoughts have bothered you today?
- Do you have any needs today?
- Did you have any triggers today?
- Is there anything you want to discuss?
- What have you learned from reading or writing today?

But just as importantly, ask them what they have done well.

Don’t take away a person’s sense of importance when they carry out something new in recovery that is old for you. That’s their progress.

Don't dismiss it as trivial – oh, I'm sure you do not consciously reject it but are you giving them enough credit for maybe reading the meditation book and getting the message.

Yes, you can say, "Good job" when they read the meditation book, but to show genuine interest in their accomplishment, why not ask them to explain to you what the message meant, not in a challenging way, but from legitimate interest.

Who knows, there might be a nugget of universal truth in it that you forgot when you read it 1, 5, 10 years ago. It could happen, you know.

### **Solutions Provide Different Gifts**

I can't tell you how many times I've been comforted by someone with 15 days. They noticed that I was frowning and asked me if I was okay. Before I belabor my workload or writing deadlines, I'll ask if they want an honest answer. Usually, they do, so I might then say, "It's a day of pressure, and I'm not dealing with all of them well."

Sometimes, I'm thanked for the honesty, and we can talk about sharing even the crappy days. I think it's okay to let people know that recovery isn't all grins and giggles, but when we share the burdens, whatever they are, with another person, they get lightened.

Then, I thank them for taking a minute to listen and ask them how their day is going. I tell them that they had practiced the principles of service and brotherly love when they listened, and I hope I was considerate and caring when they shared their day.

A hug at this point helps us both. If we're fortunate, someone else walks by, and we get a group hug – you should foster this each chance you get.

### **Working Together, We All Improve**

"If we slow down and take the time to listen to every soul we encounter can teach us something new. Wisdom comes in every shape and size and color and language and forms imaginable. The only true limitation is our own inability to see and hear and understand the infinite beauty and wisdom of the human spirit, regardless of its packaging." — L.R. Knost

Working with people is one of the most rewarding experiences I've ever had. Watching them change, become their best selves, and seeing them reap the rewards of their hard work is gratifying.

And it's their hard work; all I ever did was cheer them on and offer some suggestions. My sponsor has less time than me; she is my second in 32 years. My first sponsor moved away. While we stay in touch, I appreciate the time spent over coffee with a sponsor.

We can learn from those with more time, or even less, if the relationship is about mutual respect, and helping the other grow emotionally, spiritually, and mentally.

So are you sponsoring, being an accountability partner, and are you trying to learn from others?

Writing and recovery heal the heart.

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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by: Annie Kuni, LMFT

## COMBATting INTERNALIZATION

Eating disorders are synonymous with internalization – and not just internalization with feelings around food and body image. For anyone with a history of ED there are usually many avenues to see internalization happening in relationships, work, family, anxiety, depression, etc. In fact, eating disorder behaviors develop in the first place because of extreme internalization. If you don't say how you're feeling out loud, your behaviors will say it for you eventually.

If you have struggled with disordered eating, you might be asking why you internalize, and why can it be so automatic. First, leaning towards internalization is often a personality trait. This is not good or bad, it's just something to be aware of. People also tend to revert back to base personality traits when they are in distress. Even if you've learned communication skills, you might struggle to implement them when stressed, dealing with trauma, or in the midst of ED.

Second, when exploring internalization causes, it's helpful to go back to the family of origin and childhood experiences. What behaviors did you learn as a kid? Did your family dynamic growing up facilitate and encourage internalization? Internalization may have also been modeled for you as "normal" by the significant adults in your life. This can mean that there was an environment that was unsupportive of emotions being expressed, or sometimes even unsafe. Growth as an adult can often look like developing your own emotional intelligence that was not taught to you. If you don't have the words to be able to express how you're feeling in the moment, then it's going to be hard to break the internalization patterns that feel so familiar.

We can also look at the present for reasons that we internalize. Why would someone invalidate their own feelings or dismiss them in the present? It becomes easier to deny to yourself (or others) that anything is wrong in the first place. If you are telling yourself that everything is fine, then it's easier to pretend that it is. People aren't always ready to change, especially when it comes to eating disorders. If you internalize problematic behaviors, then you're less likely to be held accountable to change. This isn't great for long-term recovery, but it can be hard to choose to not internalize in the midst of struggling with ED.

If you have a more internal personality, combatting internalization can sometimes be a lifelong journey that stretches long after eating disorder recovery. If you're looking to change this behavior, make sure that you start small. Voice things right away rather than waiting for it to explode out or build up. This also makes for a more productive conversation with loved ones by avoiding volcano eruption fights where no one is their best self or communicating well.

It's also important to recognize when you are resistant to help. No one recovers alone and it's ok to be held accountable to change, even when your ED voice doesn't fight against it. Be curious when you feel the urge to internalize rather than being judgmental towards yourself. It's easy to be judgmental and say, "here I go again, why do I do this every time," but more productive to be curious and say "I wonder why I feel the need to protect myself right now through not sharing." You might need to use a "feelings wheel" (easily accessible online) to develop vocab and emotional intelligence if you are out of practice identifying your own feelings.

If you have ever dealt with disordered eating then you likely have a history of internalizing a wide variety of experiences and feelings. When you start to share more around food and body image it's helpful to explore where this internalization came from and where else it shows up in your life besides just your ED.

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](http://www.gemmed.ngo)



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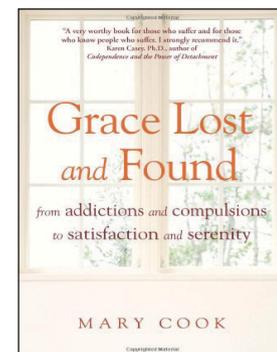
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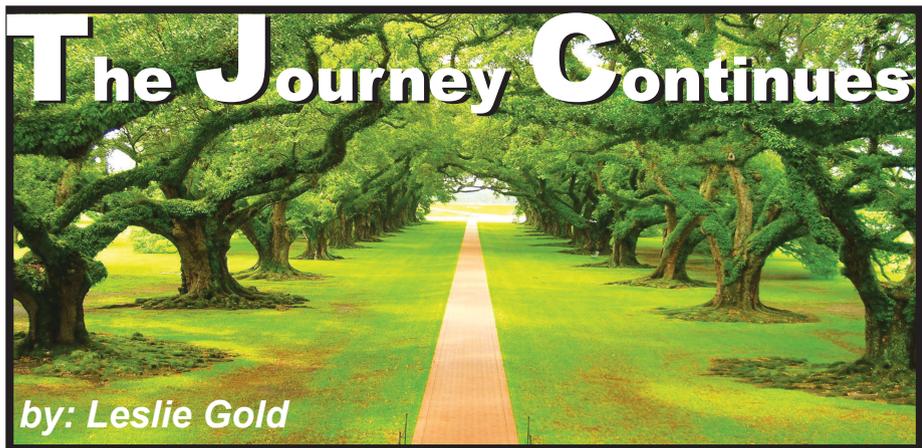
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## STU, 4 YEARS LATER

Stu enjoyed running in his earlier years; but he ran sporadically, generally alone, and with no particular purpose in mind. That all changed when he completed his first 5K four years ago, as part of the Strides in Recovery team at Awakening Recovery. Being part of a team of men in early recovery elevated his running to a whole new level.

*“Running has become a great tool for me in sobriety,” explains Stu. “It helps me clear my head and stay in the moment. Running also allows me to set goals and achieve them. Most importantly, it has been a good conduit in connecting my peers and me. Training for this race brought us closer together.”*



**Stu, wearing his first medal, standing with Awakening Recovery Executive Director David van der Velde at the 2017 Downtown LA Turkey Trot**

After completing the program at Awakening Recovery, Stu remained in LA. He kept running and he stayed connected to his brothers in his house. When the 2018 team ran their first 5K, Stu was there, running along with his sober brothers and cheering them on. Today, he is still running with the residents whenever he can work it into his schedule.

Running showed Stu that he was capable of completing whatever he put his mind to. Running also taught Stu to dream big. In 2021, he decided to run a marathon. It wasn't easy. Because of his work schedule, he had to train on his own. He also developed a foot injury that kept him from training as much as he'd planned. But that didn't stop him. Recovery is about facing challenges and overcoming obstacles, and Stu applied that mindset to his running. On November 7, Stu proudly crossed the finish line of the Los Angeles Marathon.



**Stu, powering to the Finish Line of the 2021 Los Angeles Marathon**

Today he has over 4 years of sobriety and is already thinking about his next marathon. He is even considering training for a triathlon. When asked what he recommends for those who are new to sobriety, he quickly replied:

*“Running, biking, swimming, whatever it is, it's definitely good to fall into a routine. Expel that extra energy.”*

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](http://StridesInRecovery.org)





## LET'S LIVE LIFE IN 2022!

It has been much too long since my last deep personal share about my recovery journey, sharing my thoughts, feelings, and what has been lying on my heart. I mean real random recovery ramblings of living life while maintaining my recovery.

Maybe it was because of the holiday season and a new year is here, and looking back over last year, I did not realize how much I had dealt with. I felt I handled a few life events ok, but there always seems to be some lingering feelings left. Thoughts constantly swirl in my mind and tug on my heart. When I think I have processed them and tried to move forward, here they come back.

The first is some of my health issues were a bit more taxing than usual. But I did get through it. I also lost my father on Jan. 29th, 2021, as COVID took his life, and many who know me or my story had a very up-and-down relationship. He had not spoken to me in almost 15-1/2-years. My nephew called out of the blue to inform me of my father's passing. He told me that he died alone at the hospital in Southern Calif., where he had been admitted.

The hospital, Kaiser Permanente, would not let anyone go in his room to be with him due to COVID rules, nor they didn't bother to tell me until five weeks after his passing. Then? More drama over who was getting what and that; I didn't care about any of that. I wasn't going to get stuck in all the drama, especially since I had not talked to any of my family for years. So, I had written a letter to my father to make any amends and heard nothing back. His passing, I knew this day would come too soon.

Well, that's my siblings for you. Need I say more.

My feelings were/are that they are the ones missing out. All the years I had lived in Oregon, most of the family would come to visit my husband and me, and we'd have so much fun. We took my dad and nephews many 4th of July's and Labor days, trips to the coast, Jet boat dinner rides on the Rogue River, and fantastic rafting trips. So many good memories.

And for all of it to end up like this?

It still breaks my heart.

Even after my mom passed in 2003, we all could have stayed together and in each other's lives, but we didn't. There are four of us—my only older brother, my older sister, then me, and then my younger sister. So when we laid my mom to eternal rest, that was the last time all four of us siblings had been together.

I have often said we don't get to pick or choose the family we are born into; however, we can choose to have healthy boundaries and have done so when I began my recovery journey. So those are some of the points I wanted to share. Recovery makes that possible. It gives us the freedom to start making better choices in our lives.

When we get to a point where we try to make amends with those, we may have hurt while being sick and deep within addiction; not everyone may be willing to accept it or willing to forgive. They might even take it, forgive you, but still not want a relationship. And that is truly their choice. We, then, need to accept that choice, as I had to take and honor my father's will some 15-years ago. So yes, it stung, but I moved on from it.

There are times when we need to look back to connect what was to see how far we have grown within our recovery. For example, when I spent a year or so writing and journaling in early recovery, that was what ended up as a book—my memoirs of what gambling had taken from me. My fault for becoming an addict?

YES, but more critical is the WHY and HOW I became addicted. And I choose to recover.

That is what those memoirs are and what my book truly is. It is not how to recover. That is what I'm working on now. The writing was healing for me, but it also helped me connect different events, the childhood trauma and abuse that happened as a little girl, and how it affected me growing into adulthood.

So I began to question my worth, why I self-sabotaged as if I wasn't worth being loved, others being kind or treated well by others, including men. I didn't know my worth or value in this life or worthiness to others.

Today I chose life. I live each day to the best of my abilities. I use self-care and self-love. I continue to mentor others who reach out needing support, help, and some hope from this insidious addiction. It is my passion and honor to do so.

I'll close by saying to those who never give gambling a thought, but those who have a problem with it will understand this.

Gambling is all about Risk and Chance. And those who lost control of their gambling, and gamble a lot as I did, and become addicted will know what I mean.

So the more you bet, the higher your odds are of losing. Besides, where do you think the catchphrase came from "The House Always Wins?"

And it's the WHY gambling addiction is so devastating...

*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](mailto:lyonmedia@aol.com).*



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Keys to Recovery Newspaper, Inc. publishes the 15th of each month. Camera ready artwork is due the 1st of the month.

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You can gain access to Keys to Recovery Newspaper **FREE of charge** go online (www.KeysToRecoveryNewspaper.com) you can read or download the newspaper. If you would like to be notified when the new issue is uploaded, email us at info@KeystoRecoveryNewspaper.com or call us at (818) 386-8400. You can also access all of the past issues.

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



**YOUR EMOTIONS AND YOU: A Workbook. Written by: Suzette Bray, LMFT, Published by Callisto Publisher's Club.**

I love the way Suzette laid out and approached each chapter in this incredible workbook. The most important part is the "Introduction" which shows us how to use the workbook, so don't skip it.

"Part One" starts with Emotions 101, helping us with the basics of emotions, and how we are impacted by them. Bray then takes us step by step on how to build an "emotional tool kit". I believe identifying the problem and understanding it is only the beginning. Knowing what steps to take to change our emotions is crucial in this journey, and the author gives us the toolkit to do just that.

"Part Two" takes us deeper into our emotions and truly understands them and what triggers some of our emotions. It is at this point we can truly benefit from Suzette Bray's years of therapeutic experience.

She shows us how to manage our emotions and make changes that will affect our lives and those around us. This book shows the reader a clear and concise way to conquer negative emotions. I can't say enough wonderful things about this workbook. "Your Emotions and You" is so beautifully written it can be used by therapists as well as laymen, like me. It is as easy to understand as it is enjoyable to read. I give this book 5 stars.

Available at Amazon.com

**LOVELIKE THAT, 5 Relationship Secrets from Jesus. Author Dr. Les Parrott, published by Nelson Books.**

Have you ever wanted to love people the way that Jesus did? Have you wondered if it was even possible? This book is excellent; it was not what I expected. This book explains how in a simple but enjoyable way.

From the start, it launches you on a trip to discover or remember the way to love like Jesus loved. Each page is a new step to guide you to love better and more profoundly, to transform you from deep inside to become more like Jesus.

This book is an easy read with easy-to-understand concepts. The author simplified the idea of loving like Jesus into five qualities, being Mindful, being Approachable, being Grace-Filled, being Bold, and being Self-Giving. Then he spent a chapter explaining each one. One thing I really liked was the "snapshot" quizzes in each of the chapters. They helped me see how inclined (or disinclined) I was towards that particular quality of the love of Jesus.

I think most people, Christians, and non-Christians would agree that learning to love like Jesus would influence their relationships for the better. Dr. Parrott helps the reader connect with the words of Jesus, straight from scripture, to practical, relevant ways like Jesus did.

Dr. Parrott's book "Love Like That," was an amazing, up-front look at how Jesus lived His life. This book will teach everyone who reads it the unmatched qualities that Jesus demonstrated to others. We are Blessed to have Dr. Parrott sum it up so simply to help us all strive to put others first and to be more like Jesus. I was humbled when I read this book because while Jesus' teaching seems so simple they are not. I give this book 5 stars. Available at Amazon.com

**DR. LES PARROTT**

#1 New York Times bestselling author

# LOVE LIKE THAT

5 Relationship Secrets from Jesus

## YOUR EMOTIONS AND YOU A Workbook

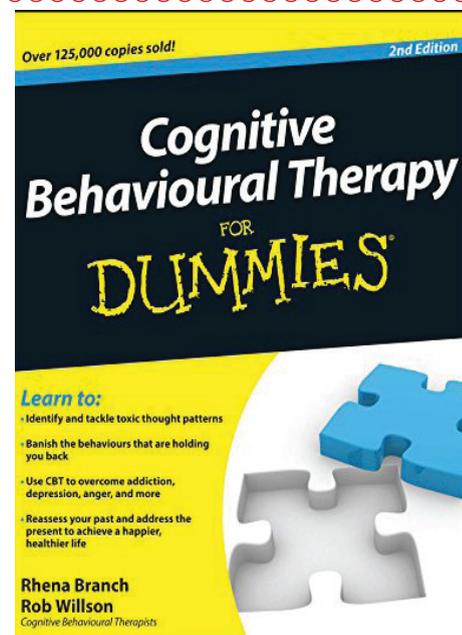
Strategies and Exercises  
to Understand  
and Manage Emotions

SUZETTE BRAY, LMFT

**COGNITIVE BEHAVIOURAL THERAPY: for Dummies, written by Rhena Branch & Rob Willson. Published by John Wiley & Sons, Ltd. Publishing.**

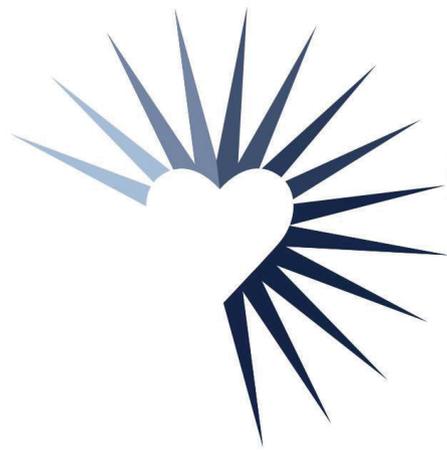
The authors concisely provide the Corrective Thinking Process, from the opening pages of how to change our negative behaviors, which are precise. The remarkable way the authors lay out the structure and information in this book about CBT, is logical and informatively outlined in this enlightening book. I appreciate how with simplicity the authors reach the reader; this book is truly worthy of examination.

Within each page the authors present the CBT techniques to capture the reader's attention, allowing them to visualize just what they are trying to convey. The artwork and diagrams within this insightful book add a certain dimension for the reader's overview. This book deserves a 5-star rating, it will help the reader to clearly understand what appropriate steps should, and needs to be taken to help ensure they become the individuals, they were destined to be. Thank you, Rhena, and Rob, for your drive and determination to help provide an avenue for us all to better ourselves. Available at Amazon.com.



**Do you have a book, CD or movie you want us to review?  
Just send a copy to: Keys to Recovery Newspaper, 6930 De Celis  
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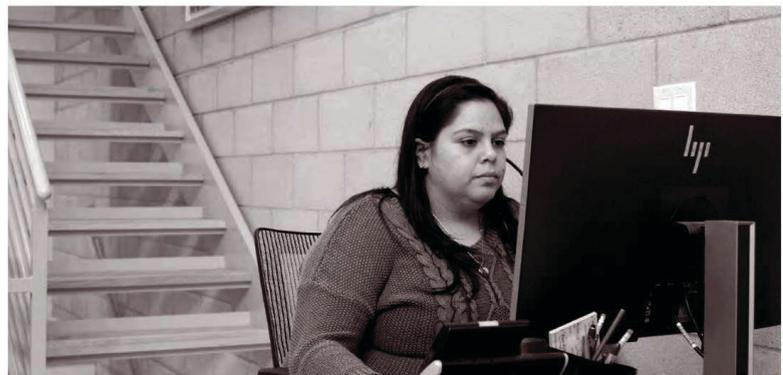
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# Vital Services Resource Guide

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 & Sun 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (818) 293-2222.

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

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

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

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

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

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

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

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

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

**Clutterers Anonymous:** (866) 402-6685.

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

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

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

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

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

**Debt-Anon Family Groups:** A 12-Step recovery program for those affected by a problem of compulsive debt 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 Satocoy 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](http://www.bily.org)

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

**Fetal Alcohol Syndrome Information** (626) 793-7350.

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

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

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

**MENTAL HEALTH SERVICES**: Hathaway-Sycamores Child and Family Services, For info on mental health services, (844) 222-2377 (1-844-2Access) or email referral@hscfs.org. 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](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://www.namiurbanla.org). We advocate, educate, and support people with mental illness and their families via our free education programs, support groups, and other services.

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

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

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

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

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

## HOMELESS SHELTERS & RELATED

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

**Centennial Place Permanent Housing** (626) 403-4888.

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

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

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

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

**Fervent Heart LLC** (626) 319-7479.

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

**Family Rescue Center** (818) 884-7587.

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

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

**Family Promise** (818) 847-1547.

**GRCN Connecting Communities** (562) 293-7595.

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

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

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

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

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

**Homeless Adult Center** (626) 403-4888.

**House of Hope** (323) 663-1215.

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

**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](http://www.nationalhomeless.org)

**OPCC Safe Haven** (310) 883-1222.

**Passageways Homeless Intake Center** (626) 403-4888.

**Pentecostal Outreach** (562) 313-1257.

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

**Rochester House Transitional Living** (213) 986-5599.

**Runaway Homeless Youth Shelter** (310) 379-3620.

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

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

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

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

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

**Sanctuary of Hope** (323) 786-2413.

**Samaritan House** (562) 591-1292.

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

**The Midnight Mission** (213) 624-9258.

**Union Rescue Mission** (213) 347-6300.

**Union Station Homeless Services** (626) 240-4550.

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

**WLCAC Homeless Access Center** (323) 563-4721.

**DOMESTIC VIOLENCE**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**House of Ruth** (909) 623-4364.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## RAPE HOTLINES

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

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

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

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

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

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

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

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

## HEP C / HIV / AIDS INFORMATION

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

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

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

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

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

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

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

**SUICIDE PREVENTION**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

\_\_\_\_\_

\_\_\_\_\_

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

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