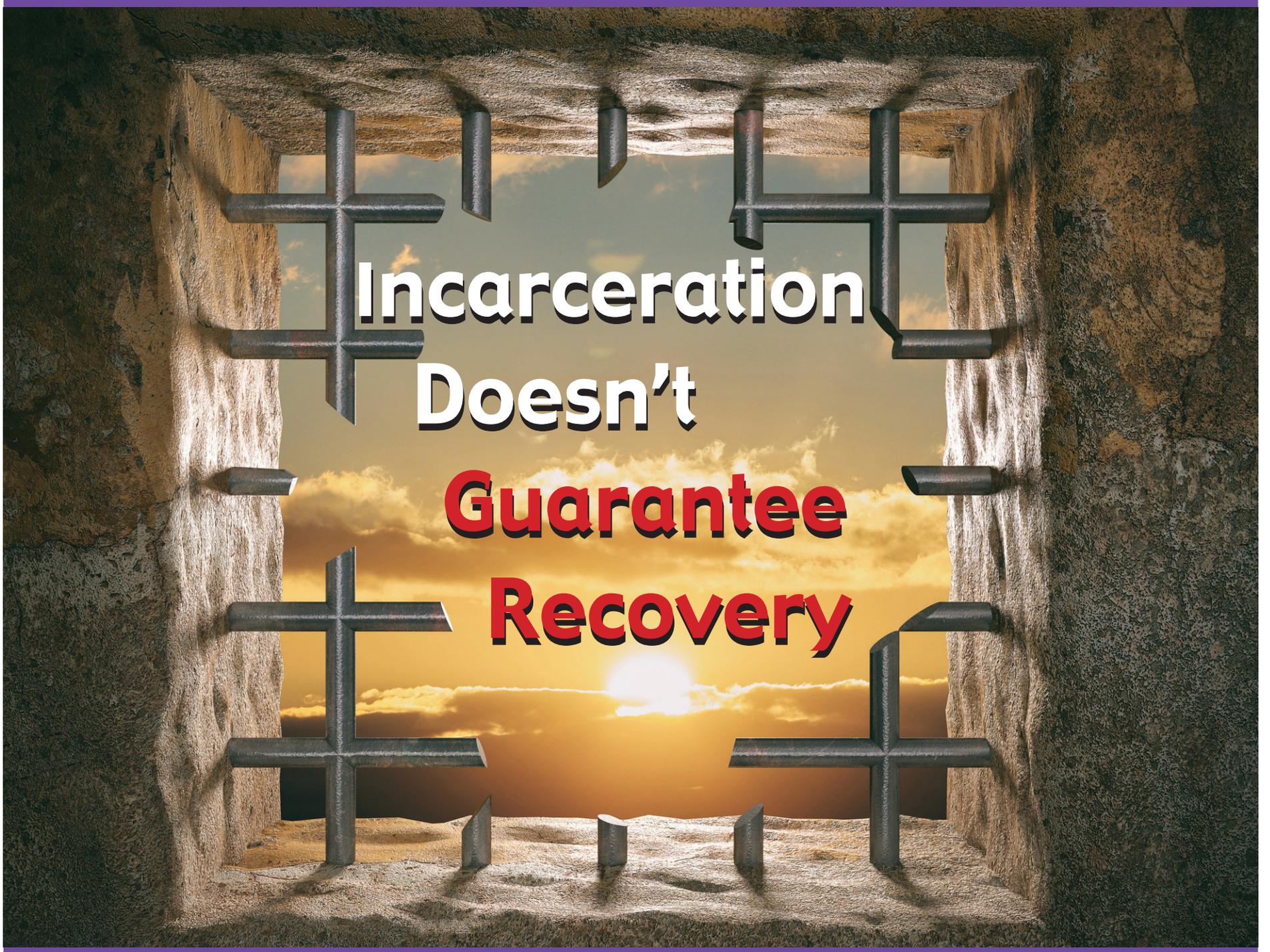


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**Watch What You
Are Projecting**
Page 4

**Create Your Best Life
Via Journaling**
Page 6

**The Source of
Robert's Strength**
Page 12

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Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 6	Darrell Fusaro
Freedom From Bondage	Page 8-9	Marilyn L. Davis
Provider Directory	Page 10-11	
The Journey Continues	Page 12	Leslie Gold
Food For Thought	Page 13	Annie Kuni
Quit to Win	Page 14	Catherine Townsend-Lyon
Classified Ads	Page 15	
Advertising Information	Page 16	
Book, CD, Video Reviews	Page 17	The Crew
Resource Guide	Page 20-21	

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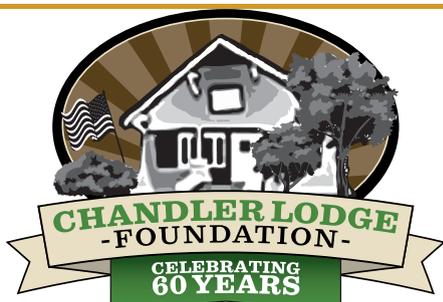
Provider Directory - page 10-11

Advertising Rates - page 16

Distribution Information - page 16

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Here we are again in the month of March. The month of spring and all things green. March is also “Problem Gambling Awareness Month”, along with National Women’s month. Also, the month of my husband’s birthday, by the grace of God, we celebrated his 62nd birthday with our granddaughter. Those of you who follow us on Instagram, might be familiar with our granddaughter, only because we love to share our adventures as grandparents. We know how truly blessed we are to be alive and living the life we have. Some say we are lucky, but those who know us, know that we are blessed by God. Luck could not have saved us from our addictions and dark past...only God’s grace could do that.

I can’t imagine a world without my faith, without my belief in God. My husband and I make a decision each and every day to stand in faith. We are not ruled by fear. That doesn’t mean that we don’t feel fear, because we are human, and we do, however, we do not allow FEAR to run our lives. That’s what “faith is the substance of things hoped for, the evidence of things not seen”.

Today in church I was reminded that God is moving on my behalf. When I remember that God has my back, I don’t get confused as to what is the next right step. I stand in my faith knowing that no matter what the circumstances may appear to be, I am NOT trapped, I am working on His plan, so I can move forward with purpose. Walking and living in faith is not always easy, but it is easier than the alternative. I see people all around me living in fear, and I refuse to be infected and affected by their fear. Instead, I would rather shine the sunlight of God into those dark scary places people talk so much about.

I don’t want to make decisions based on what “they” think of me, or what I think they think of me. To be honest I don’t think people really pay that much attention to me or you. Most people are way too busy thinking of themselves. Instead of worrying about who is watching you, be mindful of what you watch.

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

Hello, we want to thank every one of you, for taking the time to read Keys to Recovery Newspaper. My wife Jeannie and I look forward every month, to being given another opportunity to present our perceptions and perspectives, regarding life’s changing landscape. Sobriety and service are our focus, being there for one another is paramount for us.

My 62nd Birthday is this month, and what I have learned during my lifetime, is that None of us will ever become perfect here on earth. I have turned numerous pages of my life, and the main theme is to never stop trying to achieve perfection. New Years’ Resolutions are basically structured along those lines, eliminating bad habits as well as our character defects, helping us to become well-rounded people.

Every year I want to see life through mature eyes, not blinded by fear, anger, prejudices, or any racist viewpoint! Spiritual, mental, and emotional growth is measured by the positive gains in those areas, that we start to exhibit. Life has its challenges in our daily activities, yet with perseverance, stick-to-itiveness, and our minds set on specific goals, forward progress can and will be achieved.

I want to be able to reflect at the end of the day, on all the situations I encountered, knowing that I overcame the negative ones with positive results. These are achieved by applying all of the tools, which God has already given me. Accomplishments are done incrementally, one day at a time, and one step at a time towards success!

Until we are given the opportunity to come together once again, for reasoning, and appreciating all that God has blessed us with, may God guide, bless, and protect you and yours daily.

Until we have another opportunity to come together for reasoning, - **Marcus Marshall, Vice-President & Cofounder**



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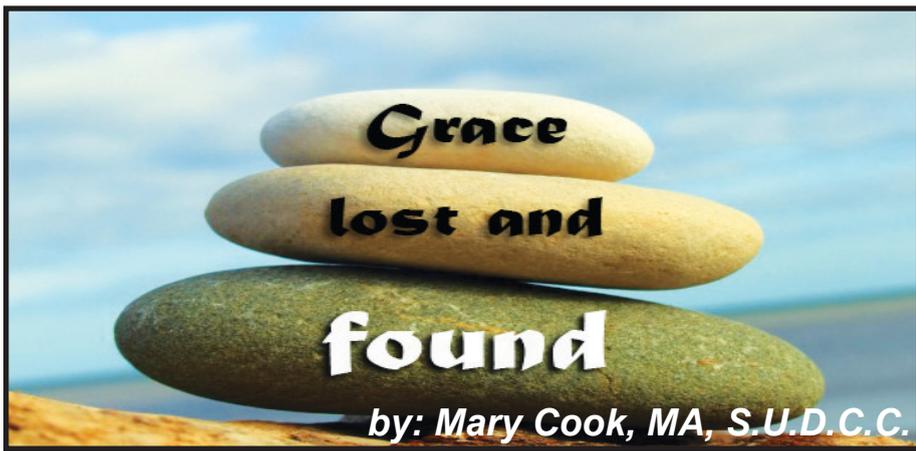
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WATCH WHAT YOU ARE PROJECTING

When we don't know how to address and resolve problems and pain, we attract more of the same. When we neglect to support and develop joy and natural talents, we forget we have them. When we fail to listen to our instinctual wisdom, it falls silent. Not taking responsibility for our health and happiness holds us, hostage, to the influences of others. Basically turning away from our real selves and our internal processes leads to a life based on projections of what we want and don't want and little to no satisfaction or fulfillment.

Everything we deny in ourselves we see in outward forms in our life. If we deny anger, we attract and focus on angry people. If we deny our own lack of responsibility, we have continuous altercations with people who are irresponsible. If we deny pain, we react to others' pain with codependence, irritation, or avoidance. Denying our hopes and dreams makes us cynical, suspicious, and envious of those who work toward their dreams. When we can't find the good in ourselves, we think the world is withholding our treasures. If we deny love within us, we complain that nobody loves us. If we deny self-hatred we have rageful reactions toward others.

The solution lies in taking back our projections.

Projections empower other people, places, and things well beyond what is realistic or healthy, and then we have no idea how to meet our own needs and wants. Habitual ways of thinking and acting wear a deep groove in our minds and become the only life we know. When our thinking is primarily negative, we change positive experiences into negative by believing this won't last, it can't be trusted, or requires too much effort to maintain.

People sometimes think the key to changing negative patterns is through affirmations and forced positive thinking. This only works if we are also understanding and resolving past feelings, thoughts, and behaviors that are harmful. Positive thinking that covers up denial and fear only brings more issues to deny and fear.

Compulsions are an end result of projections whether running from or toward something. We don't know how to control chaotic thoughts and feelings so we compulsively clean house or attempt to control others.

We don't know how to relieve pain and experience joy so we drug ourselves to do the job. We don't know how to comfort or nurture ourselves so we overeat. Then we get houses that are never clean enough, people that don't do as we wish, drugs and food that fail to satisfy and ultimately try to kill us.

The solution lies in taking back our projections. We can ask ourselves what is it that we hate, fear, love, and yearn for within us. When we spend too much time obsessing over people, places, and things, we must firmly redirect our focus to our own attitudes, beliefs, feelings, and actions, both negative and positive. When we identify a problem, it's important to understand it as fully as possible and ask where we can grow and what steps to take to get there. We need a deep and honest self-appraisal with the intent to understand, learn and improve ourselves and our lives. We need to commit to different action that is specific and beneficial to our taking healthy responsibility for our well-being today.

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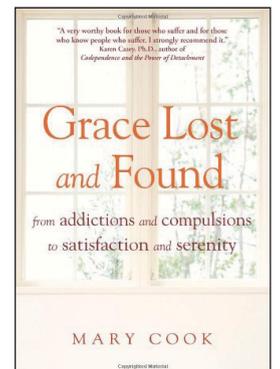
Available for counseling in my office in San Pedro, California or by telephone.

AUTHOR OF:

Grace Lost & Found

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CREATE YOUR BEST LIFE VIA JOURNALING

Successful living is not about jumping out of bed, throwing on a helmet, and charging into your day. Successful living is about waking up and taking the time in the morning to be kind and loving to yourself. And, I've found that journaling in the following way I'm about to share with you makes this easy and fun to do.



In the effort to help me on the road to success while I was serving in the US Coast Guard, my mentor introduced me to a morning practice of affirmative prayer and meditation. He knew that the secret to enjoying a lifetime of success had to do with how we begin our day. By beginning the day with optimism, we are happy and magnetic to all the good we desire. Shortly after this solitary practice became my regular routine, I received orders to attend an intensive three-day time management course.

I took what I learned from the course and integrated it with my spiritual practice. It developed into a light-hearted approach to daily goal setting that makes achieving goals fun while building confidence and self-esteem. It is a combination of spiritual philosophy and positive self-image psychology. I've learned that success begins when you say kind things to yourself, and the best time to begin doing so is first thing in the morning. Doing this will make you happy, and when you begin your day dialed into happiness you're tuned into the good you desire.

I learned in the military that a happy man is an indication of a confident man: confident that all things are working together for good. Happiness is synonymous with optimism, courage, resilience, enthusiasm, and flexibility. Happiness is not just a pleasant attitude, it's a magnetic force drawing to itself more things to be happy about. Nobel Peace Prize recipient, Dr. Albert Schweitzer puts it best as "Success is not the key to happiness. Happiness is the key to success."

For the past thirty years, I have been helping artists, actors, veterans, and people from all walks of life create their best lives joyfully via journaling. And I have concluded that there are just two attributes necessary to have fun while achieving goals.

They are:

1. The ability to visualize with loving expectation.
2. The confidence to act on joyful nudges and silly ideas: your intuition.

The development of these two attributes are just a few of the benefits you will receive from this method of journaling. I refer to this unique and effective technique as "joy-naling".

The first thing I do in the morning is make myself a cup of coffee, and sit down in my favorite spot to read the day's passage from several inspirational books. I recommend getting yourself at least two or three books that contain short uplifting messages for each day of the year. These readings always get my thinking flowing optimistically with the positive stream of life.

In this healthy state of mind, I then open up my journal and begin by jotting down the inspired ideas that have begun to percolate. I usually include an affirmation, or two from one of the readings or an inspired idea that came to mind. For example, "God is renewing my mind and improving my circumstances," or, "Wherever I go the Power within me blesses all."

Then I jot down my to-do list. I like to consider this as, my best attempt at what I think God's will is for me for the day. I also like to title each day's list, to kick it off with something like, "Fun stuff to do today," "I'm excited to...", or "The magic begins here."

I alphabetize rather than number the items on my list to prevent prioritizing. By considering my to-do list in this way I can remain flexible in my expectations. I'm better able to accept whatever happens, trusting that everything is in divine order. This light-hearted approach relieves me of concern and keeps me receptive to intuitive guidance.

Nothing is too small or insignificant to include in this list. Especially if you're developing a healthy habit like flossing your teeth. I'd include it. Floss. This applies to long-term goals as well. Accomplishing a small bite-size action each day toward your desire will keep you moving forward with enthusiasm without burning out.

Before I get going I take the time to imagine going throughout my day as my best self would. I imagine my way successful, joyful, meeting kind people, and experiencing remarkable coincidences. Expect great things to happen and you'll be less likely to act out of fear. In all actuality, this is living by faith: joyful expectancy (fear is morbid expectancy).

As I go through my day I'll cross off what was completed. Crossing off each item gives me a sense of accomplishment, and nothing builds self-esteem like the feeling of accomplishment. This joyful feeling of accomplishment reinforces more healthy attitudes, thoughts, and behaviors. When you celebrate what feels good, you attract more good feelings which in turn attract more circumstances that make you feel good. It's the law of attraction.

The key I have found to diminish any hurdles the day presents, anticipated or not, is to focus on the fact that my stability comes from the desire to give rather than trying to get. The desire to express love is the key to happiness and successfully navigating through the day. I often take the initiative to see myself as if I were an ambassador of God's love. That way each appointment becomes a divine one. For example, rather than seeing it as going in for an interview to get a job, I remind myself that I'm going there to do my job.

If by the day's end something originally planned didn't get accomplished, I still cross it off but with the letter "T" – to be carried over to tomorrow. By doing this I am affirming that I've done my best while maintaining the faith that all is in divine order. It reinforces trust: the happy attitude that whatever it is, it will get done with effortlessness, ease, and perfect timing. This way I can fall asleep without regret and look forward to the miraculous ways God's wonders will be performed in my life.

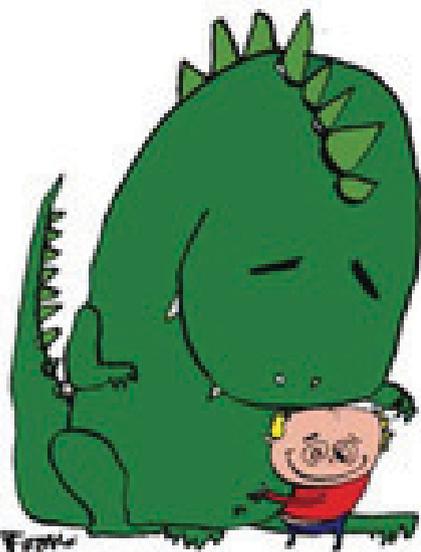
If you would like to accomplish the things that you think are beyond your reach, I highly recommend you try journaling as I have just described. You will be thrilled by the results.

If you would like to attend my free workshop, Create Your Best Life via Journaling, it is Tuesday, March 15, 2022, at 4:30 pm via Zoom. This event is being hosted by LA Made together with the Los Angeles Public Library, Abbot Kinney Memorial Branch, Venice, CA. Please email venice@lapl.org for the invitation link.

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

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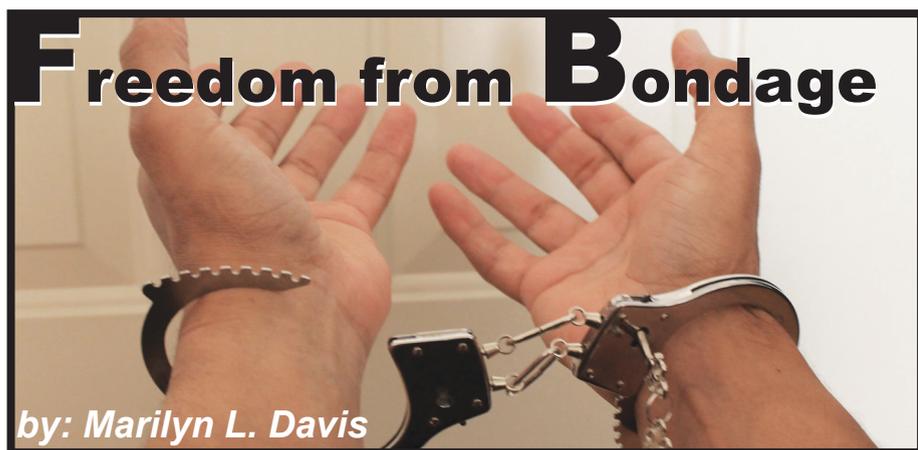
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Being Public Helps Reduce the Stigma

I don't profess to be the poster child for recovery; however, I've been public since 1990, the Gainesville Times published an article about me opening a recovery home for women. As my mother said, "It doesn't take a rocket scientist to realize you are an addict in recovery."

While this may not seem like a big deal, for my mother to acknowledge my recovery was. Years later, we celebrated 20 years of service to female addicts and alcoholics at North House, with a meeting in the park.

Incarcerating People Shouldn't Be the Norm

Judge Jason Deal spoke that day, and his words ring true today. "Punishment is easy, but rehabilitation is much harder because it takes faith, hope, resources, and risks," Deal said. "North House is a bastion of hope for us on the bench because we feel secure that if we take a risk and send someone there, they will do better. Let me tell you, I believe in miracles because of what I see in the drug court every Friday."

INCARCERATION DOESN'T GUARANTEE RECOVERY

Addiction Is a Medical Issue

"We cannot incarcerate ourselves out of addiction. Addiction is a medical crisis that warrants medical interventions, not incarceration, for nonviolent offenders. Decades later, data unequivocally illustrates that this war has been a massive failure. It has not only failed to reduce violent crime, but arrest rates—throughout its tenure—have continuously ascended even when crime rates have descended."— Dominique DuBois Gilliard, Rethinking Incarceration: Advocating for Justice That Restores

There But for the Grace of God

When I was using, I should have been arrested for running five doctors, buying drugs from people committing criminal acts like myself, putting students in danger with my use, driving impaired, and breaking other laws.

However, I didn't get caught. This statement doesn't mean I'm proud of not getting caught; it's merely the truth.

Writing About Our Lives Frees Others to Discuss Theirs

"Becoming a writer is about becoming conscious. When you're conscious and writing from a place of insight and simplicity, and real caring about the truth, you have the ability to throw the lights on for your reader. He or she will recognize his or her life and truth in what you say, in the pictures you have painted, and this decreases the terrible sense of isolation that we have all had too much of."— Anne Lamott

Anne Lamott is a writer and a woman in recovery. I've always admired her authenticity, both in her writing and recovery. She isn't afraid to make mistakes – like a first draft- or acknowledge that jealousy is still an issue for her.

When she owns that she still has issues, it allows me to own mine. I sincerely hope that by owning mine, you are free to own yours, too.

Writing About Our Addictions

I've called myself an addict since 1988. Apparently, there are some today who see that as a stigmatizing label. I don't because it helped me understand how and why my life got so messed up.

I know that when I acknowledge my addiction, I give someone else permission to talk or write about theirs. It's a dialogue that needs to continue.

Owning the Label and Speaking Up

Faces and Voices of Recovery offer people in recovery an opportunity to share their stories. It's an organization that promotes recovery-oriented events, and allows people to know what grassroots movements are available in their state.

When we are silent, we allow others to define us – junkie, loser, bad person, smelly, unreliable, drunk, horrible parent, and a whole list of negative attributes that will perpetuate stigma.

The war on drugs

didn't work.

It became a war on

sensibilities.

An estimated one in five men and women are incarcerated on drug charges nationwide. This does not begin to tell the whole story. Once these individuals are locked up awaiting trial, their families, employers, and children are punished, too.

Many of these individuals worked and provided financial resources for their families and extended families. With incarceration, there is no hope for an income.

Taxpayers Bear the Cost

With prison costs ranging from \$14,000 to \$70,000 per year to incarcerate someone, we taxpayers bear the brunt of these costs. An individual in rehab pays for their treatment by working and paying taxes.

How do I know this? Because I ran a women's recovery home for 21 years and took women from jails and prisons, relieving the financial strain on taxpayers.

Each of these women was then able to send monies home for their spouses or children, again reducing the burden on taxpayers for foster care, food stamps, and other taxpayer-related costs.

Many of those women have become drug counselors, therapists, activists for drug reform, and are productive members of society. And isn't that what we hope for when someone gets caught for drug-related crimes?

It's Time for Social Reform

The war on drugs didn't work. It became a war on sensibilities. The number of Americans incarcerated for drug offenses has skyrocketed from 40,900 in 1980 to 430,926 in 2019. At the state level, the number of people in prison for drug offenses has increased ten times since 1980.

The ONDCP 2012 National Drug Control Strategy identifies 113 specific actions to be undertaken throughout the Federal government to reform U.S. drug policy. These actions include evidence-based public health and safety approaches to reduce drug use and its consequences.

The new ONDCP Strategy embraces three facts:

- (1) addiction is a disease that can be treated
- (2) people with substance use disorders can recover
- (3) innovative new criminal justice reforms can stop the revolving door of drug use, crime, incarceration, and rearrests (2012 National Drug Control Strategy,

Become an Advocate

Given the general acceptance of substance use disorder as a diagnosable and treatable condition, it is not unreasonable to advocate for a public health response to illicit drug use.

1. There are bills in Congress explicitly addressing these issues.
2. Advocate and send your message to Congress.
3. Social workers are an integral part of the criminal justice service delivery continuum. By definition, they are stakeholders in the national movement to reform how drug-related offenses are processed.
4. SAMHSA.GOV: LAWS AND REGULATIONS

You advocate for reform when you are public about your addiction. How? By reducing stigma and letting people know that you stopped using, breaking laws, became a responsible citizen with treatment, meetings, or therapy.

I Still Believe in Abstinence

Have I gone over to harm reduction? No. Why?

I've seen the results of too many people caught up in a methadone clinic nightmare. When some of these individuals wanted to wean off and go to a rehab that didn't allow methadone, the clinic told them it could take up to a year to wean off the methadone. That discouraged most of them.

Do I think that medical marijuana is necessary? No. Why?

Although marijuana has many benefits, there are still some downsides. Some of the arguments from those who oppose its use include:

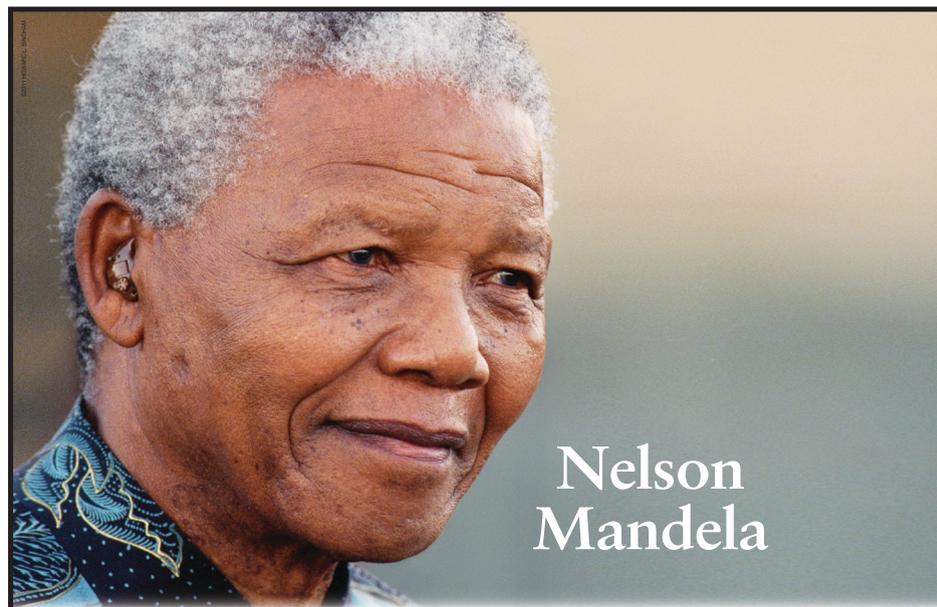
1. Frequent use affects short-term memory and cognitive functions.
2. Any smoking can harm the lungs.
3. There is the potential for abuse and addiction.
4. Using marijuana impairs driving abilities.

These statements might earn me some criticism on social media, but they are my truth. What is yours?

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 or memoir coaching, contact her at marilyndavisediting@yahoo.com.

How we say something is just as important as what we say. How you write about addiction and recovery will differ from mine. That's okay because the more voices saying, "Recovery works," the more people we reach.



Nelson Mandela

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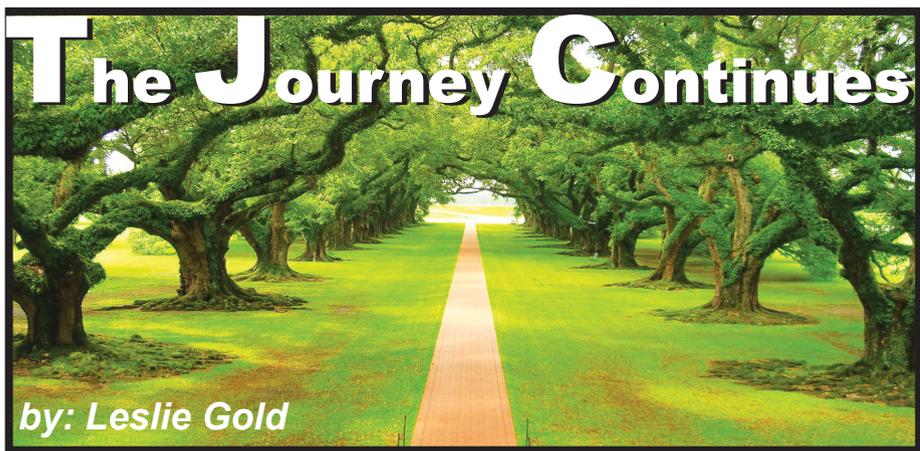
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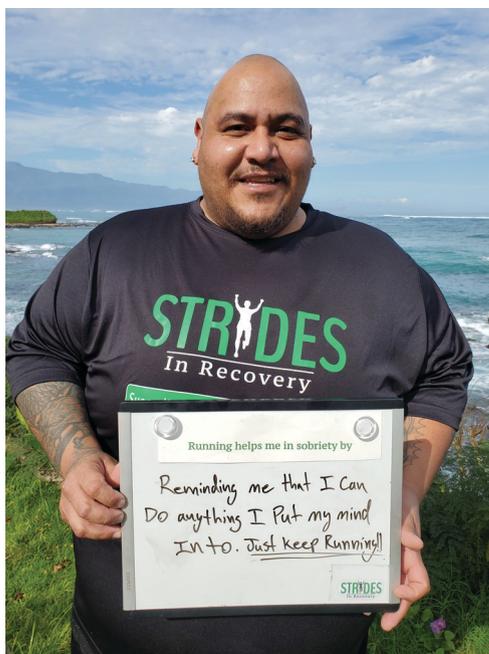
VOLUNTEERS ARE ALWAYS NEEDED



THE SOURCE OF ROBERT'S STRENGTH

When the Grandview Foundation started up their half marathon program for clients and staff, Robert wasn't sure he wanted to do it. At 400 pounds, he wasn't even sure he could do it. Like many people in early recovery, he had gained unwanted weight. Four years later, he was struggling to take it off.

As a staff member, he decided to join the team not for himself, but to support those team members who were much newer to sobriety. As he told me, "In sobriety, you have to change everything. You have to start living a different way". He would be there to help them through this transition.



Much to his surprise, he started to enjoy walking. He saw the benefits not just for those he was there to support, but for himself too. "I started to believe in myself," he recalls.

Robert, two days before finishing his first half marathon.

Then, he discovered that exercising at the same time and at the same place each week brings a sense of belonging. As he did his laps around the Rose Bowl, he'd see the same people each week. They started cheering for him. Most were surprised

that he wasn't doing just one 3 mile loop, but 2 or more. "Most people don't expect someone my size to put in the effort." Robert explained. Those cheers inspired him to keep going. He applied the same mindset he teaches his children "If you put in the work, the effort, and the dedication, you can do it."

When race day came, he remembers, "I was really nervous. I didn't want to let myself down. I didn't want to let my team down. I told myself that even if everyone leaves, I'm going to finish." By the time he got to mile 10 of the 13.1 mile half marathon course, he was exhausted. But he told himself, "Bro, you do 3 miles at the Rose Bowl all the time. You can do this." He kept pushing.

Most of his team finished in 2-3 hours. Robert finished in just under 6 hours. The course was nearly empty during those last few hours, but he wasn't alone. Just like they had at the Rose Bowl, total strangers were supporting him. The last few full marathoners who passed by cheered him on. People driving past honked their horns and shouted words of encouragement. He had support from his own team too.



Robert (center, with the white t-shirt under his team shirt) approaching the finish line with the rest of his team.

His teammate Ruben was at his side the entire time, encouraging him to keep moving forward. Meanwhile, the rest of the team was waiting patiently at the finish line, and they kept calling him on his cell to cheer him on. "We're going to meet you at the finish line," they told him. And they did.

As Robert approached the finish line, drained from all those miles in 80+ degree heat and high humidity, the team ran out to greet him and walk him in. Digging deep, he summoned every ounce of strength he had left. He increased his pace to a jog. The team paced alongside him. He was so exhausted and so focused on getting across the finish line, he didn't even realize what was happening. It wasn't until after the race when he saw this photo that the impact of all that support sunk in.

"It brings a good feeling to my heart seeing them all out there with me. We are all different, but we all come from the same broken place. We all walked across together. That was super cool."

When asked if he'd do another half marathon, he didn't even hesitate. "It whupped me," he replied, "but I'm going to keep training because I want to be part of this team."

What got Robert over the finish line that day? It was a passion to be there for others, months of hard work, dedication, belief in himself, support from the community, and support from his team. Robert has the tools to achieve whatever he puts his mind to, in an event, in recovery, and in life.

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





EATING DISORDER POST-TRAUMA GROWTH

Eating Disorder treatment is a long, winding road to recovery. It's filled with lots of ups and downs that sometimes don't feel worth it in the moment. Much of ED treatment is focused not just on the trauma that ED brings to anyone's life, but also root trauma causes that contributed to the origin of ED and wanting control, safety, and perfection. Trauma has the potential to stunt growth if not dealt with therapeutically. However, if it is addressed appropriately, it has the potential to result in a lot of improvement, understanding, and potential.

Most families who go through ED treatment agree that they are closer, more mature, and more healed on the other side of treatment. Families get the opportunity to improve communication, discuss and air out old resentments, and address underlying root issues that were either unintentionally ignored, or intentionally swept under the rug. Many families would have never gone to family therapy if not for the ED making it a priority. Codependent patterns often emerge during family treatment (or couples dynamics as well) that can be addressed, and challenged. EDs also have a large genetic component and are likely to show up in multiple family members. ED treatment makes families more prepared to address early signs and symptoms faster, and seek treatment more effectively if they emerge later on.

On an individual level, ED treatment is rarely about just the food. That's the surface level issue, but underneath there is usually anxiety, OCD, trauma, depression, and distress intolerance to name a few. By digging into the root cause you get the chance to do some deep healing, and prevent a whack-a-mole situation from occurring if you ignored what's on the surface. By addressing the issue fully and therapeutically now, you can also avoid ED triggers later in life. Events like college, competitive sports, grief, post-partum, and aging/post menopause body changes can all bring up ED symptoms or relapses, and you're more prepared to deal with those if you have some treatment and recovery under your belt. One of the biggest gifts that ED treatment helps clients realize is that they can value parts of themselves that have nothing to do with body image and appearance. Body image and body size is a fickle friend when it comes to self-esteem, and if you're able to invest in parts of yourself that are more consistent and lasting, you are less likely to go through extreme ups and downs with self-worth in this area.

Lastly, ED treatment can free everyone (the client, family, partners, friends, etc.) from diet culture thinking – which disordered eating or not, affects us all in a negative way. Diet culture is a value that our society puts on thinness and physical attraction above mental, physical, and emotional health.

It makes weight loss become a priority in everyone's life, sucking up time, energy, and money. If at the very least you feel like your purpose on this earth is something bigger and more meaningful than losing weight, then you're reaching growth and understanding that most of the population will never get to. This is a gift we sometimes have a hard time seeing in the moment, but we can appreciate in post-trauma growth.

If you or someone you know is going through ED treatment presently, the idea of post-trauma growth on the other side can keep the momentum going, and provide hopefulness that it will all be worth it in the end.

Annie Kuni is an LMFT. She co-founded Gemmed to provide eating disorder support groups for teens and adults. Gemmed's goal is to assist in strengthening self-esteem and recovering from disordered eating for teens and adults by providing a safe, supportive and fun community of peers with the same goal. At an affordable rate that is not dependent on insurance coverage, Gemmed provides comprehensive eating disorder treatment to reduce relapse and support you on your recovery journey. Gemmed is a registered 501(c)3 nonprofit. Annie can be reached at www.gemmed.ngo



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MARCH IS PROBLEM GAMBLING AWARENESS MONTH

March is here again, which means I will be advocating and raising awareness of problem gambling all of March along with my friends of the National Council on Problem Gambling (www.ncpgambling.org), and their new campaign, and website of Responsible Play - <https://responsibleplay.org>.

And, since I get asked what I did to help me stay "BET FREE" within early recovery, I thought I would share some of my past experiences. Some of my earlier recovery journey from addicted gambling, and some areas I worked on to gain a foothold on long-term recovery.

The first thing I learned from therapy and treatment was breaking down the "Cycle" of addiction and how to use the skills I learned to stop and interrupt the cycle. See, winning is just as bad as losing when your gambling. Both will keep you within the addiction. Losing keeps you chasing your losses, while winning makes you think you will WIN every time you gamble. That keeps you sucked in the cycle.

So, here is some work and things I did to help in early recovery:

1.) **Make a Phone List:**

It's a list of trusted people to call if you get triggered or have urges to gamble. You call someone before you bet.

Most times, talking to someone like a sponsor or supporter can help you through them, and keep you from gambling. I even did this when I had to travel alone. I had friends I'd stay with, and I had to be there at a specific time, or they started calling me, like on long driving trips.

2.) Phone check-ins with your "recovery sponsor or mentor", every other day in the first three months of your recovery. Most people relapse within the first 90 days out of treatment. Make MEETINGS! Fill your empty time with healthy hobbies. I began journaling. It was a lifesaver. It would help if you relearned FEELING again because, as gamblers, we learn to "escape, hide or numb out" when we gambled.

3.) Support Meetings: When you start recovery, you need to make support meetings like Gamblers Anonymous, if you are in treatment group meetings, or even 'Celebrate Recovery' at a local church. Being with like-minded people who understand what you are going through will make you feel not alone within recovery. Those who have never been addicted gamblers do not realize we also go through a detox/withdrawal period even though our addiction is not substance-based. Being around those who have made us feel less uneasy.

4.) Research and start a list of support websites to aid your recovery. The very TOP one should be "Gamblers Anonymous" www.gamblersanonymous.org as they have online virtual meetings, people you can talk to, and much information about resources for recovery from gambling addiction.

5.) Of course, the website and good folks I have partnered up with for March is: <http://www.ncpgambling.org> as "Problem Gambling Awareness Month" is happening all this month. This month, I have pledged to blog about and raise awareness about "Problem Gambling" on my website "Bet Free Recovery Now" <https://BetFreeRecoveryNow.com>.

You can begin reading recovery books and memoirs, which is a good habit. Reading others' stories is another powerful tool to help you "Quit To Win!"

I hope everyone finds this month's article helpful within your recovery journey.

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.

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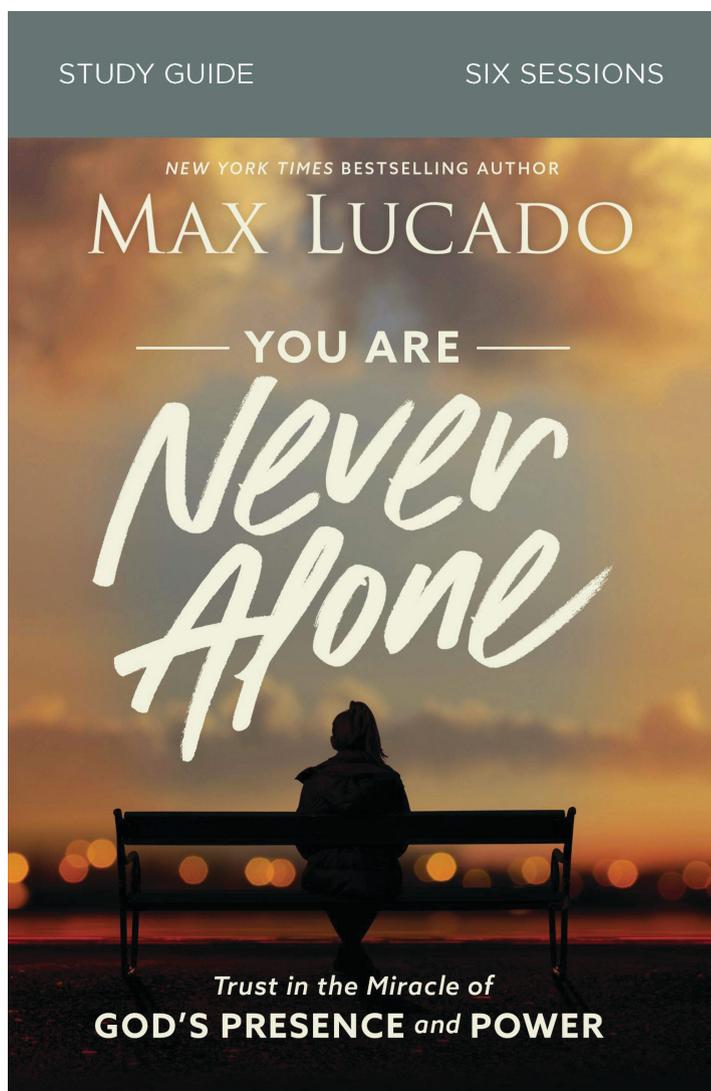
YOU ARE NEVER ALONE. Written by Max Lucado. Published by Thomas Nelson, a registered trademark of Harper Collins Christian Publishing, Inc.

Max has done it again; he manages to anticipate just what we need to hear and gives us a message of Hope. In this book, Max surprises us with this well-thought-out, deeply touching book that is so applicable for us now in the middle of this pandemic, when so many people are suffering from social isolation, loneliness, and even depression.

Max uses his easy-to-understand writing style and stories (personal and inspirational) to demonstrate God's Presence in our lives during the good and the bad times. Through sharing these stories Max shows us how God cares about us. "You Are Never Alone" is full of encouragement and hope. Max shows us how to relate to and apply Scriptures to daily events and current situations of our lives, illustrating how we can apply God's Promises to our life and find Hope in our trials, darkness, and despair.

I must admit that one chapter seemed to be written just for me. This chapter weighed heavily on my heart. It made me think about certain things in my life and reconsider where I stand on them. He opened my eyes to a passage I have seen and read many times but never really seen. I recommend this book for all of you looking for hope in the midst of hopeless times.

This book is written in short easy to read and understand chapters and includes questions on each chapter allowing for deeper thought and connection with God and Scripture. A GREAT READ!! I give it five stars. Available at Amazon.com



YOU ARE HERE: AN OWNER MANUAL FOR DANGEROUS MINDS. Written by Jenny Lawson, #1 New York Times Best-selling Author of *Furiously Happy*. Published by Flatiron Books.

This is a very well structured and very informative workbook, designed to get the reader engaged from the very first page.

The author merges visual imageries illustrated to entertain the reader, while bringing enlightenment and knowledge to educate them. This is a remarkably laid out book, where specific advice helps to give better clarity and focus to the reader.

There are many different forms of therapy within the pages of this workbook, which is comprised of several applicable processes, designed to help the reader achieve their desired results. My favorite part was coloring the illustrations, a form of therapy all by itself. This is a must read for everyone that wants to understand the reasons they think certain ways, and are searching for answers to those very questions. I give this workbook 5 stars, it deserves the recognition as truly being (yes I will say it again) a must read! Available at Amazon.com.

A NEW PAIR OF GLASSES: Written by Chuck C. Published by New-Look Publishing Company 3rd (third) edition.

We reviewed this book in July of 2015 and thought that since it is one of our favorite go to books that we would update and re-run the review.

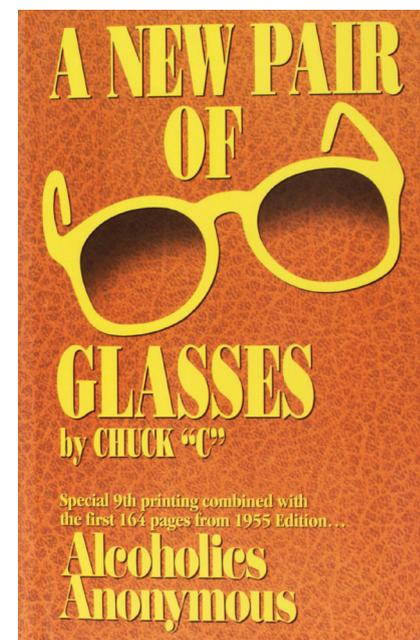
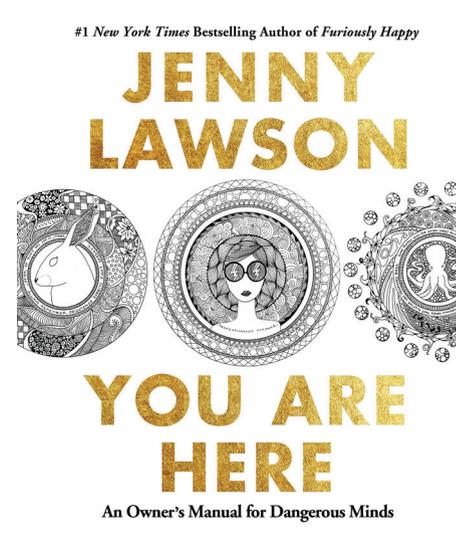
Chuck C. was one of the early leaders of AA in Southern California. There are spiritual truths here that transcend any of the more commonly used AA literature. What is amazing is that this was not really planned as a book at all - it's a transcription of a series of talks Chuck made at a men's retreat.

A New Pair of Glasses looks into the spiritual solution offered through the 12 Steps of Alcoholics Anonymous. Its delivery is both wise and has just the right gravity balanced with humor to make it an essential bedside read for AA's.

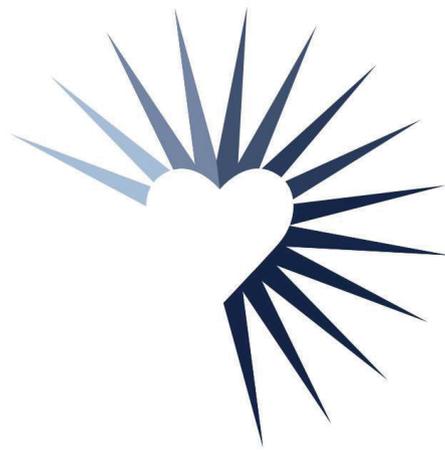
Chuck C. suggestions come from his experience, how he practiced these principles in all his affairs. A 12 Step call at work, at play, in AA it's the same thing. Chuck C. shares his wisdom (which came from learning, and living) away for free and for fun.

Chuck C. loves recovery, loves life (same thing!), and if you want to enjoy your life, help drunks, give of yourself for free and for fun - then enjoy the wisdom of *A New Pair of Glasses*, and the freedom the book helps give you back.

Some of these quotes you have heard at meetings and might recognize them. You may not agree with everything Chuck C. says but even so it's one beautiful book. I give this book 5 Sobering Stars. Available on www.Amazon.com



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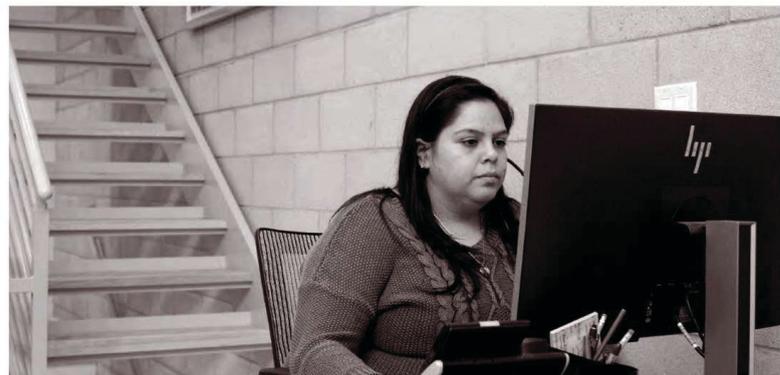
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WHO WE ARE: Every warrior has a next mission. We know that the transition to civilian life is a journey. And for every warrior, family member, and caregiver, that journey looks different. We are here for their first step, and each step that follows.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

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

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

WWW.WOUNDEDWARRIORPROJECT.ORG



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PROJECT®

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, Porp 47, Legal Services, Etc. 10020 S. Western Ave., Los Angeles, CA 90047 (323) 674-4376

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

SUICIDE PREVENTION

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

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

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

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

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

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

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

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 or call us at (818) 386-8400

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