

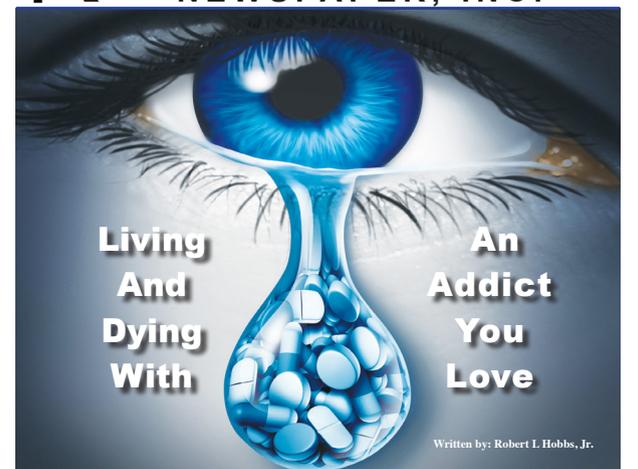
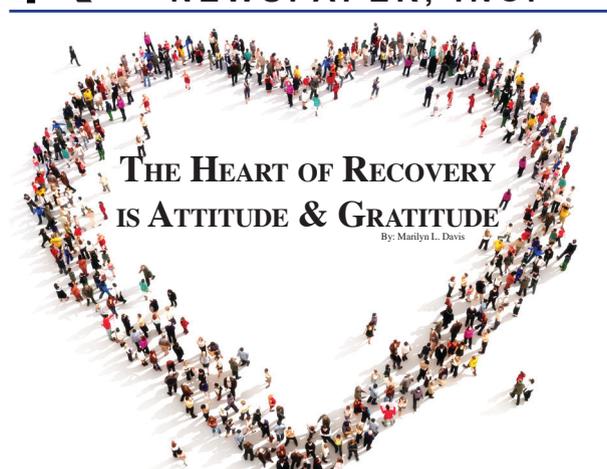
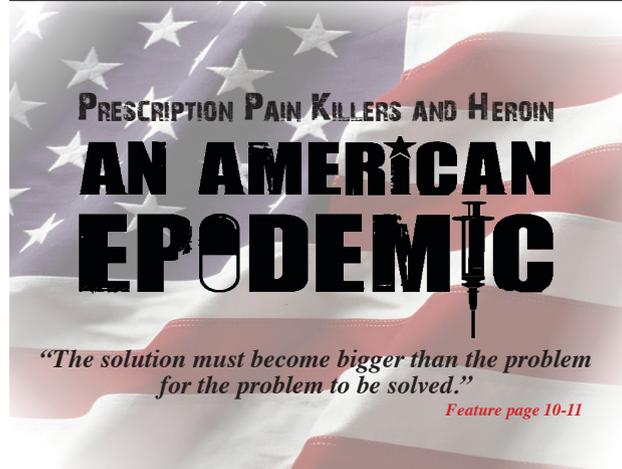
FREE CARRYING THE MESSAGE OF HOPE FOR RECOVERY FROM ALL ADDICTIONS - READ IT, SAVE IT PASS IT ON
KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY

April 2022

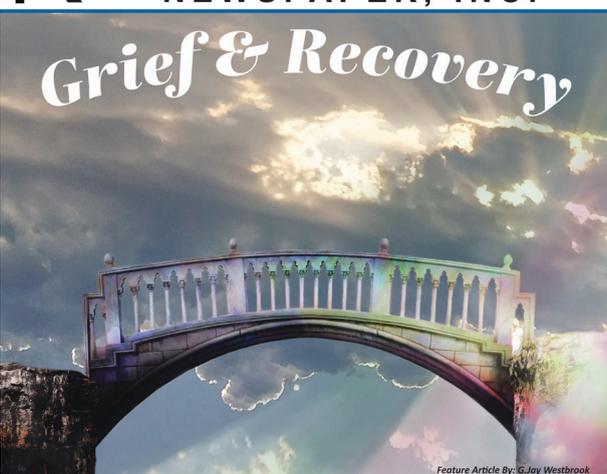
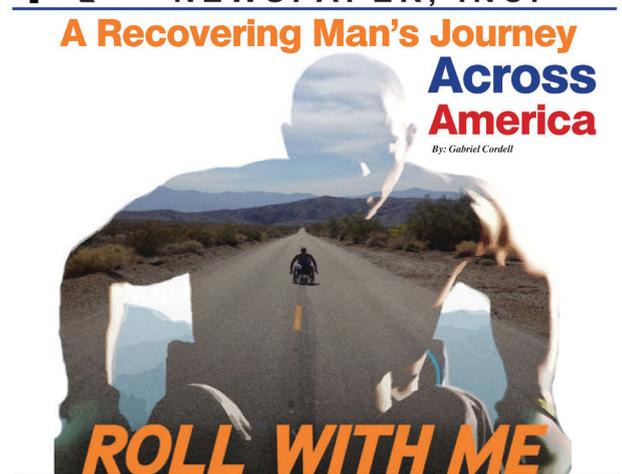
KEYS TO RECOVERY NEWSPAPER, INC.

Keys to Recovery Newspaper has been committed to bringing
Truth, Hope and Solutions to our readers since 2014:

Our past issues brought awareness to “An American Epidemic” in 2015, reminding us that the “Heart of Recovery is an Attitude of Gratitude” in 2017, Guiding us through “Living and Dying with An Addict You Love” in 2018.



Sharing “A Recovering Man’s Journey Across America, Roll with Me” in 2019, helping us navigate the heartache of “Grief & Recovery” in 2020, reminding us during a very dark year that “Hope is Everything” in 2021.



Join us for our last nine issues.

As we review the past, enjoy the present and look forward to the future.

**Owning
Our Pain**
Page 4

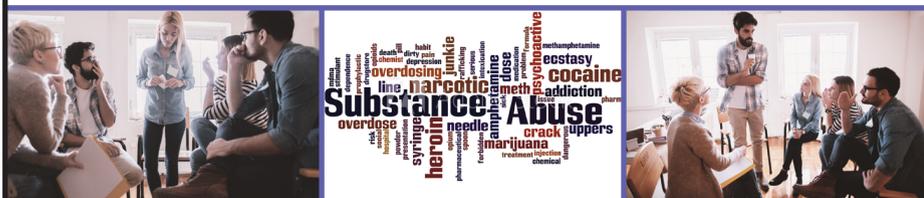
**Flip The
Script**
Page 6

**Be The
Change**
Page 17

www.PAXHouseRecovery.com



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



Now Accepting Medi-Cal

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



Call Now (626) 398-3897



www.PAXHouseRecovery.com

Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 6	Darrell Fusaro
Freedom From Bondage	Page 8	David Van Der Velde
Provider Directory	Page 10-11	
The Journey Continues	Page 12	Leslie Gold
Quit to Win	Page 14	Catherine Townsend-Lyon
Food For Thought	Page 16	Annie Kuni
Be the Change	Page 17	D Marshall
Book, CD, Video Reviews	Page 18	The Crew
Advertising Information	Page 19	
Classified Ads	Page 20	
Resource Guide	Page 22-23	

Contributors

Jeannie Marshall: President, Cofounder, Publisher & Editor

Marcus Marshall: Vice President, Cofounder, Publisher & Editor

Staff Photographer: Shalimar Cambria

Graphic Designer: J Marshall

Outreach Director: Peggy Salazar

Social Media: Dominique LaFargue

Cofounder: Beth Dewey-Stern

Cover Photo 111326515 / Free © Rawf88 | Dreamstime.com

Editorial Contributors: Marcus & Jeannie Marshall

- Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro •
- David Van Der Velde • Leslie Gold • Annie Kuni, LMFT •
- Catherine Townsend-Lyon • Peggy Salazar •

About Us

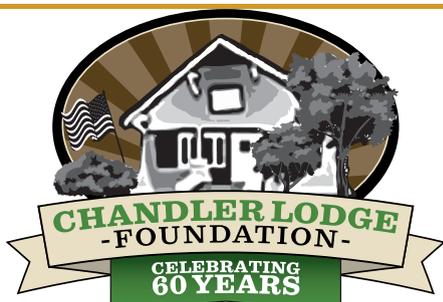
Provider Directory - page 10-11

Advertising Rates - page 19

Distribution Information - page 19

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

**Clean.
Sober.**
Ready to Live.



Providing 12-Step Based Sober Living for Men Since 1960

Call us today! **818-766-4534**



- 28 on-site AA Meetings weekly
- 12-Step Program Guidance
- Relapse Prevention with peer support
- Sobriety Monitoring & U.A. Testing
- Close to Buses • Gym • Cable TV
- Internet • Laundry

Committed to providing services, through the 12 step program that has been successful for many years.

Chandler Lodge, a non-profit, foundation established in 1960 by sober men in the program of Alcoholics Anonymous.

Chandler has proven to be one of the most effective Sober Livings available, literally thousands have benefited from our inhouse and outreach programs. We are not a lock down facility; we function as a recovery program of attraction.



www.ChandlerLodge.org • 818-766-4534



Hello once again to our trusted readers. April is one of my favorite months because I love celebrating Easter. It's not just about decorating eggs and chocolate bunnies, although I love both of those, but for me Easter is one of the principal holidays, of Christianity. It marks the Resurrection of Jesus.

Easter is a time of joyful celebration around the world, for some, it marks the end of fasting and penitence. For others, it's a time of family gatherings and Easter egg hunts. For others, it is a time for remembering that redemption is possible for everyone.

We here at *Keys to Recovery Newspaper*, have been publishing articles each month, since 2014, about redemption, restoration, recovery, solutions, hope, joy, and faith. For the next nine months, we will be reviewing past articles, publishing new articles, and looking forward to the future of the recovery world.

We have made a decision to stop publishing new issues of *Keys to Recovery* at the end of this year. We will continue to keep our Website current so that anyone at any time can read all of our back issues. We stopped printing our newspaper last year as we could not keep up with the printing and delivery costs. We have been publishing only digital copies and we thank you for your continued support. If you want to be a part of the last nine issues let us know.

When we started PRINTING the newspaper we knew that we were a vital link to those still suffering. There are so many online resources we feel that our time and resources will be better spent helping others, to help others. We are not sure how that will look right now, but we are excited to see how God's plan will continue to make use of us and our experience, strength and hope. Take a minute to review our past articles, and let us know if there is one article in particular that you would like us to reprint.

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

Hello and thank you, to each one of our readers, we are blessed to have you as part of our recovery newspaper. You help give us a platform to express our thoughts, hopes, and dreams, each of you are the very reasons we continue *Keys to Recovery Newspaper*. This month of April has given me a clearer view, of areas in my behavior that needs revamping. I need to always maintain my focus on achieving my set goals, regardless of the different distractions that are going on in my life.

I need to let what is happening negatively in the world, remain outside of my conversations at home. There is a time and place for all things, and the home is not the place for any negativity, it's our sanctuary shielding us from the harmful effects of the world. At times I become overwhelmed with the chaos that is happening because of the wars, and at times I bring my frustrations home with me, instead of leaving them outside where it doesn't interfere with the serenity of our home.

I primarily remain positive daily, yet at times I allow the cares of this world to hinder my emotional and spiritual growth. "What we focus on, becomes our focus" that's my wife's saying, which is very true, if we set our attention on the positives, we won't be hindered from obtaining what we truly need in our lives. This has been an eye-opening month of how diverse and volatile some nations are, in this time and age. As Rodney King once stated, "Can We All Just Get Along!!!" which is so very needed in these times.

Even though there is so much division in the world, we try to focus on our personal recovery from drugs and alcohol, we can be a shining light in our communities by simply being of service to everyone, regardless of their ethnicity, religious beliefs, or political affiliations. Many of us desire the same conception, love, peace, and harmony for all. Until we come together once again for reasoning, may God protect, guide, and help bring us all together as one race, the Human Race! - **Marcus Marshall, Vice-President & Cofounder**



CRI HELP

YOUR LIFE IS WAITING

AFFORDABLE, EFFECTIVE ADDICTION TREATMENT FOR INDIVIDUALS AND THEIR FAMILIES

DETOX | RESIDENTIAL | OUTPATIENT | TRANSITIONAL LIVING

PHOTO: MICHAEL DOUGLASS

24/7 Drug and Alcohol Sub-Acute Detox & Residential Rehabilitation in Los Angeles, California

CLIENT CARE ABOVE EVERYTHING

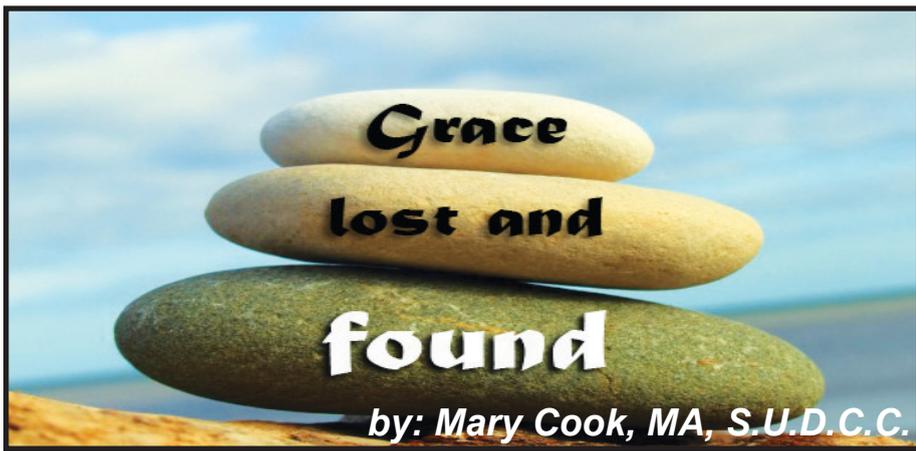
DETOX AND RESIDENTIAL ADDICTION TREATMENT LOS ANGELES

Call 24/7 (855) 942-2107

EFFECTIVE ADDICTION TREATMENT WITH HIGHER STANDARDS

We Accept Most Private & Commercial Insurances.

www.CNVDETOX.com



OWNING OUR PAIN

Enslavement to craving renders mature, healthy, spiritual thinking and behavior impossible. Craving comes from feeling incomplete. We are incomplete when we refuse to see parts of ourselves. We are incomplete when we imagine our pain is unique, too small, or too great to be healed. We are incomplete when we perceive a particular feeling, or experience as our identity or our life. We are incomplete when we believe our problems and solutions are outside of us. We are incomplete when we fail to see our connection with others, or with our God. All of this belies and grossly underestimates who we truly are.

Denial of our whole, real self gives rise to a false self that focuses on possessions, power, and prestige. We try to make permanent what is inherently transient and wonder why peace eludes us. All of life is in continual flux. To attempt to make constant what we think gives us joy is a blind, massive effort in futility. We carry the pressure and weight of our unhealed pain through addictions, compulsions, eating disorders, physical illness, and violence.

We are ignorant, impatient, intolerant, and desperate to hide emotions we fear through anger, control, and distractions. We create illusions about ourselves, others, and life to protect us from the original and subsequent painful truths that escalate beyond measure. We falsely believe that defenses and offenses protect us from emotional pain, instead of realizing that they create more conflict. We attack anything that threatens our walls of imprisonment, thinking the enemy is external when we have made war with ourselves.

All variations of joy and misery are inside us. To know we are angry, hurt, rejected or sad, we must have experienced peace, helpfulness, acceptance, and happiness. To appreciate abundance, compassion, courage, and health, we must have experienced deprivation, suffering, fear and sickness. These are universal feelings. When we accept and understand their arrival and departure, they are a normal part of our human experience. When we over-empower them, however, we begin a battle we can't possibly win.

When we judge and condemn certain feelings and fervently attach ourselves to other feelings, we suppress the truth, and the maturation and resolution it imparts. We endow people, places, and things with the power to produce feelings we desire and feelings we detest. Once again, we falsely believe the enemy is external, and anger and frustration intensify.

The conditions for peace are to acknowledge all that we are, and all that we have done. We cannot change what we refuse to accept. We cannot meet a goal if we lack a starting point. We cannot surrender what we have not owned and understood.

The machinations of ego and self-will don't amend our core life experience, nor do they bring us serenity. Only spiritual transformation does that.

Fear of owning our pain means that the pain remains in its primitive form inside us, and the consequences of pain dominate our life. Bullies need power over others to flee their personal demons. They cannot hold us hostage, unless we ally with their fear. Whether the bully is internal or external, the solution is to practice letting go of fear. We must relinquish our weapons of judgment, hate, and vindictiveness. We must transcend our liabilities of insecurity, inferiority, and impoverishment.

Disarmament requires illumination. The power of addictions, character defects, and defenses diminish in the presence of insight. Our self-examination must be deep and discerning. The task is to know ourselves fully and not confuse our identity or our life with any specific feelings or experiences. Rather than fight for what we desire and fight against what we detest, we provide attention, interest, open-mindedness, patience, and time to reveal the origin and purpose of all of our feelings. This then precipitates a natural maturing process.

We require a thorough understanding of both our human flaws and our spiritual nature. This gives us humility interwoven with blessedness. We are thus no longer compulsive and rigid, but spontaneous and supple. Clarity is not found in doing battle. It is discovered in stillness and quiet contemplation. Abundance does not come from greediness or grasping. It emerges from surrendering control and outcome in favor of divine purpose. The smallest light of truth shines brightly against the darkness of denial. Once we see rightly, we cannot return to blindness. No matter what our internal or external experience, our mission is profound. We can find and take the highest ground.

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



MARY COOK

ADDICTION SPECIALIST COUNSELOR

M.A. Psychology, R.A.S.

over 45 Years of Experience

310-517-0825

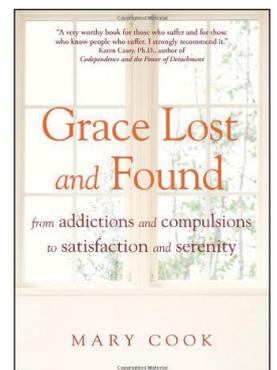
Available for counseling in my office in San Pedro, California or by telephone.

AUTHOR OF:

Grace Lost & Found

Available on Amazon.com

WWW.MARYCOOKMA.COM



It's time to
MAKE CHANGES TO YOUR LIFE.
TALK TO US.



**BEYOND
 EXCEPTIONAL**
 treatment

This is our promise to you.

Start your healing journey in a
**private residential setting Located in
 Walnut Acres area of Woodland Hills, California.**
 A relaxing atmosphere, close to nature,
 to reset your mind and body

THERE IS HOPE. CALL NOW
855-995-0808
End Your Addiction Today

We accept most insurance
www.harmonyplace.com

HARMONY PLACE
**DETOX, RESIDENTIAL
 & IOP ADDICTION
 TREATMENT OF
 SOUTHERN CALIFORNIA**

- One on One Therapy
- Family Therapy
- Evidenced Based Treatment
- Equine Therapy
- Gender-Specific Transitional Living
- Group Therapy
- Brain Recovery
- Healthy Cuisine
- Yoga
- Massage
- Acupuncture





FLIP THE SCRIPT

Have you ever been greeted with the phrase, "How's the day treating you?" The other day a friend of mine and I overheard someone being greeted in this way, and my friend turned it on its head. "Isn't it funny? Now that I begin my days with prayer and meditation, my days don't treat me, I treat my days," he said.

It's easy to fall victim to the false belief that the events of the day have power over us. The good news is that the events of our day will always play out, for better or worse, according to our consciousness. As within, so without. Our consciousness can be considered synonymous with our attitude. What's attitude? It's my mental approach to life.



By starting our day with an attitude of faith, joyful expectancy, we are aligning ourselves with love. We are invoking the harmonizing, prospering power of God. This mental approach to our day creates positive changes in all areas of our life.

Now that we know this to be true we can use it to motivate ourselves. We no longer permit ourselves to consent to indulging in thoughts of self-pity, doubt, worry, or frustration. Instead, we shift our focus imagination on seeing ourselves as the person we desire to be. We now choose to see ourselves as joyful and confident as we walk through the events of our day. Rather than dwelling on our concerns, we allow ourselves to be inspired by divine possibilities. A wonderful affirmation that redirects our imagination in a positive direction is, "Inspired by divine possibilities, I am ready to proceed in positive ways."

Recently, I had to contact the Division of Motor Vehicles regarding a problem I discovered with my vehicle registration. I began thinking disempowering thoughts. Ugh, this is going to be difficult. It's going to be an awful, automated phone system. I caught myself and said, "I do not consent to that." This doesn't mean I do not consent to the DMV being incompetent and unhelpful like I was thinking. It means I am not consenting to my negative attitude toward the DMV. This helped me to shift my attitude to one of love.

I began to feel a joyful confidence. I looked forward to being kind, loving, and courteous to whoever I spoke with.

What followed was miraculous. The automated phone system gave me the option for a call back rather than waiting on hold.

I received a text within minutes letting me know that I'd be receiving a call from a DMV representative shortly. This fueled my joyful expectancy. I was confident all would go well. It did. The representative who called was knowledgeable, courteous, and helped me resolve the issue simply. I felt like I had a conversation with a friend.

The Bible exclaims, "Let the weak say, I am strong." It doesn't say, "Let the weak ruminate in self-pity and feel sorry for themselves." We transform our day, our circumstances, and ourselves with the affirmative. Let the sick say, I am well. Let the fearful say, I am secure. Let the doubtful say, I am confident.

Most of us believed that one needed to be blessed with artistic talent to live creatively. Now we can see creativity is at the heart of spiritual living. By choosing to treat our day, our circumstances, and ourselves with an attitude of joyful expectancy, we become co-creators with God. When we approach unexpected change or delays with the trust that with God all things work together for good, we are cooperating with the harmonizing power of love. When we react to life in new loving ways, we get a brand-new life we love.

Every morning is an opportunity to treat our day with love. By doing so we free ourselves from continuing to be victims of circumstance. At any time we can flip the script. Choosing to unite ourselves with an attitude of love we become change agents for good. Throughout our day we can rely upon our creative power of choice. We are able to avoid the temptation to react and choose to create instead. This can all be summed up perfectly as "Curse a thing and it will curse you. Bless a thing and it will bless you."

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*



Portraits of actual Los Angeles rescue dogs. Perk up your living space and contribute to a great cause. Each one of these one-of-a-kind portraits was hand drawn by **Foosaro** on location at the Los Angeles Best Friends Animal Society facility. These unique art pieces will give any room an elevated aesthetic and are sure to be a conversation starter.

Proceeds from each purchase are donated to Best Friends Animal Society. Created using black pastel on acid-free archival paper and professionally mounted and framed as shown (20"x 28") for \$299 each. To see the available pieces from this limited collection contact **Foosaro directly at Mr.Foosaro@gmail.com**. Foosaro is also available for private commissions.

TTCC



TARZANA TREATMENT CENTERS COLLEGE

BEGIN YOUR NEW CAREER TODAY!

6-Month SUD Certification Program

8 Core (Online) Courses

255 Supervised Internship Hours

*Inquire about TTC employee discount

NOW ACCEPTING APPLICANTS

 (818) 996-1051 ext. 1412  TTCC@Tarzanatc.org  TTCCollege.org



THE IMPORTANCE OF COMMUNITY & CONNECTION IN LONG TERM RECOVERY

I got sober in 1988 at the age of 19 through the 12-Steps, a very involved sponsor and countless others in recovery who held the space for me to slowly recover.

I went to an average of 2 to 4 meetings daily for the first two years, showed up early for commitments, and stayed after to be of service to our community. Then, I would go for a meal or coffee after the meeting to be visible, make connections and build community in my recovery. I spoke to my sponsor daily as he took me through the steps and regularly asked me detailed questions about my meeting experiences. He would also ask if I had done basic daily esteem-able acts, like making my bed, brushing my teeth, showering, and other household chores to ensure I was acting my way into right thinking. I would sit upfront at the meetings, keeping in mind that I couldn't afford to miss what was said since I was sicker than most.

Today, I don't often see the above behaviors with people I encounter at meetings and how they describe their recovery. The gift of desperation I had when I got sober helped create the honesty, open-mindedness, and willingness I needed to stick around long enough for recovery to take hold. I often see my growth and the value of actions taken only in hindsight, which is why the mantra of acting my way into right thinking early in recovery was so vital. When I was new in recovery, I didn't trust anyone and I didn't trust myself. Indeed, I knew what I had been doing wasn't working and was killing me through the consequences of my alcoholism and drug addiction. I wasn't afraid of dying as much as I was terrified of waking up and having to live another day in active addiction and alcoholism.

Awakening to the tools that support long-term recovery can be a journey that takes several years before sustained abstinence-based recovery is achieved. This work is usually done within one's recovery support community which can include or be in conjunction with harm reduction, clinical treatment modalities like detox, residential, outpatient services, and peer mentoring communities, like those available through 12-Step groups. Co-occurring mental health issues to alcohol and substance use disorders (AUD/SUD) often make it challenging for the best-licensed clinicians to understand whether the mental health issue is pre-existing to the AUD/SUD, drug-induced, or some combination of these and whether the mental health issue will be pervasive and ongoing in someone's recovery. It can be equally as challenging to know whether additional clinical interventions should be addressed. And for those in recovery who have experienced trauma before and/or during their active addiction, the consequences of these experiences don't always emerge right away. Often, these start to come to consciousness as someone develops a foundation in recovery, in a safe consistent routine-based environment, where the unconscious brain thinks it's safe enough for them to start addressing them in the conscious brain.

The breakdown of the family unit in the United States has also created more isolation and a lack of trust in relationships and community. Incarceration for drug and alcohol-related offenses and institutionalization of those with co-occurring mental health issues have exacerbated the situation, fragmenting core relationships, creating additional trauma, and not promoting holistic healing that could lead to the positive reforming and valuing of connection and community. However, advances in understanding trauma and addiction, like ACEs, toxic stress, and negative epigenetics consequences have shown us the pitfalls that can contribute to developing a SUD/AUD. These can be complicated with co-occurring mental health issues, creating an interconnected and isolating identity and belief system that's self-medicated with illicit drug use and alcohol. SUD/AUD is often called a disease of isolation because the patterns of thinking, feeling, and acting as the addiction escalates and progresses often leads to maladaptive relationships and behaviors where a positive support community is often not possible.

My own recovery experience over the last 34 years has molded me into a man who understands the urgent need for community and connection from the beginning for those in early recovery from drug addiction.

Alcoholics Anonymous Big Book calls alcoholism "an illness which only a spiritual experience will conquer," while an NIH research study states that "one important aspect of our findings is the fact that maintaining positive intimate relationships seems to be crucial for reaching long-term abstinence or stable recovery from substance use."

I now see how lucky I was to enter recovery with a desperate attitude of gratitude, as it allowed me to say "yes" to things I had always previously said "no" to – even when it was someone just trying to help me live that day. As I once heard a 12-Step meeting speaker describe, they would enter a meeting and yell "help me," but with both hands outstretched in the stop and stay away position. At the time, I was a walking contradiction. But, luckily those I met in recovery loved me as I was until I could learn to love myself through their lived experience in recovery.

If you are new in or seeking recovery, whatever way you choose to enter it, be sure to find connections and communities that are filled with loving and compassionate people in their own recovery. Those who will also hold you accountable for having a new experience through changes in your behavior, laying aside prejudices and doubt so you can find a life in recovery beyond your wildest dreams. I did and now it is my mission and responsibility to share my experience with you.

David Van Der Velde, Executive Director & Co-Founder of Awakening Recovery, got clean and sober at the age of 19. He is consistently active in his recovery community by mentoring others, serves on recovery and youth-related non-profit boards.

In 2015, David chose to transition from a 25-year career in producing large-scale corporate events for the sports, entertainment, and non-profit sectors, to co-founding Awakening Recovery as its Executive Director and Board member, helping those looking for a long-term recovery solution regardless of access to funds. Additionally, David has successfully completed his Certificate in Alcohol and Drug Abuse Counseling from UCLA. He now devotes his personal and professional life to helping people find a long-term recovery solution from drug addiction and alcoholism, through the life-saving work at Awakening Recovery and in his recovery community at large. He can be reached at 310-990-2235. Photo credit Jeff Xander.



R BLVD



www.RichBlvd.com

2022 PROVIDER DIRECTORY

List your services in our Provider Directory, (8 Issues)
for a total of \$250. email us at: info@keystorecoverynewspaper.com

INTERVENTION & FAMILY RECOVERY CONSULTING

BRASS TACKS RECOVERY

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

RECOVERY - WELLNESS CENTER

A T CENTER - Silver Lake, California, Celebrating 50+
Year serving the LGBTQ community & allies. Featuring CV-19
compliant outdoor meetings with stage and sound. With Zoom
studios coming soon indoors. Visit our website to host special
events. Free Coffee, Recovery Literature & chips for sale. Contact
us at: www.ATCenterLA.Org

RECOVERY COMPANIONS / COACHING

ALEGRIA CARE AND RECOVERY

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

SOBER LIVINGS

ANGEL VILLA SOBER LIVING

Encino, California
Luxury healing in the hills of California
(818) 571-8946
www.AngelVillaSoberLiving.com

MIRACLES IN ACTION

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

MY NEW BEGINNING SOBER LIVING FOR WOMEN

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

SUNSHINE SOBER LIVING

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

HOUSE IN THE HILLS

(818) 264-8545
Transitional / Sober Living - located in Woodland Hills
A Support System & Home For Women in Recovery
www.HouseintheHills.org 818-264-8545

Let them know you saw it in Keys to Recovery Newspaper

We try to live each day, and publish each issue, on purpose, with purpose for a greater purpose. Our mission is to carry the message of recovery to as many people as possible, wherever they may be.

There is no us without your continued support.

2022 PROVIDER DIRECTORY

List your services in our Provider Directory, (8 Issues)
for a total of \$250. email us at: info@keystorecoverynewspaper.com

SUBSTANCE ABUSE TREATMENT DETOX - RESIDENTIAL TREATMENT (RT)

AURORA CHARTER OAK HOSPITAL

www.charteroakhospital.com

Call Robin McGeough (O) (626) 214-2015

(C) (626) 216-6031, Covina, CA 91724

HARMONY PLACE

Woodland Hills, California

A comfortable place to do difficult work!

(855) 995-0808

www.HarmonyPlace.com

THE VILLA TREATMENT CENTER

Woodland Hills, California

(855) 915-0727

www.thevillatreatmentcenter.com

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

CNV DETOX

www.CNVDETOX.com

Drug & Alcohol Sub-Acute Detox & Residential Rehabilitation

Call 24/7 (855) 942-2107

Los Angeles, California

THERAPISTS

ROSS PHILLIPS THERAPY, Specializing in Chemical

Dependency & The Addicted Family System

Ross Phillips M.A., LMFT, MFC 100034

805-455-1614, Telehealth therapist in California

RossPhillipsTherapy.com

MERCEDES CUSICK THERAPY SERVICES

Mercedes Cusick M.A., LMFT # 118720

Specializes in Trauma, EMDR and Addiction Recovery

Offers EMDR Intensives

mercedesmft@mercedescusick.com

818-425-9337 www.MercedesCusick.com

Located in Woodland Hills

SUBSTANCE ABUSE TREATMENT INTENSIVE OUTPATIENT (IOP)

THE OHANA RETREAT, LLC

Intensive outpatient treatment program is set within a sober living environment. After detoxing, Clients join our integrated IOP/SLE program for 30-120 days on their path to recovery in Hawaii. www.TheOhanaHawaii.com

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

MIRACLES IN ACTION - Burbank & Northridge, Calif.

www.miraclesinaction.info (818) 918-5822

Addiction Treatment, Dual Diagnosis

Intensive Outpatient & Sober Living

We accept most insurances.

MULTI CONCEPT RECOVERY - Burbank, Calif.

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

VISTA DEL MAR HOSPITAL

www.vistadelmarhospital.com - Phone: (805) 653-6434

Dual Diagnosis & Chemical Dependency Treatment,

Inpatient stabilization, Outpatient Programs, CD IOP.

801 Seneca St., Ventura, CA 93001. Accepting most insurances.

To find local meetings and
events all year long call
Alcoholics Anonymous

San Fernando Valley Central Office

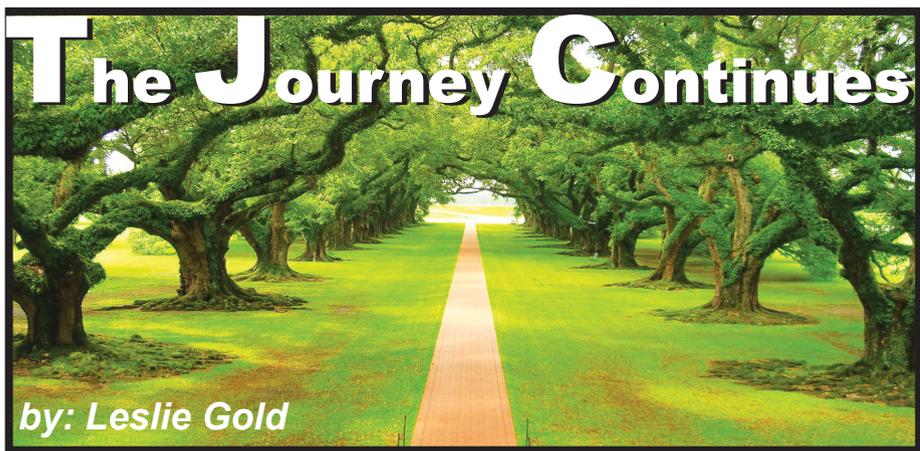
16132 Sherman Way, Van Nuys, CA 91406

Telephone: 818-988-3001

Mon.-Fri. - 9:AM - 6:PM

Sat. & Sun. - 9:AM - 5:PM

VOLUNTEERS ARE ALWAYS NEEDED



WHAT CROSSING THE FINISHING LINE MEANS

We've shared stories about Meredith and Derek in prior issues, following them on their journeys to long term sobriety, and sharing how running was a critical part of their plan. Check out what they've accomplished and why!

Meredith's Relapse Prevention Plan - Year 5

Staying clean and sober isn't easy. Staying clean and sober while living near a casino in an isolated small town is even more challenging. It's especially difficult during COVID. But that didn't stop Meredith from training once again for the Los Angeles Marathon.



Meredith with her Beit T'Shuvah teammates at the Running4Recovery team dinner the night before the Marathon.

Meredith in the LA Marathon Finish Zone proudly wearing her fifth Charity Challenge medal.

As you may recall from prior newsletters, Meredith crossed the finish line of her first LA Marathon while in residential treatment at Beit T'Shuvah. After completing the program, she continued training remotely. She returns to run with the team every year. On Sunday March 20, Meredith crossed the finish line with her team for the fifth time. Like many of us, she put on some unwanted pandemic pounds which she said made this year's run much harder. But, as she explained,

"I didn't give up and that's the most important thing to me."

What keeps her strong? Regular exercise toward a challenging goal, and the support of her remote sober running community.

When she's not training for the Marathon, she still makes exercise part of her life and her daily relapse prevention plan. She bought an exercise bike so she can train indoors when the weather isn't great for running. And, when she wants a cup of coffee, she makes the 2 mile roundtrip to Starbucks on foot.

Congratulations Meredith!

Derek: Overcoming Setbacks

Derek's running career began in summer 2020 when he joined the Strides in Recovery half marathon at Beacon House. His goal was to complete a half marathon that was scheduled for December 2020. Instead, he found himself facing setback after setback.

The half marathon was canceled due to a COVID outbreak at the facility. He lost 2 months of training. In February 2021, he resumed training, preparing for a half marathon to be held in May 2021. Two weeks before the event, he pulled a muscle. The rest of his team finished the event. Derek cheered them on from the sidelines.

After healing, he trained for a half marathon to be held in August 2021. A week before the event, he sustained a heel injury that required stitches. The rest of his team finished the event. Derek cheered them on from the sidelines.

After healing, he began training for a full marathon in February. A few weeks before the event, He got COVID. Despite all these setbacks, he didn't give up. After recovering, he resumed training with a fellow resident, this time for the Los Angeles Marathon. They both proudly finished.

Derek learned that by choosing never to give up, he can accomplish big goals.

Congratulations Derek!



Derek at the LA Marathon finish line with his mother

Derek, with his Beacon House team mate in the finish zone, along with 3 former Beacon House residents who are the staff who support the Beacon House running program while also training with the Skid Row Running Club.

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





WOUNDED WARRIOR PROJECT®

877.TEAM.WWP (832.6997)

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

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

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

WWW.WOUNDEDWARRIORPROJECT.ORG



**WOUNDED WARRIOR
PROJECT®**



CONSEQUENCES, ACCOUNTABILITY & FREEDOM

This article is re-printed from September 2016

I will never forget the day I was sitting in jail, on a cold piece of concrete bench feeling sick to my stomach. I was waiting to be booked and fingerprinted by our local police. I could not believe I was here. I could not believe my addicted thinking and poor choice got me here. The shame and embarrassment I will never forget.”

That was me back in September 2006. I wanted to share a little about the damages and consequences many of us face when we are deep within our addictions, or like me, just have more recovery work to do. One of those can be losing your freedom due to jail, criminal records, or doing jail or prison time. I had visited a friend's blog this morning, and he had just been released from prison five days ago. I have followed some of his journey on his recovery blog while he was there. And I can tell you; there is nothing worse than having your freedoms of life taken away from you.

See I know this first hand as I had this happen myself, just no prison time. In 2006 I made the poor choice to steal from someone due to financial problems of my own. This person filed charges, which she had every right to do. I was arrested at my home, taken to jail, booked, and then released due to never having a criminal record. Talk about shame and embarrassment. It was the lowest point in my life besides my two failed suicide attempts. I was living in Oregon at the time, in a small community, so everyone, of course, read about it in our local newspaper.

I had spent over 20 years in the banking field, so I knew many people and business people in my town. So it was again pretty embarrassing to know they all may have read about my downfall, and seen my name in our local newspaper.

Freedom, are you hearing me? Get your freedom back!

Now my friend who just got out of prison was talking about how he was becoming addicted to his tech stuff. His cell phone, the internet, and social media, and how much had changed just in the seven years that he was away in prison. I SO understood what my friend, fresh out of prison was feeling and going through. I'm addicted to the same, but I have chosen to be addicted to social media and the internet for two excellent reasons, and these reasons are blessings of my hard work in recovery and given from my higher power.

I use them for my recovery to help others and share hope in recovery, inform and educate others about gambling addiction, alcohol abuse, and more, as I blog my recovery journey. I also use it for my home business as a book promoter.

I chose to steal from someone while I cleaned her home. It is all in my book. I was arrested, charged, given two-years of probation and loads of community service. I'm still paying my fees and the little balance left of my restitution today. So with having a criminal record, no one would hire me. So I had to think outside the box and figure a way to make money from home. I also suffer from severe depression and agoraphobia, so I don't work outside my home anymore. BAM! Book Promoting and authoring more recovery books came to me! Lol. Now I am not rich, but I have made enough to pay our rent some months, and that not only feels good/ but are blessings in recovery.

It also raises your self-worth, your confidence and gives you freedom from addiction.

We need to learn while working on our recovery to take ownership and accountability for the choices we had made. No matter how long it takes to work through them? It can be done; you will never feel that full sense of freedom from your past if you don't. And boy did I have a lot to process and overcome in my past, starting as a hurt, traumatized little girl. That holds true for the other obstacles that come from just life trials, and storms besides turning to addiction.

So back to my friend, I told him to change his priority of why he is using them. I use them to help others in recovery, go to online recovery meetings, and that is what helps me stay in recovery. Sharing my story, sharing my hope with others so they too can help others. Same with my book promotions. I enjoy helping other authors promote their books. And I work just as hard for them as I do when I help others in recovery.

I never dreamed how my life could take a decisive turn from the ugly damage and devastation of gambling addiction I battled. Never dreamed I'd be a published author in my lifetime, nor have freedom again. But when we are in addiction, we just don't see anything but the addiction. What a life legacy I get to leave behind for others who come to recovery after I'm gone. Awesome! Just don't give up on those dreams!

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.

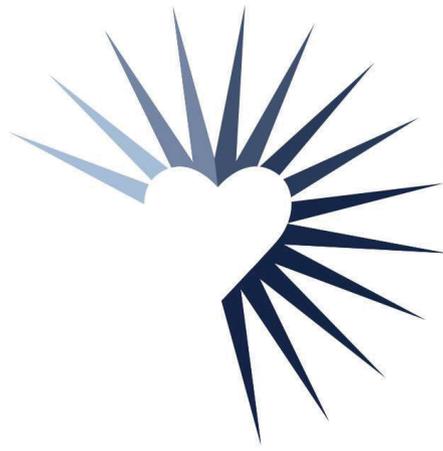


Handyman Services by John Paul

No Job is too BIG or Small
I can do it all!

- Honest
- Hardworking
- Experienced
- Reliable
- On Time
- Great prices

818.447.0613



CHILDREN *of the* NIGHT

CHILDREN OF THE NIGHT NATIONWIDE CASE MANAGEMENT

NO COPS / NO FBI

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

Anonymous Crime Reports

Housing Referrals for
All Ages & All Circumstances

Medical Services
Mental Health Services
Psychiatric Evaluations /
Psychotropic Medications

Public Health Insurance
Social Security/
Disability Benefits

Transportation

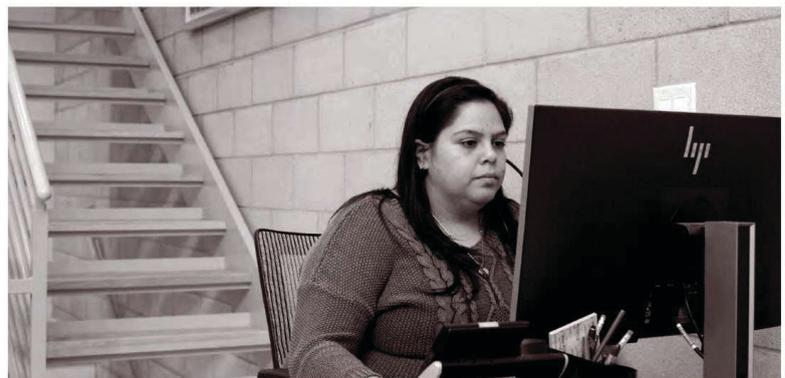
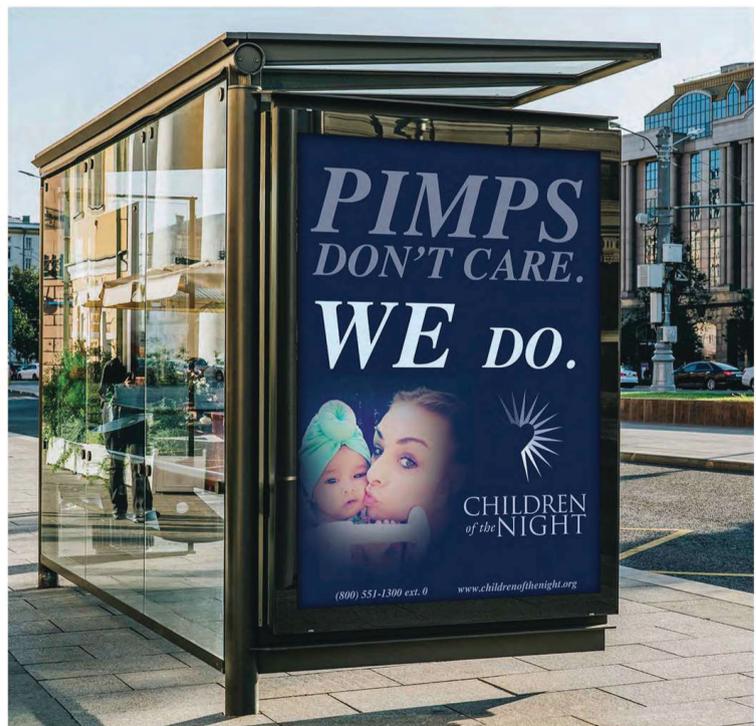
Advocacy with Social Workers,
Probation Officers & Courts
Court Accompaniment,
Court Intervention

Resumes
Jobs

Training / Vocational Schools
Community College

FAFSA (Financial Aid for School)

1 (800) 551-1300



www.childrenofthenight.org



LETTING GO OF CLOTHES

There are so many aspects of life that must change and be confronted with eating disorder recovery. The most obvious ones involve food, but down the line, it becomes apparent that food is not the only trigger. Eventually, most clients have to deal with their relationship to clothes as well, and this can bring up a surprising number of emotions.

Many people in ED recovery want to hold onto their old clothes even if they don't fit anymore. This is often related to glorifying the days of the eating disorder, or a refusal to accept the body changes that recovery often brings. Even for people not dealing with an ED getting rid of old clothes can be hard. However, the reality is that clothes that no longer fit are a constant reminder that you have to look at daily, which is an avoidable trigger if you make certain changes.

Old clothes can also contribute to body dysmorphia if they no longer fit. You might feel much more self-conscious and too aware of your body if the clothes are too tight, loose, or uncomfortable. Many people find that they like how they look much more when their clothes fit – along with getting dressed being less of a stressful time of the day. Old clothes can also contribute to body checking. If you're using clothing sizes and fit to monitor weight and body changes, then you're likely contributing to a behavior (consciously or unconsciously) that you want to leave behind in recovery.

To make changes with clothes you will first and foremost need to make peace with spending money on new clothes. This is an unavoidable part of recovery and can be a self-care exercise. Both you and your recovery are worth investing in. If going to a traditional store is too triggering, turn instead to online shopping, clothing rental companies, or clothing subscription services. We are lucky that we now live in a world where so many shopping options exist. There are also many ED recovery-friendly brands available as well that either take the clothing tags/sizes out of clothes, companies that showcase all body sizes on their models, and companies that trade clothes in, and send you new ones during the weight restoration process.

If you are looking to repair your relationship with shopping in stores you might find vintage shopping more fulfilling. Clothing has been altered and sizes change so much from different decades that numbers can be less meaningful in those clothes. It's important to try and make shopping fun again rather than a minefield of triggers. Bring someone supportive, make a fun day out of it that doesn't include just shopping, and go in without a plan or "needing" to find a certain piece (helps with expectations). If all this sounds too overwhelming right now, start with clothes or accessories first in the store, as these items don't have the same pressure with sizes.

Lastly, you don't have to throw away your old clothes if that seems wasteful. You can donate them, trade them in for shopping credit at thrift stores, or turn the old clothes into an art piece as a symbol of your recovery, and how far you have come. I have seen this done through a collage, a sculpture, or a mosaic using pieces of old clothing fabric, and can be both creative and empowering.

If you're having some hesitations around this clothing topic, think of how relieved you will feel once you no longer feel uncomfortable with how clothes feel on your body or be triggered each morning getting dressed. You deserve as much help in your recovery as possible, and sometimes that means challenges that have nothing to do with food!

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



Vita Behavioral Health Drug & Alcohol Rehab Treatment



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

Welcome to Our Family

Call **888-848-2234**

All PPO Insurance Accepted - Located in Van Nuys California

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

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

MY 12 STEP STORE.COM
Recovery gifts InStyle!

got 12

WE SHIP TO THE WORLD!
visit us online or in-store
My 12 Step Store
8730 SANTA MONICA BLVD
WEST HOLLYWOOD CA 90069
310 623 1702

f t i n y



Updated and Re-Print from April 2016

“Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

The joy of living is the theme of A.A.’s twelfth step, and ACTION is its keyword. Here we begin the kind of giving that asks for no rewards. Here is where we practice, in the words of Gandhi to, “Be the change you wish to see in the world.”

So this year, we invite you to practice the twelfth step: Be the Change and make a positive impact on the world.

The “Be the Change” movement invited people to NOTICE what’s happening in the world around them, to CHOOSE actions that create positive change, and to ACT on those choices. By practicing random acts of kindness, we become a living example of what is possible from kindness and compassion.

“Be the Change” Movement:

- is designed to inspire peace from the inside out and to create hope while challenging individuals to find their passion for all people.
- is a service-based movement designed for youth and adults of all ages.
- provides immediate hope, inspiration, and inclusion to every individual committed to living their lives in service to others.
- is a self-perpetuating membership organization open to anyone who shares in its vision and principles.
- is a way of life that anyone can live in every moment.
- challenges its members to stop waiting for others to change things and to be the heroes they have been waiting for; to commit to doing at least one intentional positive act of change each day for the benefit of others.
- is a movement of “attraction” and inspiration that challenges non-members to consider joining the movement and to “pay forward” any service or contribution they personally benefit from.

Why Be the Change?

Given the current state of our world family, violence, pollution, poverty, addiction, social oppression, isolation, and threats of war leave many of us feeling fearful, victimized, or alone. The “Be the Change” movement asks individuals to be at least a part of the change we wish to see in the world.

By joining in the spirit of the “Be the Change” movement, people not only commit themselves to being the change they want to see, but they also immediately serve as an inspiration and support to others.

By maintaining a commitment to perform at least one intentional positive Act of Change per day and document it, individuals not only experience the immediate satisfaction and pride associated with making a difference but are also invited to create a clear and powerful record of their accomplishments. With this evidence, there can be no denying the difference they are making.

Think of the Possibilities

With millions committed to being the change, there is no limit to the possibilities.

Imagine families where every family member is consciously looking for ways to contribute.

Imagine schools where every student is given time to share and celebrate their positive contributions.

Imagine corporations where contribution and service are the basis of the company’s culture.

Imagine a world where the people of every country commit themselves to making positive contributions; where international competition and gamesmanship focus not on winning or losing, but on generating the most impactful positive change; and where our daily news is no longer dominated by violence, poverty and destruction, but instead celebrates and recognizes the positive change.

Imagine young people and adults all over our country and the world being honored daily, weekly, monthly, and annually for the change they are making.

What if people all over the world were inspired to share food, shelter, and resources? What if our human family could unite as one?

Would you call that a “miracle?” Or could it be simply the result of “change?”

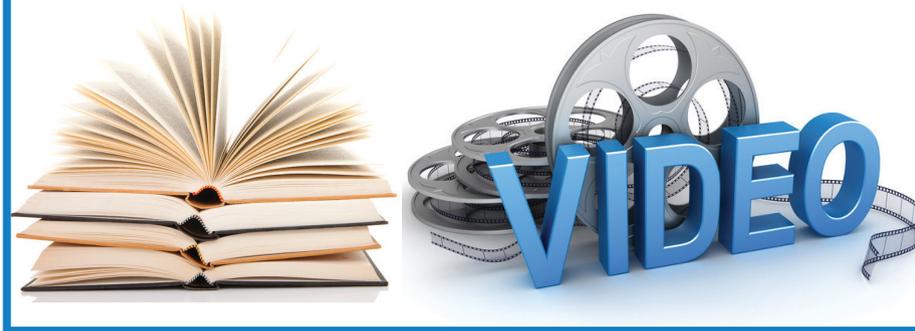
Now is your time to “Be the Change”! Be Part of a miracle.

Because we are all valuable parts of our human family, contributions to ourselves can be some of the most significant Acts of Change. Remember, we must love ourselves before we can love others!

Here are some ideas, but feel free to make up your own ways to “Be the Change”.

- Consciously smile at everyone you see, even strangers
- Be vulnerable
- See the good in everything, and point it out!
- Say hello to someone you would normally ignore
- Help someone carry their groceries
- Listen to someone in need - the gift of listening
- Buy lunch for a homeless person
- Write Positive messages on post-its
- Tell the truth
- Hold the door for a stranger, even if you’re in a hurry
- Ask for help when you need it
- Tip generously
- Write thank you letters to people you love
- Visit a friend or relative you haven’t seen for a while
- Let someone in on the freeway
- Pick up litter, even if you didn’t drop it
- Pay the toll for someone behind you
- Stop smoking
- Create a meal for your family
- Call just to say “I love you”
- Share a poem or a book with a friend
- Choose to care for rather than hurt yourself
- Rest
- Drive the speed limit
- Eat lunch with someone new
- Give an unexpected gift
- Appreciate someone for a job well done
- Offer your point of view without trying to change someone else’s mind
- Organize an outing with friends
- Plant a tree
- Dance
- Sing
- Draw
- Exercise
- Vote
- Read to a child
- Keep your word
- Volunteer at a homeless shelter
- Say you’re sorry
- Welcome someone’s tears
- Do a task or chore that you wouldn’t normally do
- Share the beauty of a sunset
- Hug a friend
- Visit a retirement home

Book, CD & Video Reviews



ALL BETS ARE OFF: By Arnie and Sheila Wexler with Steve Jacobson. Published by Central Recovery Press (CRP)

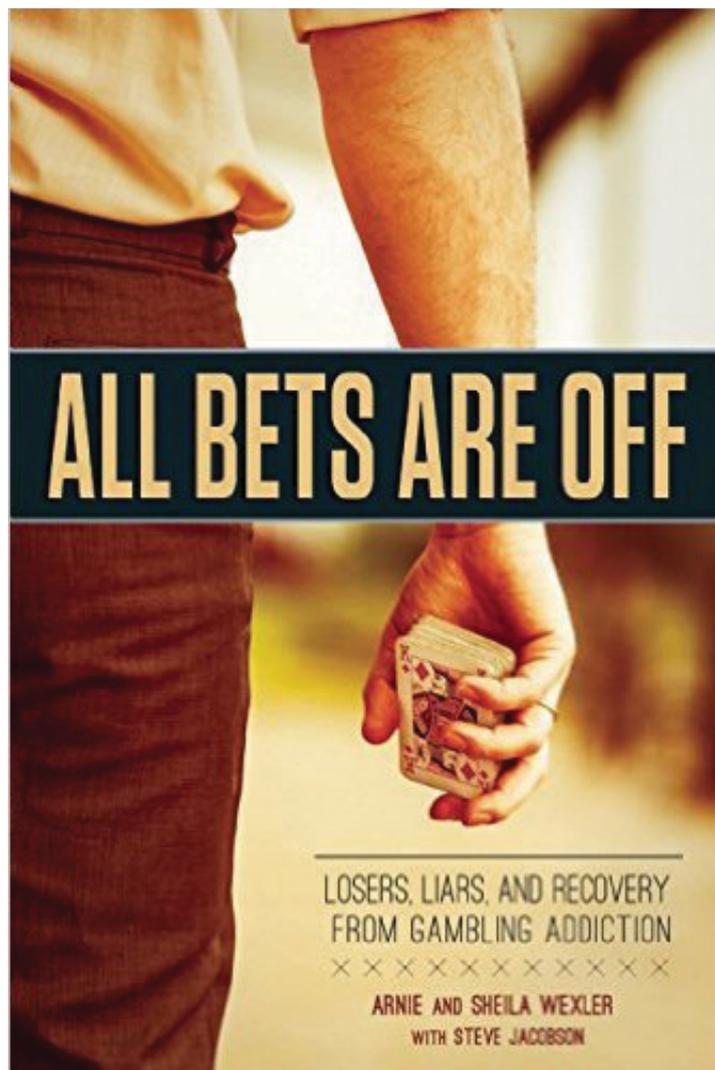
Arnie Wexler's intensely personal journey into a compulsive gambler's life is extremely raw and honest.

He gives insight into the depths that compulsive gambling can take a person, and the family around them. Arnie is painfully honest to where his addiction took him. "All Bets Are Off" provides us with the harsh reality of the viscous cycle of the gamblers life, always chasing that next win. Oblivious to the consequences it delivers.

Arnie gives us hope by sharing his journey into recovery, and showing us that we can all recover. Arnie has been free from that addiction for over 40 years. He is involved with a 12 step program and now works with others and carries his message of hope. He takes his story to help educate thousands on the negative effect of gambling addiction.

Arnie and Sheila Wexler have provided extensive training on compulsive, problem and underage gambling. Sheila also is executive director of the Compulsive Gambling Foundation, In addition to running the toll free national helpline 1-888-last-bet.

A must read. We give this book 5 stars Available at Amazon.com



The BEAUTY OF SPIRITUAL LANGUAGE: written by Jack Hayford. Published by Gateway Press.

Jack Hayford is a gifted writer and puts together awesome teachings on the gift of tongues – how to receive and how to use this gift, the purpose of this gift etc. It is laid out very simply for everyone to understand.

Written over ten years ago, it remains the defacto standard for those in search of a deeper walk with God, and for the search for the Heart of God. It is difficult for many in the pursuit of God to properly testify to the power and majesty, of receiving the Spirit of God. Dr. Jack Hayford does this in a manner that serves many of us, not as gifted in the study of the scriptures as he is. This is perhaps the most balanced and sensible study of this subject I am aware of.

As a teacher, Jack brings to light Old and New Testament scriptures, providing the background and authenticity on this subject. When his own personal testimony is incorporated into the study, it brings the potential depth of our relationship with God, to every one of us. This book is outstanding; it treats a difficult and controversial topic with care and wisdom. Anyone on any side of this issue would benefit from reading this book. This book has a very "fatherly" tone in sharing his experiences. This is an excellent resource for anyone who has questions about the speaking of tongues.

Don't think this is a self-serving endeavor, because the fact is that Nelson Publishing asked Jack to write on this subject, for those outside the Pentecostal movement. I give this book 5 stars. I give this book 5 stars. Available at Amazon.com

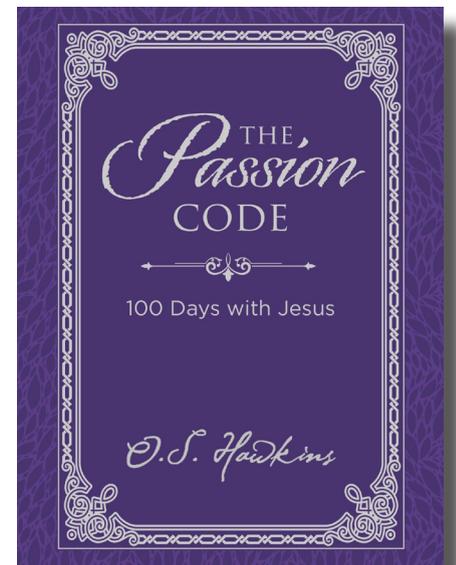
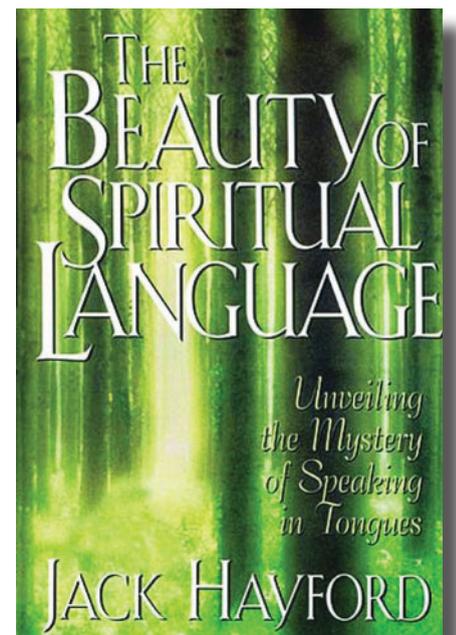
THE PASSION CODE: 100 DAYS WITH JESUS, TBN Special Edition. Written by Dr. O.S. Hawkins, bestselling author of (God with Us) (God for Us) and (God in Us). Published by Harper-Collins Christen Publishing Inc.

This is a very informative uplifting book, presenting Jesus' love not just to comprehend his Heavenly Father's will, but to demonstrate absolute obedience in performing and fulfilling his Father's will. This book is laid out to help the reader, to understand the relationship Jesus has with his Heavenly Father and us, his children.

The incredible compassion and forgiveness that we receive daily from the Father and His only Begotten Son Jesus Christ, is Agape love at work in our lives. The Father and His Son's love is unmerited, gracious, and constantly seeking the benefit of the one He loves. While reading this book one day at a time, the reader will feel the special relationship that Jesus shares with the Father, and with us His heirs sharing the promises of God the Father. Each reading of the day brings us closer to Jesus, and we become greatly aware of the love and joy that Jesus feels for each of us.

A must-read for anyone wanting to better understand and know what is expected, and needed from us as believers working in unison with Jesus Christ, the Holy Spirit, and God our Father. I give this book a 5+-star rating, it is designed to uplift, inspire and motivate the reader within every remarkable page. Available on www.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 Pl. #35, Lake Balboa, CA 91406. You can also email us a digital at: info@keystorecoverynewspaper.com



Advertising Rates & Sizes

Full Page	\$700 - 10" width x 12" height
1/2 Page	\$500 - 5" width x 10" height
1/4 Page	\$250 - 5" width x 6" height
Double Box	\$75 - 5" width x 2.5" height
Box	\$50 - 2.5" width x 2.5" height
Banner F/C	\$700 10" width x 2" height (1 time per year)
Classified Ads	\$25 for 25 words or less. Each additional word \$0.25

Artwork & Deadlines

Advertising Materials: The best type of artwork/graphic to send is in a PDF or JPEG format. Photoshop files and In-Design files are acceptable be sure to include all artwork and fonts.

Advertising Deadlines:

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

Terms and Conditions

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

Readership & Availability

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!

Classified Ads

SOBER LIVINGS CHANDLER LODGE SOBER LIVING FOR MEN: non-profit, since 1960. We function as a recovery program of attraction. 28 on-site AA Meetings weekly, 12-Step Program Guidance, Relapse Prevention, Sobriety Monitoring & U.A. Testing, Close to Buses, Gym, Cable TV, Food, Internet, Laundry. Call (818) 766-4534 www.Chandler-Lodge.org.

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

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

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

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

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

PROSPEROUS ROSE Sober Living is a beautiful structured Sober Living located in the foothills of Lake View Terrace, CA, Male only, is minutes away from Sunland and a few blocks away from Hansen Dam Park and Recreation Center. We offer the following: laundry facility, outdoor gym, covered patio and smoking area, internet with fast Fios internet and WIFI and big screen TV's with cable. The rooms are clean and spacious with flat screen televisions in all rooms. Cleanliness is a priority in this house. Rent is \$600-\$700 monthly, depending on room chosen. You have the option of paying weekly or monthly no deposits required. We accept the pilot program through DPSS. Close to all markets, bus and 12-step meetings (we have referrals to outpatient services, food banks etc.) We provide transportation for grocery shopping & 12-step meetings and to free food banks. The Owner of the house is a Substance Abuse Counselor that has a very good understanding of addiction and is ready to help with your recovery. Whether your court ordered, on probation or parole, Prosperous Rose Sober Living is a California Licensed Sober Living home that can be a great -stepping stone in this new chapter of your life. We are here to help and support you call Suzy (818) 660-8070.

Classified Ads

ROB'S HOUSE SOBER LIVING: A clean, safe, and beautiful Co-Ed sober living home. Participation in our community depends on always testing clean, staying employed, and attending meetings. Located in Winnetka California. Contact us to see if we are the right fit for you and your new life free of drugs and alcohol. Email: akesaryan@gmail.com or call (818) 523-0025.

THE VESPER HOUSE! Are you ready to begin your NEW SOBER future TODAY? We are Southern Calif. Oldest Women's Sober living Home! Vesper House has been helping women recover for over 65 years. We offer semi-private rooms, bus line access, Cable TV, kitchen, laundry, computers w/high-speed Internet access, on site AA meeting for Clients, and more! Located in North Hollywood, CA. Zero Tolerance Alcohol & Drug Sober Living Home! The weekly rent is \$130. Call TODAY (818) 769-3057.

Rolling Sober SFV



Rolling Sober SFV, meets the last Sunday of each month at 9:am. Meet us at The San Fernando Valley AA Hall, 220 S Brand Blvd., San Fernando, Calif. Parking Available Across Street. Visit our Facebook Page (Rolling Sober Car Club) for more info. The only requirement is that you are clean & sober and have a love of old cars. Interested in attending meetings? Call Paul for info @ 818-447-0613



ALEGRIA CARE AND RECOVERY SERVICES

RECOVERY COMPANIONS,
COACHING AND CASE MANAGEMENT

*Helping those Struggling with
Addiction and Mental Illness*

818.298.6419

alegriacareandrecovery@gmail.com



**Hazelden Betty Ford
Foundation**

Jeff Schlund
Outreach Manager

Cell 626-372-4550
Direct 760-423-6728
Toll Free 855-348-7018

JSchlund@hazeldenBettyFord.org

www.HazeldenBettyFord.org

The Cost for classified ads is \$25 for 25 words or less.
.25 for each additional word. You can email, regular mail or call your ad into us.

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

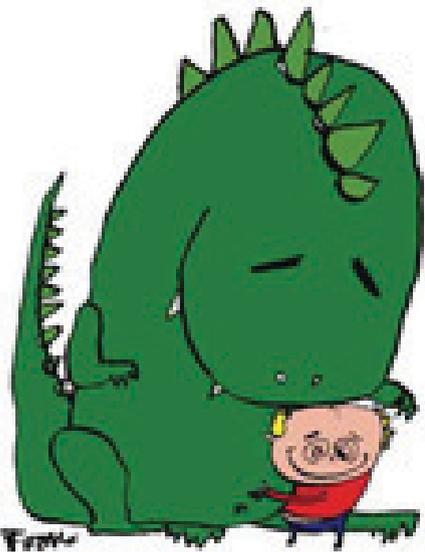
Contact person: _____ Phone: (____) _____

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

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

“What if Godzilla Just Wanted a Hug?”

Now Available on Nook and Kindle



DARRELL FUSARO
**WHAT IF GODZILLA
JUST WANTED A HUG?**
Leading with the Heart Instead of the Chin

Now Available at
www.Amazon.com or
www.darrellfusaro.com

House in the Hills

Transitional / Sober Living
for Women in Recovery
In Woodland Hills, Calif.

818.264.8545

*Our core philosophy lies in
the belief that recovering
addicts/alcoholics must safely
reconnect with the outside
world, aided by a healthy,
balanced, structured & secure
environment as their
Support System and Home.*



The
Sober
Living
Network

www.HouseintheHills.org **CCAPP**

Liz
Murray



From homeless
to Harvard.

AMBITION

Pass It On.

VALUES.COM THE FOUNDATION
FOR A BETTER LIFE

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

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

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

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

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

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

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

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

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

Clutterers Anonymous: (866) 402-6685.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Pills Anonymous: (PA) www.pillsanonymous.com

Rageaholics Anonymous: www.rageaholicsanonymous.org

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

INFORMATION & REFERRAL SERVICES

Dimondale Adolescent (310) 791-3064.

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

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

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

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

Sober Living Network (310) 396-5270.

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

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

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

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

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

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

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

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

FOOD AND FINANCIAL ASSISTANCE

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

FOOD BANKS

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

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

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

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

First United Methodist Church 18120 Satcoy 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.

