

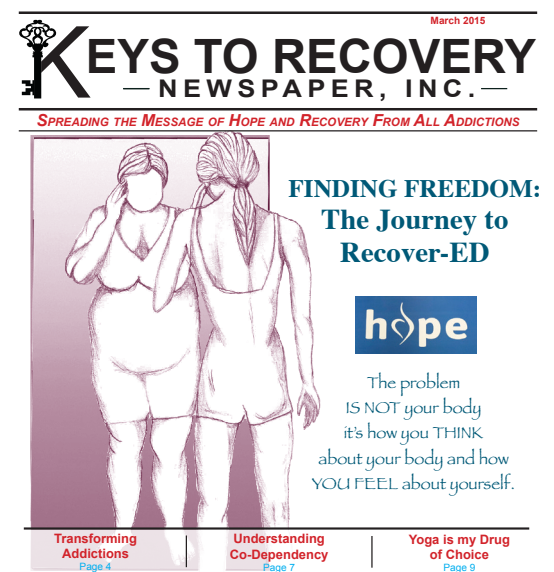
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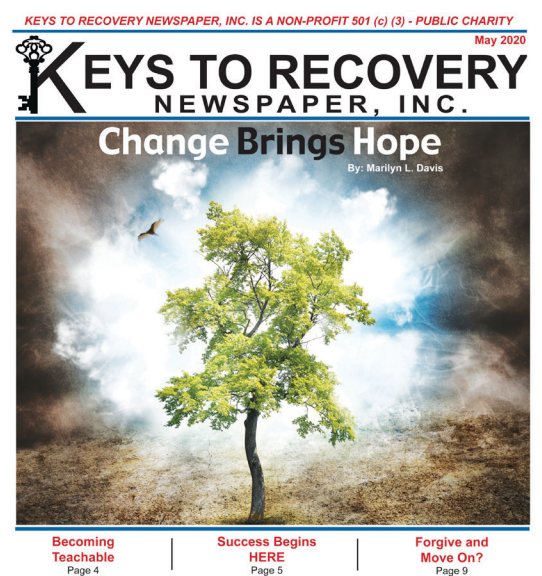
May 2022

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

Our past issues helped our readers find *"Grief Recovery"* in 2015, answers when dealing with *"Addiction & Chronic Pain"* in 2016, shining a spotlight on eating disorders *"Finding Freedom: The Journey to REcover-ED"* in 2015.



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

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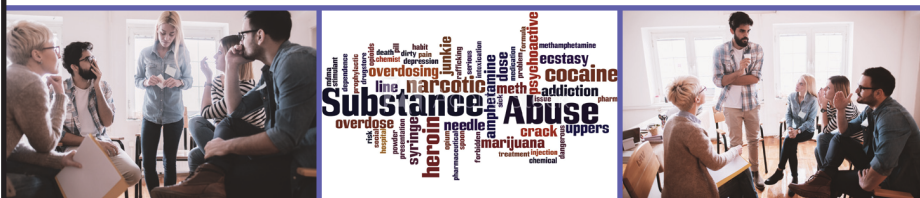
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Welcome to the May 2022 issue of Keys to Recovery Newspaper. Well, it finally happened, I got Covid-19. I was fully vaccinated, boosters and all, so it was a mild case compared to some others that I had heard about. The worse part was not seeing our granddaughter for what seemed like a lifetime. The best part was being in isolation with my best friend, Marcus. The most frustrating part was that I had all this “free” time, and yet NO energy to get things done. One more time I found that acceptance is the answer to all of my problems.

I quickly made peace with the situation, and found some new programs on television to watch. I also made countless “to-do” lists, since I was falling behind on things that needed to get done, and I felt better writing them down.

I slept A LOT, and practiced the art of “letting go”. Letting go of my plans, letting go of my new workout routine, letting go of my new eating program (since all I wanted was grilled cheese sandwiches) letting go of deadlines, letting go, letting go, letting go. By letting go of everything I had room for peace and joy.

There is peace in acceptance, and in letting go. And in peace I found joy. Even though I felt sick I found reasons to smile and laugh. I felt surrounded by loving and caring people, even if I couldn’t be around them. I was reminded one more time that I have an incredible, beautiful life, and that I am blessed beyond measure, no matter what the circumstances are God’s got this.

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

Hello, we want to thank every one of you, for taking the time to read our Keys to Recovery Newspaper. This month of May has been so enjoyable spending time with our families, and especially our precious Granddaughter Zoe. When I look at the innocence in Zoe’s eyes my heart melts, and I then feel sad for other children that are not as blessed as her in this world. My wife Jeannie and I have been helping to financially assist two children and their families in different countries, by the grace of God our beautiful Granddaughter doesn’t have to experience being without as they do!!

Given the opportunity to reflect on the past 4 months, we are thankful for being clean and sober, during this time of uncertainties. Through the incredible networking of so many, who use their expertise to help those addicted to drugs and alcohol, sobriety is blessedly within reach for them. I have learned how to be more patient in most situations, but I still haven’t perfected it yet. I have also learned during these times, to not allow the negative occurrences online, on social media, or in-person to alter my perception of all the blessings God has bestowed on me.

Everything in life changes to some degree, how we react and adapt to them makes all the difference. Nothing is guaranteed in this life, but joy, peace, love, and serenity are attainable. I tell my sponsee’s that our perspectives and perceptions, need to always be viewed from a positive standpoint. This month of May has been rewarding in many ways, my wife and I have had the opportunity to spend more time together. Since we stopped printing our Keys to Recovery Newspapers last July, we have had more spare time to enjoy a myriad of fun activities.

Even when our glass is half full, we know that we are not running on Empty. It all comes down to our perspectives and perception of what is occurring now, which dictates every one of our outcomes. Keeping a positive outlook regardless of what is happening at that moment, can be the determining factor of the results. The adage “If life gives you lemons, make lemonade” is true, in other words, use what you have to your best advantage. There are so many throughout the world that has basically nothing, yet they continue to strive daily with stick-to-itiveness, drive, hope, determination, and bravery. Until we come together again for reasoning, let’s appreciate ALL of what we have. - **Marcus Marshall, Vice-President & Cofounder**



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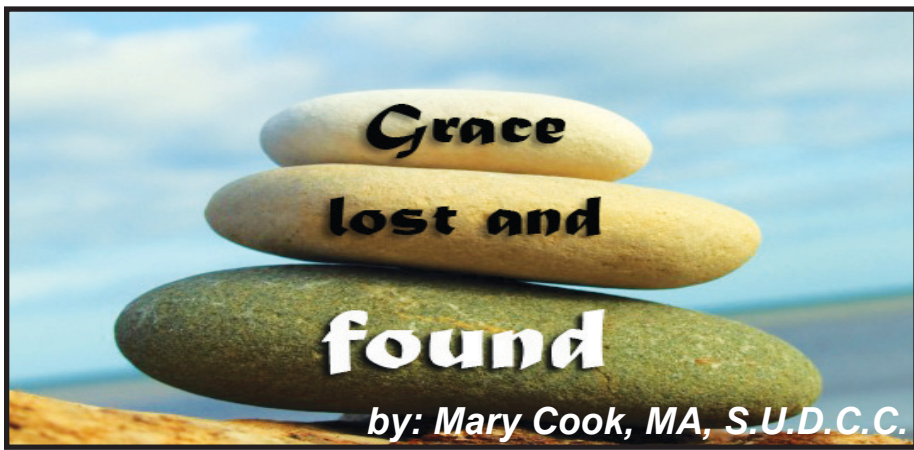
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HOW DO WE LET GO?

Even when we know something's harming us and it will only get worse, it can still be a struggle to give it up. What is the process of letting go and why are certain things so hard to give up? Believing that we need a person, place, or thing in order to survive, tolerate ourselves or our lives, or in order to be happy, or have meaning can create dependency. Sometimes these needs begin when we are at our most vulnerable period.

Take the example of a boy who suffers repeated physical abuse from an early age, and as a teenager discovers heroin. Not only does it magically remove all pain, but he feels transformed to a state of bliss, comfort, and complete fulfillment. In a family that's unable to bond or show affection or interest, a child is able to adopt a pet dog. The dog allows her to feel more love than she'd ever dreamed of. Consider a boy who's been a social outcast all his life, then begins a career as a drug dealer. Suddenly he has a surge of power, worth, and popularity. The youngest sibling in a family of bullies who is teased for being a baby feels adult and mature when smoking cigarettes. A girl who feels unloved at home and a failure at school discovers that boys want to be with her when she offers them sex.

Like these examples, our attachment to something can start as protection from the pain that we don't know how to manage on our own. We may not realize we're dependent until threatened with the loss of our attachment. Then we may not want to get out of bed, we may have panic attacks, cry uncontrollably, become aggressive, or willing to go against our values and morals to hold on to what we feel we need.

Even when we're not in a vulnerable wounded place, we may try something and enjoy how it feels whether smoking, shopping, eating sweets, or beginning a new friendship. If the associations we attribute to these things are powerful or numerous, a dependency can develop. Eating sweets can be associated with reward, pleasure, or giving to oneself. A new friend can be associated with greater comfort and acceptance of oneself. Shopping can be linked-to lifting spirits. Cigarettes can be a companion when talking on the phone and driving, for easing stress or fortifying oneself before a meeting, and as an additional pleasure after sex.

Whenever we empower someone or something outside ourselves to bring us positive feelings, and we have limited knowledge of how to do this for ourselves, we can build dependencies that undermine self-esteem. The more we invest in the outside for positive feelings, the less we invest in and believe in ourselves. In these circumstances, when we lose what we feel we need, it seems as if we are losing ourselves. Fear, anxiety, anger, and depression are typical emotional reactions to this kind of letting go.

If our dependencies become excessive and create significant problems, it will be important to examine all dynamics underlying the dependency.

This includes pain, yearnings, positive and negative associations, identity, and self-esteem. This process can involve finding support to heal pain and grieve. We can discover what we wish to have more of and less of in ourselves and our lives and how to do that. We fully realize any negative elements and begin empowering ourselves through recognizing the positive within us. We explore who we are with greater depth, and clarity and make new associations that have healthier consequences.

The goals of the heroin addict who survived child abuse are to heal pain and create a broad support system of people who understand and have nurturing qualities. He needs to learn to set boundaries against any future abuse and develop greater compassion and appreciation for himself. He must discover natural, healthy means to mental and physical pleasures, and identify and abstain from all destructive endeavors. He will process feelings about the hurtful elements of his life and grieve what's been lost. The use of spiritual principles will help him maintain his highest core values, and avoid unhealthy patterns so as to preserve positive self-esteem and nurture continuing growth.

The goals are similar for the diabetic whose sweet tooth endangers her health, the compulsive shopper who's in severe debt, the smoker who wants to breathe easier and live longer, the child whose dog died cutting off her only source of love, and the woman who feels empty and degraded because her only value comes from sex. All human beings long to feel good, whole, valued, and safe. We need guidance to manage pain, process feelings, and recover. When we understand ourselves fully and deeply, we can recognize our strengths and improve our weaknesses. We can choose to interact with others in ways that don't diminish them or us. We need to realize that the only things we have that can't be taken away are within us. Thus, it is our responsibility to take the healthiest care of ourselves, enjoying, learning, growing, and letting go throughout our life.

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 46 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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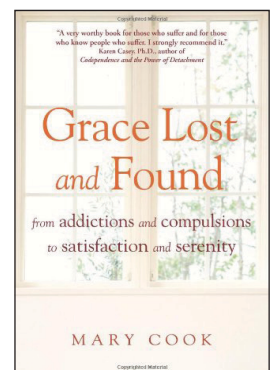
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LET LOVE TAKE YOU HIGHER

"If you will stop being critical, you will stop the negative thoughts that bind you to your present state, and move out of it and into another." –Neville Goddard

You are entitled to miracles. Miracles occur naturally the moment we are willing to let go of grievances. This is precisely why twelve-step recovery programs encourage members to rid themselves of resentments. It is a spiritual axiom that as long as we remain resentful, for just so long will we remain the same; unchanged. Addiction is a "no system", and recovery is a "yes system".

Our grievances hold us back from experiencing more health, happiness, love, success, and prosperity. Can we really let go of all grievances as they arise, no matter how justified or petty? No, not always. But being aware of them when they arise, we do have the choice of whether we consent to them. There are two quotes that motivate me to let them go, and I'll share them here to hopefully motivate you. The first is from Emmet Fox, a leader in the New Thought movement, "You can have either your demonstration or your indignation, but you cannot have both." The other is from gold medal Olympic skier Lindsey Vonn, "It's amazing! Life changes very quickly, in a very positive way, if you let it."

So, in each instance in which you are tempted to complain, you can take it as an opportunity to experiment with creating miracles via the act of letting go of grievances. Demonstrate by turning your attention to blessing and transforming, or continue to be indignant by cursing and digging in, affirming what you do not like or want, by complaining.

The greatest news of all is that you do not have to do this perfectly to get positive results. Making mistakes, imperfections noticed, and course-correcting is the spiritual path. The willingness to put this into practice, no matter how much your thoughts may vacillate between cursing and blessing a situation, is all it takes.

My indignation rose when my wife informed me that water started collecting in the passenger side footwell of her brand-new car. This was the second time this has happened, and I felt justified in being frustrated with the dealership's service department. The first time my wife brought the vehicle herself. They informed her that it was due to sap clogging a drain tube and that it wasn't under warranty. My wife ended up paying \$500.00 out of pocket.

The kicker was that she previously owned the same make and model several years before, and when the same thing occurred it was under warranty. Matter of fact, it was acknowledged to be a design flaw that apparently still hasn't been remedied. Being grateful the problem was solved, so it seemed, I took the financial hit and let it go.

This time I planned on going in with her to the scheduled service appointment.



I knew what I had to do. I was determined to bless the situation. Rather than preparing for a fight, by imagining the service department employees as the enemy, I began to imagine the best-case scenario. This wasn't easy. When I'd anticipate the upcoming appointment, my mind would conjure up schemes as to how to overcome the seeming enemy and prove our case victoriously. The fact that these thoughts didn't feel good was my cue to switch to blessing the situation by imagining everything working out harmoniously. I'd imagine myself acting with love and kindness, knowing that by expressing love I bring God into the situation.

When we arrived at our appointment, I was still having to bring my thoughts from indignation to love. When the service representative called us to the counter, I explained the problem as well as the fact that it had occurred with our previous vehicle, and was acknowledged as a design flaw by another dealership who fixed the problem at no cost. Before I could say another word the representative next to him leaned over and said, "It's the AC reservoir drain. When I worked on these, I would shoot compressed air through the drainage tube and it would unclog it, preventing it from overflowing into the footwell."

I was blown away. He mentioned that he worked at the other dealership that had resolved the problem with our other vehicle. "Wow! You were probably the same person who took care of us there as well," I exclaimed. Our service representative admitted that he would not have known where to begin if it wasn't for the other service representative chiming in, who we later discovered was just transferred to this dealership.

So in spite of the fact that my mind would vacillate from cursing to blessing, my willingness to continue to bless was the expression of faith the size of a mustard seed that always turns out to be more than enough to bring about miracles.

*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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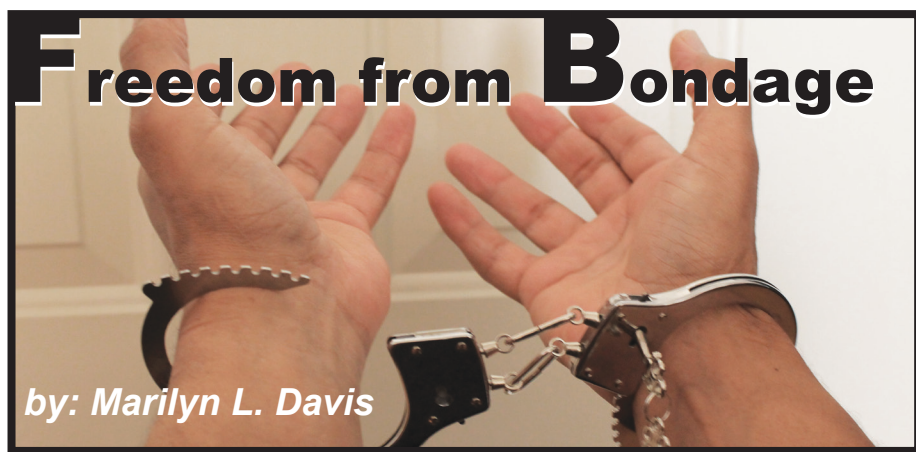
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“Maybe sometimes it feels like “What impact can I have in this world? I am only one person, and most people don’t understand me.” But everyone can use their voice to say their something- through whatever medium that is. There will always be someone who understands your language and appreciates your message.” — Elizabeth Tambascio

I’ve Had my Fill; Thank You

I remember going with my mother to play as her bridge partner after my father passed. The other people in this group were in their late seventies and eighties, and didn’t have a substance abuse problem. They could nurse a drink all night. I never understood that.

Gracious hosts and hostesses, they’d ask what I’d like to drink. My standard answer was, “A ginger ale; thank you.” The next question was always, “What do you want in that?” I’d reply, “Some ice.”

Once, the husband said, “No, what alcoholic beverage do you want in it?” Before I could answer that I’d had my fill, his wife rushed to his side and said, “John, she just got out of treatment, and she can’t drink alcohol.”

Talk about getting busted out publicly. Fourteen senior citizens all stared at me, and then most of the women rushed to hug me.

Why One is Not Enough

John wasn’t going to let it go. He asked me if I couldn’t just have one “real drink.” Then another of the men spoke up and said, “Why don’t you just limit how many you have?”

I certainly didn’t want to turn this into a family lecture on addiction, but then more people chimed in and said, “I’m concerned about a family member, and I’d like to understand. Will you tell us?”

I started with the slogan, “One is too many, and a thousand is never enough.” I explained that I’d altered my brain in my use, and a single alcoholic drink could set up cravings, compulsions, and a relapse.

We Can Carry the Message Anywhere

Instead of playing bridge, we had a family group. My mother talked about how much things had changed in our relationship since I got into recovery. One of the women teared up and said, “I wish my son would find recovery because our relationship is ruined because of his addiction. He borrowed 100,000 dollars to start a business, and he still owes it to us six years later.”

That started a round of seniors talking about their addicted children. I had no idea that so many of them struggled with addiction in their families, but they did. Many of them stated that their family member wasn’t able to stop like a normal person, and that my explanation made so much sense to them, and they would be forever grateful that they offered me a drink so they would know.

Do You Miss Alcohol?

John asked me if I missed drinking, and the room got very quiet. I told him that I didn’t miss the consequences of my drinking, and couldn’t drink without getting adverse effects. Starting to drink again would alienate my family, disappoint the college, and cost me my job, and those were prices I was no longer willing to pay to have alcohol in my ginger ale.

I said that what I had in my life now was so much better than what I had when I was using.

He laughed and said, “I guess I’d quit drinking with those kinds of outcomes, too.”

Starting A Family Group

About a half-hour into this round-robin discussion of adult children and their addiction, one of the women asked what she could do to make her life better as she obsessed with her daughter. I suggested she go to Ala-non and explained what that was.

Then one of the women asked if my mother and I would meet regularly to discuss how they as a family could make changes in their lives. I had started a family group for the residents of the recovery house I’d opened and told them I’d ask those participants if they minded some newcomers.

Families Need To Understand the Message

The family group grew to include those men and women from the bridge group, and we convinced several adult children that they might consider treatment.

I know that carrying the message is different for all of us, but I still consider explaining why one is too many and a thousand never enough to be a message that not only resonates with addicts and alcoholics but families as well.

What Is Your Answer?

I’ve also said, “Thanks, I’ve had enough.” But I wonder if you respond differently when people ask you and don’t know you’re in recovery. We all end up at company parties, neighborhood get-togethers, and weddings where we might have to decline an alcoholic beverage.

What Is Your Message?

Are you using every opportunity to carry the message regardless of how odd it may seem? Another way to carry the message is a guest post. Consider writing one today.

Marilyn L. Davis is the Editor-in-Chief at From Addict 2 Advocate and Two Drops of Ink. She is also the author of Finding North: A Journey from Addict to Advocate and Memories into Memoir: The Mindsets and Mechanics Workbook, available on Amazon, at Barnes and Noble, Indie Books, and Books A Million. For editing services, contact her at marilyndavisediting@yahoo.com.

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RECOVERY'S TRIALS AND TRIBULATIONS

How Ryan Bounced Back: Everyone needs a steadying force, something to turn to, as they navigate the challenges of early sobriety. For Ryan, one of those anchors was Strides in Recovery. When he first joined the team at The Last House, he participated regularly.

But over time, life and all of its demands led him to direct his energies elsewhere, and he ran less frequently. As he continued along the winding and difficult road of recovery, he hit some bumps, or in his words, “some trials and tribulations”.



Before: Ryan, third from the left, running as part of The Last House team, back in June 2021.

He chose to bounce back by embracing running again. As he explained, “Through it all, Strides has been there as a way for me to keep pushing myself, and a way to feel good about myself.”

He also chose to come back stronger. On Saturday April 2, Ryan, along with seven of his brothers in sobriety, completed the Old Agoura Hills 10K. Although he had only been able to train on flat roads, he set a goal of running the entire 6.2 hilly miles, and he did it. Reflecting on this accomplishment, Ryan shared his next step:

“I’m looking to build up on this success.”

Ryan used running to tap into his inner strength. Strides in Recovery will continue to be there for him as he harnesses that strength to achieve his next goals.



After: Ryan (back row left) with his teammates and Strides in Recovery coach Hannah Bonaparte (bottom row center) after finishing the Old Agoura 10K on April 2, 2022.

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



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YOU CAN RECOVER FROM GAMBLING ADDICTION

This article is reprinted from August 2016

My name is Catherine, and I am a recovering addicted gambler, 'dual diagnosed,' meaning I live with mental health illnesses and disorders. I never let those "labels" define who I am today. Who am I? I am many things, a wife, sister, aunt, columnist, writer, mental health advocate, and published author. I have lived a life in recovery for almost 10-years from gambling addiction and alcohol abuse.

My recovery journey started in 2002 after my first failed suicide attempt, and entered gambling addiction treatment, but still had slip-ups. Then, in 2006 I ended up in a hospital again as the result of a second suicide attempt, and again back to an addiction and mental health crisis center for a 14-day stay. The problem wasn't that I gambled again and relapsed; the problem was not taking my bipolar medications for a few weeks. I thought I didn't need them; that I could be "normal" like everyone else around me, but as you read my story, you'll see that didn't work out too well. I had a few severe financial crises happen, and since I'd been off my medications, with no money left in my savings, I panicked and chose to steal from someone.

Of course, the victim pressed charges. I was arrested, went through the court system, and was sentenced to many hours of community service, two years of probation, and paid restitution that I'm still paying today. My point? You have to do the work in all areas of your recovery, including your financial inventory. I had not done all of my financial work necessary for a well-rounded recovery. Even though I was not gambling, my money choices and legal troubles told me I still needed to do more work. So, I did with a gambling addiction specialist. After my troubles had occurred, I worked hard with the specialist for a year, while I went through the legal mess I created. Why am I sharing this? Because our recovery stories are powerful tools to help and share "Hope" with those who still suffer.

After this second suicide attempt and crisis stay, being a dual-diagnosed person, it can make obtaining recovery a bit more work, as I discovered. The negative habits, behaviors, and diseased thinking needed more correcting on my part. So I turned to an addiction specialist. So, what is compulsive addicted gambling? It is when you lose control, lose control of the amount of money spent, time away from normal life, and more risk without care of the consequences to people around you or your wellbeing. Well, that was my personal experience. There are many opinions, facts, and myths about gambling addiction. But, it is a real addiction, a real disease.

The scary fact is, we get the same rush and euphoric high as a drug addict or alcoholic without drinking something, smoking anything, popping a pill, or shooting up. As an addict to gambling, we do this with the manipulation of our brain and body chemicals. The habits of this addiction are just like all other addictions. But, I still had a hard time wrapping my mind around these facts. Working with the gambling specialist was eye-opening. He helped me break down the cycle of the addiction, and we also worked with tools and skills for dealing with financial problems that may arise while in recovery. I was given a fantastic relapse prevention workbook as well, which I have posted on a "Relapse Prevention Guide" page on my Gambling Recovery blog titled; "Gambling Recovery Starts Here" for others to use.

Although I didn't relapse into gambling, this workbook has helped me develop a plan for any financial or life event that may arise during my recovery

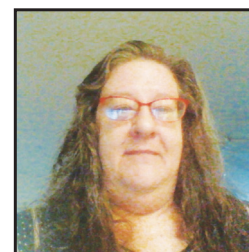
journey. You need a plan before life events come. I also learned that my higher power, God had bigger plans for me, a life purpose for me that involved reaching out to those looking to recover from this cunning progressive illness.

Another tool that helped was journaling every day. I have always done this, but my specialist showed me how to use it to relieve stress and learn more from my journaling. Those journals were used for help in writing my current published book. Writing my story and experiences in memoir form was a very healing process for me. I shared my gambling addiction and alcohol abuse, my past childhood sexual trauma, and abuse. Also, what it is like living with mental illness. I never dreamed I would be a published author, recovery advocate, columnist, writer, and blogger, but these are just a few of the blessings I have received in my journey thus far.

So, through my current book and my blog, I have chosen not to be anonymous. I want others to know how devastating compulsive gambling addiction is and how easily one can become addicted. Raising awareness and education is most important to me, and my goal is to help those affected. To teach those who don't understand this disease to learn more and hope they can have less stigma and more empathy. Currently, 1% of our population are now problem gamblers. And, out of the 16+ million who are problem gamblers, Parents? Half this number is now your High School and College age children. "It's Now Time We Talk About Gambling Addiction the Disease, as We Can Recover."

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://betfreerecovery-now.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.

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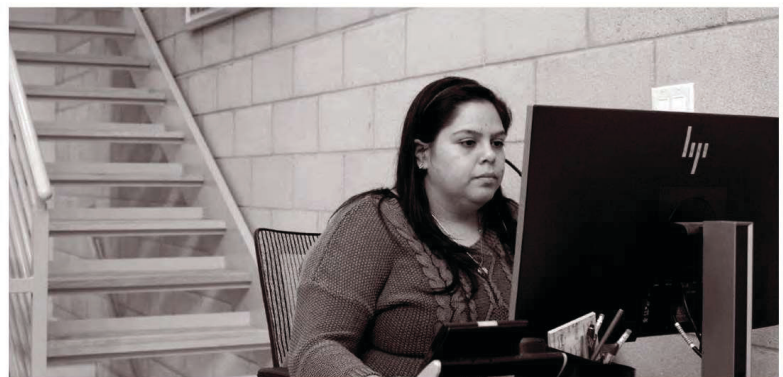
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INCREASING DISTRESS TOLERANCE WITH SUMMER TRIGGERS

If you find yourself thinking about your body, dieting, clothes, or feeling more self-conscious this time of year, you're not alone. Social media feeds start flooding with swimsuit advertisements, friends start talking about wanting to lose weight before a vacation, and the warmer weather makes it hard to cover up in winter comfort clothes. While we're all exposed to these changes on an annual basis, having an eating disorder means that you have higher than average anxiety, and avoidance of these triggers. Anecdotally many clients share relapses or increased ED thoughts around this time of year.

It's important with ED recovery to keep in mind what stage of recovery you're at, and what you can handle within your window of tolerance. Challenges are an integral part of recovery, but doing too much all at once can lead to feeling overwhelmed, giving up, and ultimately backsliding. We're going to use gentle challenges that will push you just out of your comfort zone for summer triggers, but not so much that they cause a shutdown. We're going to approach this using a hierarchy of fears. Slowly moving up through those fears will increase distress tolerance incrementally. This is the same method used to treat OCD and phobia fears.

The goal for ED recovery is to be able to wear whatever you want whenever you want. That being said, recovery is a long journey with ups and downs. For some people wearing a revealing swimsuit is so scary that they will abstain from the beach, and swimming entirely. That's the kind of drastic avoidance we want to limit. Imagine your personal discomfort feelings on a scale from 1-10 (10 being extremely uncomfortable). Whatever number you are at with distress tolerance in summer clothing scenarios, imagine pushing yourself one number higher. For example, if you feel that currently going to the beach with all your clothes on is a 5 of distress, what would just push yourself to a 6 look like? Taking off your shoes and showing your ankles? Rolling up your sleeves? Wearing a swimsuit around your house first? Wearing a swimsuit but keeping a coverup on? Wearing a one-piece? Leaving shorts or a shirt on? Staying for only a short period of time? Imagine what it would be like to slowly practice challenging yourself this way.

Vacations are another summer staple that can be a big challenge for ED. There's a lot of diet culture talk about restriction prior to vacation, ED fears of being out of routine, and lots of food challenges each day. Again, practice yourself pushing your distress tolerance just one number up in these scenarios. Would that look like eating two meals out instead of one? Ordering an unknown local dish?

Weighing yourself less prior to vacation? Not exercising some days? Embracing rest on your trip? Ordering dessert? It's important to not avoid vacations entirely because of these potential exposures, but also not doing so many challenges that you don't associate the vacation with fun or don't go at all. Trips are an opportunity to remind yourself that there is a life worth living beyond ED, and that change is good.

ED recovery requires a lot of "doing" and action, especially when the warmer months roll around. This idea is so scary to some people that they avoid the behavioral interventions that must come with recovery. Wading in slowly with challenges rather than jumping into the deep end will allow you to slowly increase your confidence and distress tolerance of change over time. You're allowed to take your time with recovery – in fact, it's realistic to anticipate that it will be a long and up and down process – but this doesn't mean that you have to stay stuck in the meantime.

Annie Kuni is an LMFT. She co-founded Gemmed to provide eating disorder support groups for teens and adults. She can be reached at www.gemmed.ngo



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February was the 14th anniversary of Jason Levin's death. For those of you who don't know him, Jason was my previous business partner and dear friend. So it's no wonder he has been on my mind constantly. I know that he would be so very proud of what we have done with Keys to Recovery Newspaper. I want to make him a part of this month's issue to celebrate and honor his life, so I am rerunning one of his columns. I hope you get to know him a little after reading this. - Jeannie Marshall

Hello everyone,

What a summer it's been so far. Like any other time of the year, life happens. When the weather gets hot, things change. People who are normally nice and easygoing become irritable and uncomfortable. Myself, I can get a bit snippy or short-tempered, losing my serenity over the most insignificant things and as a result, taint my view of the world around me. Thank goodness I've got a program though, to teach me how to have a better life regardless of the weather, or my perception of the world. This month I'd like to share a little bit of what I've learned about the restraint of pen, tongue, and sometimes even action.

How often have we all said something or written and sent a letter to someone who hurt us or made us angry, only to regret the words, then spent an untold amount of time trying to mend a damaged relationship? Or worse yet acted out in some way that was beyond reasonable only to find out that we were making things much worse with every attempt to control another person or situation. Then suffering the humiliation of finding out after the fact that we were actually wrong?

In my life before recovery, that was almost a daily occurrence. Not even knowing why I was so angry most of the time, I would lash out at everyone and everything around me in an almost instinctual rage, and only after much head and heartache would I find out that I really had no clue as to what was going on. Which of course, only made me even angrier. This time though, I would be at the receiving end of my own anger. Having shamed and humiliated myself and those I cared about once again. In recovery, I find that I'm still very capable of acting that way. Even though it's not often, it still can happen and the emotional hangover that it produces is very painful. Probably more painful than the hangovers I used to suffer from as a result of my "old behavior". I'm not willing to test that theory out, so let's just say it is. Back to the subject, even when there is what I believe to be a valid reason I still have to be very careful as to how I respond to a given situation. There really is nothing worse for someone in recovery than a "justifiable resentment", and justified or not I have to be responsible for my words and my actions. There is so much more at stake, my serenity, peace, and self-esteem can all suffer greatly if I'm not careful about what I do or say.

A big part of my own recovery has been about learning how to grow up. The good news about growing up is that life gets better and better. The bad news about growing up is that sometimes it can be very uncomfortable – even painful. Luckily I've got a program that teaches me how to grow up, and friends who share with me the ways that they deal with these types of situations. This doesn't make it any easier to deal with, but it helps in walking through things quite a bit. The program has taught me to pause when agitated, and ask quietly for my Higher Powers' grace and guidance in any given situation.

The Program has taught me that many of us whether in the program or not, are spiritually sick and need to be treated with tolerance and caring. I've learned and continue to learn to do my best to listen to and reason with another person, to allow them to have their feelings whether I agree with them or not, and to try not to take it personally. Another thing I've learned is there are times for actions to be taken, and there are times when the only action is none at all.

As someone who really likes to have the illusion of control, that is the hardest thing to do for me personally. Too many times I've ruined good relationships with others by trying to get them to behave or respond the way I want them to, and by taking actions rooted in self-centered motives, I've only made situations worse. The program has taught me that by not taking an action when my motives are unclear that my Higher Power is able to do what needs to be done, whether it's giving me clarity so that I can move forward, or working out the situation without my help.

I also have to be careful, as I can also not take any action out of fear, and that is just as bad as acting out of anger or resentment. However, I learn day by day to do what is in front of me and trust in my HP to handle the outcome. It has been, for me, through trial and error that I'm able to learn and grow from all of these experiences, and as a result, my life really does get better.

Seeya next month!



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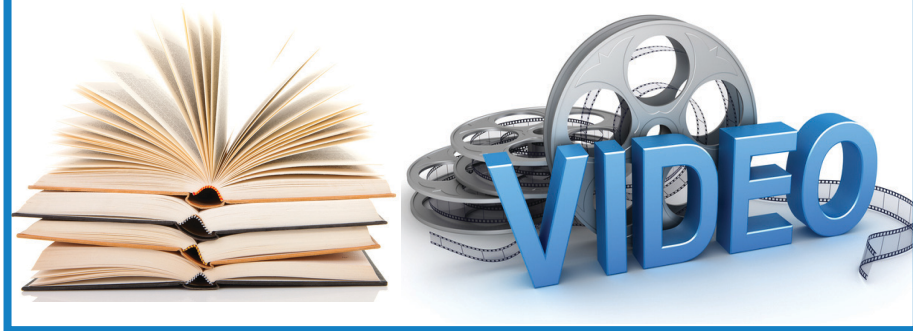
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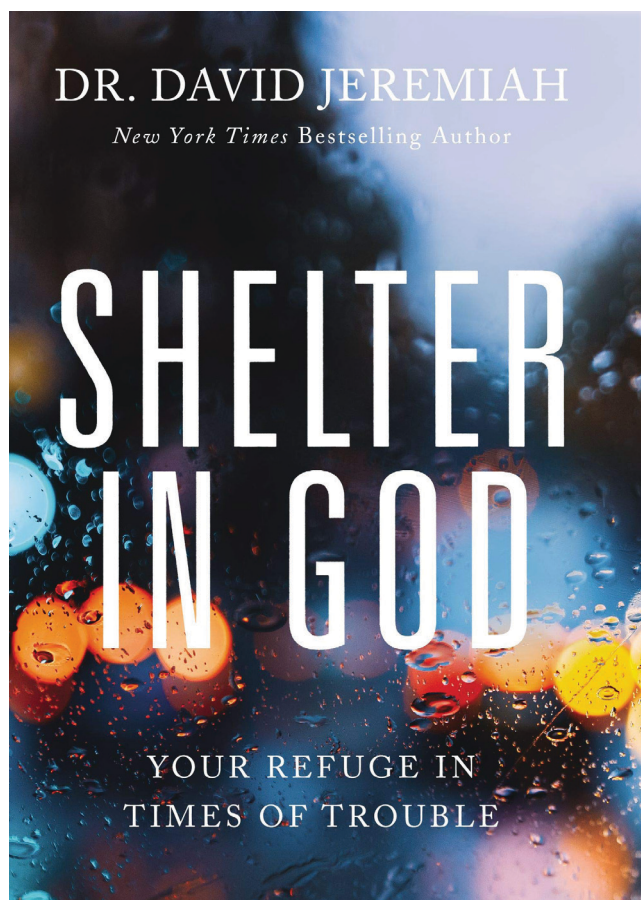


SHELTER IN GOD, Your Refuge in Times of Trouble. Written by Dr. David Jeremiah. Published by W Publishing Group, an imprint of Thomas Nelson.

WOW, the perfect book for the year 2020. This book is a must-read. It brings a subtle sense of how to cope during COVID 19. And as you would expect from Dr. Jeremiah, this is a wonderful book about what we are all experiencing. This book offers a Biblical perspective on sheltering in God. It is a tremendous help and comfort in this season of sickness and uncertainty, this book is encouraging during the viral pandemic. It is comforting to know God is working in all the various trials and difficulties of our daily lives. Using the Psalms throughout the book Dr. Jeremiah describes David's experience with God as an example to us to trust in Him. We learn that our confidence is found in God and that He is our refuge, among other things. Sheltering in God is a way to understand what we are really to do during this time of our "sheltering in place", that we do because of the Coronavirus. Dr. Jeremiah shows us that we can depend on God, that in fact, He is our everything; He is sufficient to meet all our needs.

I found this book comforting and enlightening during this storm of uncertainty in a world spiraling out of control. Many days of personal darkness with fear and anxiety were calmed by this well-written book. I also learned so much about Psalms that have always remained a "mystery" to me despite my reading through that book many times. This book helped me find reason and purpose, and that is truly a Blessing from God.

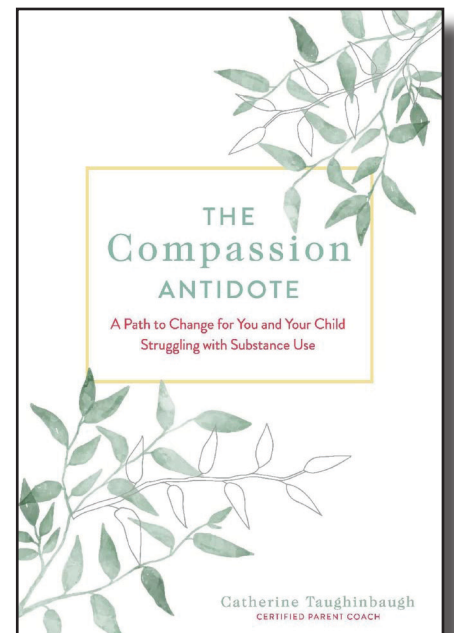
I highly recommend this book and give it FIVE STARS. Available at Amazon.



The Compassion Antidote: A Path to Change for You and Your Child Struggling with Substance Use. Written by Catherine Taughinbaugh, certified Parent Coach. This is an exceptionally well-written book by the Author detailing precisely how a parent can work with their child, who is battling substance addiction.

Catherine outlines a proven structured approach for the parent and child to work in unison, with a well-planned inter-relationship for achieving success. The knowledge that is applied within the pages, coupled with the foresight of Catherine's experience, helps to assure the desired aim of accomplishing full recovery from their drug and alcohol addiction.

This book is concise and allows the reader to clearly understand the format, which gives very vital information to help all that are looking for a systemic approach for achieving long-term recovery. I give this remarkable book FIVE STARS, it is a must read for anyone struggling with a child caught up in the web of substance abuse. We appreciate you Catherine, for your expertise and true dedication to help the helpless. Available at Amazon.com



MY FAIR JUNKIE: A Memoir of Getting Dirty and Staying Clean. Written by Amy Dresner. Published by Hachette Books.

Amy Dresner writes honestly and openly. She holds nothing back, which I believe is the reason I loved reading this book. I feel as if I know her and her struggles. She tells how it started, the way it started and where the road of addictions (yes plural) led her. Her story is unique in the telling, heart breaking one moment, and laugh out loud funny the next. She writes about more than just what happened, she shares her deepest raw feelings, her funny crazy thoughts, and her experiences with the world around her.

I love the way we get to know the people in her life. Whether it's a roommate or a complete stranger, Amy has the ability to bring you into her world as if you are standing there with her, feeling her pain and eventually her hope. As her father said at one point ... she is "unbreakable".

From Beverly Hills to Hollywood boulevard, from rehabs to sobriety. Amy takes us on a journey, her journey of redemption. At some point I hope that she adds, "writing for Keys to Recovery" to her resume. Seriously I love this book, and we give it FIVE STARS. Rumor has it Amy is working on another book, we will keep you posted. Available at www.Amazon.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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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

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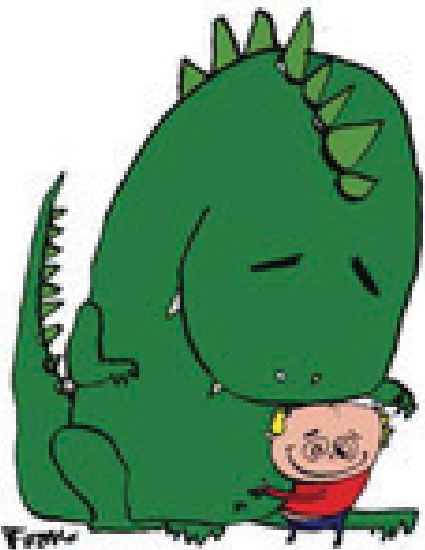
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Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400

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

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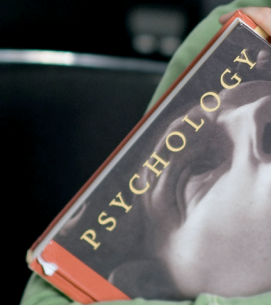
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Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

RESOURCE GUIDE

12 Step Recovery Info Line: Phone meeting info & recordings of recovery (951) 262-3623, Lisa Moss (818) 293-2222.

Alcoholics Anonymous (A.A.) World Services: P.O. Box 459, NY, NY 10163, www.alcoholics-anonymous.org (212) 870-3400.

A.A. San Fernando Valley Central Office: (818) 988-3001.

A.A. LA Central Office: 4311 Wilshire Blvd., #104, Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722.

A.A. 8752 S Broadway, L.A., CA 90003, www.aa.org (323) 750-2039, info for Spanish Speaking.

A.A. San Gabriel / Pomona Valley - Central Service Office, www.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.

Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

EMERGENCY HEALTH & MENTAL SERVICES

Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.

Because I Love You, Nationally Known Parent And Teen Support Group. www.bily.org

County of LA Depart. of Mental Health for listing of providers at www.dmh.co.la.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.

Bienvendidos 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: _____

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KEYS TO RECOVERY — NEWSPAPER, INC. —

Save the Date

Sept. 23rd, 2022, 4:30pm

The Luxe on Sunset
Los Angeles, California

Celebrating our Final Year
with an Awards Dinner

Join us in Presenting
the award of
“Outstanding Contributions
to the Recovery Community” to

Candy Finnigan
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