

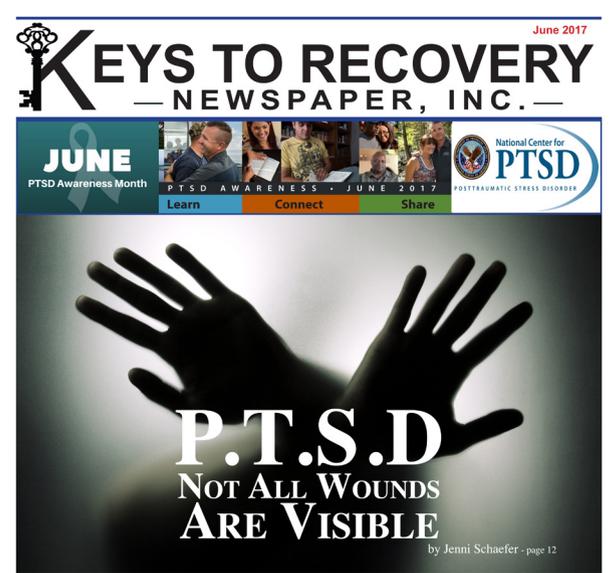
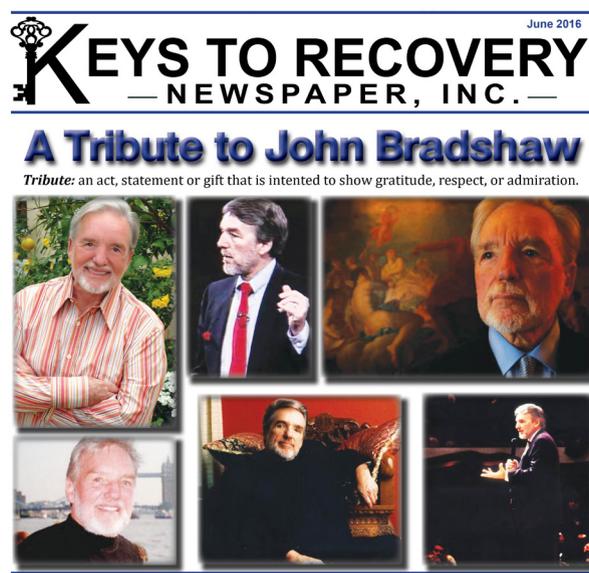
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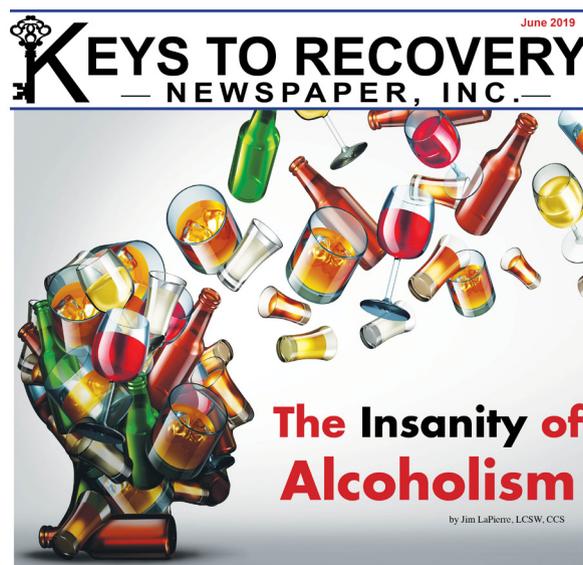
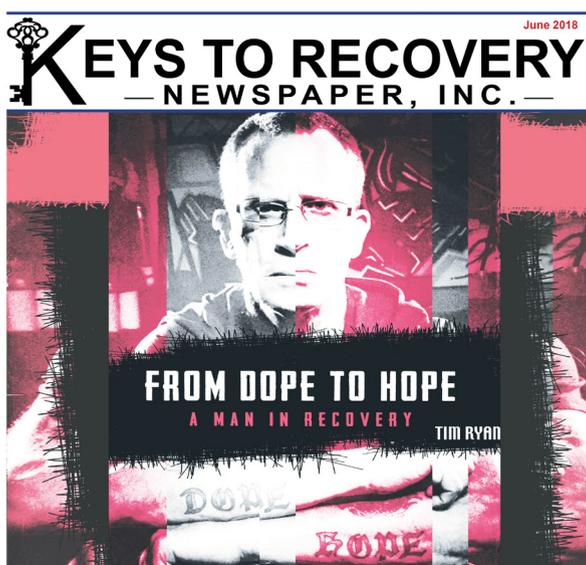
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Keys to Recovery Newspaper has been committed to bringing Truth, Hope and Solutions to our readers since 2014:

Our past issues helped our readers see *"Through a Child's Eyes"* in 2015, we paid tribute to *"John Bradshaw"* in 2016, bringing deeper compassion and understanding to *"P.T.S.D., Not All Wounds are Visible"* in 2017.



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Summer is here and so is the June 2022 issue of Keys to Recovery Newspaper. I want to thank everyone for the overwhelming love and concern I received, when I wrote about contracting Covid 19. It surprised me, warmed my heart, and got me thinking about how loved I feel on a daily basis, and sometimes I forget this was not always the case.

Everyone wants to be loved right?! Not always. Some people don't know how to accept love, or even understand "unconditional" love. It's hard to trust after years of toxic love or no love at all. In my early recovery as much as I wanted and needed that type of love, I had a really hard time accepting that I was worth love. I felt completely unlovable. I felt dirty, damaged and different. The saying "we will love you until you can love yourself", was so true in my case, and it worked. People never gave up on me, no matter how hard I pushed them away. I learned how to stand by people, and to trust them. Some people have left my life, but there were always new friends to step in and fill the gap.

As hard as it is to accept love, sometimes it is just as hard to give. Fear can stop us from giving what is in our hearts. I think we have all been hurt and experienced disappointments, but we can't give up. When I was in early recovery and giving love, or anything for that matter was hard, I would ask myself "What is the worst that can happen?" I had already survived hurt and heartaches many times, and I would survive again. God provides me with more love than I ever imagined possible. So much love in fact, that today it flows from me, now giving "unconditional" love feels natural, and has become a part of who I am. My favorite scripture is:

1 Corinthians 13:13 "And now these three remain: faith, hope and love. But the greatest of these is love."

Lastly, thank you for all of the love and support, for our FINAL Awards dinner, where we are honoring both Candy Finnigan and Ryan Leaf, for Outstanding Contributions to the Recovery Community, being held in September of 2022. Thank you & God bless you! - **Jeannie Marshall, President & Co-founder**

Hello to one and all, I hope that my column finds you safe and well. I am very thankful that I don't need alcohol or drug substances of any kind, to help me cope with today's chaos'. I can't control persons, places, or things, but I can control my actions and reactions, to each and everyone of them. That is exactly what the 12 Steps has taught, inspired, and infused into my very being. With God as my Higher power, I can endure all things with the right applications of faith, true understanding, and common sense.

Everyone interprets life's predicaments from different perspectives, the heartaches, setbacks, and all of what is going on around the world can weigh us down, but only if we let them. Staying sober in the mist of these trials, allows us to apply all of what we have learned. Jeannie and I appreciate having the privilege to convey our views and experiences with each of you monthly, through our Editor's Columns. June is the time for summer's plans to be put into action, as well as vacations geared strictly for this time of year.

I'm looking forward to spending more time this summer with our Granddaughter Zoe, she is such a beautiful little girl, very smart, and inquisitive about everything! She has her Pappa wrapped around her finger, and she knows it. Jeannie and I can hardly wait to take her to locations that we previously couldn't at age 2, even though she's only 3 years old, she is advanced as kids a couple of years older than her. We hope that you and yours will have a safe and enjoyable beginning of summer, until we come together once again for reasoning, may God guide, strengthen and protect you daily, - **Marcus Marshall, Vice-President & Co-founder**



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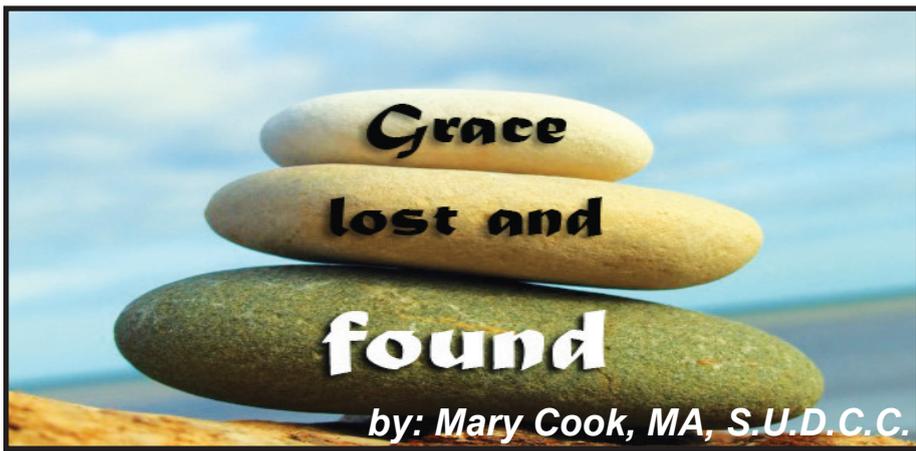
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RESPONSE TO FEAR

There's nothing inherently wrong with any emotion, including fear, however, it's important to evaluate whether our responses to fear are helpful or hurtful. When there is a real danger, fear signals us to protect ourselves from harm, whether physical, mental, or emotional. Fear of the progressive disease of addiction and its consequences can propel us into recovery. The fear of harming our children because of parenting deficiencies can motivate us to take a parenting class or begin counseling. When we are afraid we might hurt ourselves, we can ask others to help us not act out. Fear of losing a loved one to a terminal illness can cause us to draw closer, and demonstrate deeper caring.

We don't always respond to fear in healthy, constructive ways, however. Real danger to some people prompts overly aggressive and provocative behaviors, which cause greater harm. Fear in addiction often triggers the use of more or stronger drugs. The fear of harming our children commonly leads to abandonment of those children to protect them from us or demands to the children to deny their pain and fear so that we can pretend there isn't a problem. Some of us have phobias about death and dying that prevent us from visiting loved ones when they most need our support. Sometimes we are more afraid to love and be loved, than we are to hurt and be hurt.

Fear is a common precursor to violence.

People's thresholds for tolerating fear can be high or low, and responses vary widely depending on prior influences and role models, especially in childhood. How significant others around us responded to fear, trauma, danger, and loss have a tremendous impact on shaping our own responses. If we grew up with chronic chaos, crises, or abuse, and the family demonstrated acceptance of these behaviors and discouraged, denied, or punished any exhibition of pain, fear, or anxiety, this defensive response can become ingrained in us as a survival tool. This is an example of high tolerance for fear. Homes with domestic violence model unhealthy aggression and unhealthy passivity. Healthy assertiveness does not develop in this environment because assertiveness arises out of self-awareness, honesty, accountability, personal responsibility, and healthy boundaries. These traits are not tolerated in sick families because they would threaten the family's defensive system, and this system holds the only tools they own.

Low tolerance for fear is commonly indicated by chronic anxiety, debilitating depression, lowered ability to experience pleasure, phobias, and psychosomatic complaints.

We may become overly fearful in response to mild reminders of past events that caused fear. Parents can be irrationally fearful of a child's risk of being molested at a certain age, because they haven't healed from their own molestation at that age. We may attempt to control others or our environment, as a response to the fear of loss of internal control of emotions.

In active addiction, fear is generally responded to defensively and offensively. We may deny, drug, avoid, or minimize it, or we may act out against it through harming ourselves or others. Fear is a common precursor to violence. Fear of losing a job, security, self-esteem, pride, power, or love for instance, can drive some people to take desperately destructive measures.

Fear of deeply examining painful past issues in recovery can keep us emotionally immature. We must be far more fearful of the disease of addiction and all that it represents, than we are of committing wholeheartedly to our recovery. Addictive disease and its common companions of violence, prostitution, and other criminal behavior, incarceration, insanity, disease, and death are all truly terrifying. It is also typical for addicts to have a history of equally frightening experiences prior to their using. Many recovering addicts who were not afraid to face bullets in their disease are terribly afraid to face their feelings in recovery. And yet feelings are what addicts drink and use over. We need to re-experience them in order to heal and grow beyond old beliefs and behaviors. If we haven't had healthy role models from which to learn ways to address fear, we must seek them out in recovery.

Fear increases and our effective emotional management decreases when we respond defensively and offensively to fear. Whether we have a high or low tolerance to fear, we must ask ourselves if our responses help or hurt our recovery today. If our objective is to kill or diminish fear, we will fail trying to fool ourselves. If our objective is to examine it thoroughly in order to understand it, we will arrive at a positive, constructive solution.

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", available at Amazon.com



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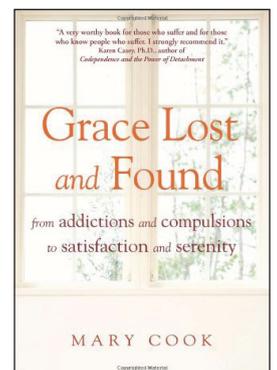
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THANKS IN ADVANCE

"When you pray, you pray amiss. Give thanks for the answers to your prayers before you see them manifested." –Jesus Christ

I co-host a weekly podcast titled "Funniest Thing! with Darrell and Ed". Each week we share stories about how stepping out boldly always leads to better-than-expected outcomes. My co-host, Edward Biagiotti, and I have been broadcasting every week for nearly ten years, and have built up an international following of loyal listeners. We started in a garage with nothing but a laptop and a microphone, and it's evolved into us producing it at a commercial podcast studio. Eventually, the two of us began to aspire about moving to the next level, which would be a professional studio that could accommodate high quality audio recording, along with high-definition video recording as well.

Rather than trying to figure out how we could make this happen, we began to imagine ourselves recording our show in this brand-new studio – a studio with high quality microphones, the perfect lighting, and us sitting at a table with three cameras on us, along with a full production team handling all the heavy lifting. This felt so good it was easy for us to repeatedly imagine it for ourselves. Meanwhile, we remained appreciative and grateful for our current circumstances. We were giving thanks in advance for our desires by imagining how good it would feel when they arrived. This way we were letting go of the struggle, and allowing God to manifest our good.

Soon after, we received a thirty-day notice to vacate the commercial studio we had been using. The studio space was closing its doors. Rather than getting upset, we decided to trust that this was all in divine order. The saying, "You better watch out for what you pray for, because you just might get it," came to both of our minds. We began to joyfully anticipate the divine possibilities of where we would end up next.

Serendipitously, a mutual acquaintance informed us that he had just built a podcast studio, complete with professional high-definition video recording capability in our vicinity. The cost to record there would be a little more than three times what we had been paying. We were so impressed that this new studio had everything we had been visualizing, that we decided to go for it.

After recording our first episode at the new facility, we got word from our podcast broadcasting network, Unity Online Radio, that they were shutting down in two weeks. It was brought to our attention that all of our previously recorded episodes, currently available on multiple podcast platforms, would no longer be accessible once the station's server went off-line. The good news was that we were in the studio of our dreams. The bad news was that our distribution network was going to be gone, along with over three hundred episodes and our loyal audience following that we had cultivated over our ten years on the air. Now what?



It's when things seem to go this far out of control that it's easy to give up, and that's a good thing. It's time to give it up completely to God. Whenever we can surrender our concerns completely to divine providence, God's law of adjustment operates unobstructed on our behalf. Ed and I mentally released all attachment we had to having to keep our show going. We decided that we could live with however things played out. This is a powerful demonstration of trust in God that never fails. This is stated clearly as Florence Scovel Shinn's affirmation, "When I am able to let go of my problem (cast the burden), I shall have instantaneous manifestation." And we did.

First off, the owner of the new studio suggested that we create a Patreon account. A Patreon account would enable our listeners to contribute to the production expenses for the show. This is something we never considered before. Incredibly, the response was significant. As a matter of fact, most listeners were thanking us for making it easy for them to show their appreciation by way of donations. Secondly, the former station manager from the now defunct Unity Online Radio took it upon himself to transfer all our previously recorded shows to a new server, saving them from being erased. He was able to maintain our existence on all the podcast platforms without a glitch.

Today, everyone involved is benefiting. We have hired the former station manager, and gratefully pay him, to continue to handle editing and distribution. Our listeners continue to appreciate receiving all that we have to offer, while joyfully contributing financially to our program. And Ed and I continue to do what we love to do, where we love to do it, and are being well compensated for it. Since giving is the first step in receiving, start by giving thanks in advance.

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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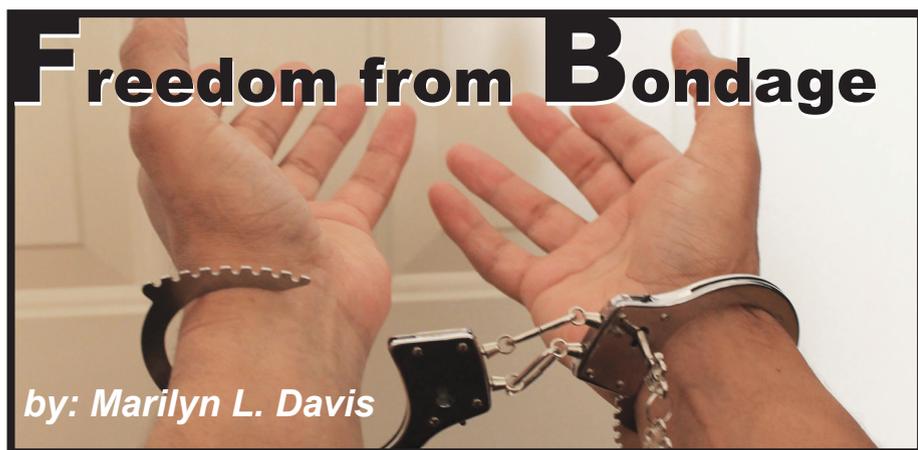
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WHAT THREATENS OUR RECOVERY

“The greatest threat that I need to be rescued from is myself. Everything comes a lot easier after that.”— Craig D. Lounsbrough

In our violent world today, the military, governments, and schools have protocols for a threat assessment. Active threat assessment requires a focused observation of behaviors & actions. When I was listening to the news, and the commentator mentioned a threat assessment, I thought about how this practice should be a part of our recovery observations.

Many things threaten our recovery; some we can remove, like the people, places, and things that trigger a desire to use. Then there are the feelings that pop up at unexpected times like anger, fear, boredom, guilt, and loneliness. These five feelings will often threaten an individual's recovery and, if severe enough or not worked through, may take them back out and into their addiction again.

But what about the threats imposed by others or circumstances we don't control? The pandemic worsened many people's fear, boredom, and loneliness in recovery. For most of us, there wasn't much we could do to engage with other recovering people except online, and that wasn't enough for many. They still spent too much time in their heads, listening to the negative self-talk, or found that Zoom meetings were too impersonal. Unfortunately, many people went back out, and too many died.

We Are the Enemy and The Threat: ***“As I look at my life, I might ask, “Who is the person that represents the greatest threat to me?” And if I happen to have a mirror around somewhere, I can rather quickly answer that question.”— Craig D. Lounsbrough***

Spending time in our heads is dangerous and an actual threat when it's negative self-talk. Assessing these negative thoughts and seeing if they are true takes time, energy, and effort, and unfortunately, some people don't take the time to neutralize the threats.

We always have to counteract the negative self-talk with positive affirmations about how far we've come in our recovery, the new choices we're making, or the amends that went smoothly.

If you're entertaining negative self-talk too much, ask friends and family if they can help you put your life and actions into a better perspective.

Not Everyone Is Safe – Some are a Threat: ***“In calm waters, you still find sharks.”— Matshona Dhliwayo***

I remember thinking that all those people in my first recovery support meeting were upstanding, helpful, and therefore the right reasons. It sounds naive, but everyone seemed friendly and asked how they could help me. Back then, while I wasn't drop-dead-kick-ass-gorgeous, I got hit on by multiple men who didn't care that I had five days in recovery and was vulnerable – they just wanted to hook up.

Not understanding that they were less than honorable, I spent too much time wondering what I'd done to attract unwanted attention. It wasn't until group the next day, when I cried and told my counselor what happened, that the group helped me see that there were predators in the groups, and no one saw me do anything wrong. So, we always have to assess the threat from others to see if their actions match their words.

Find the Safe, Supportive People: ***“I think the most successful people are those who can show courage and admit they can't do it alone. It's pointless to struggle silently behind a fake smile.”— Brittany Burgunder***

Besides assessing threats, we need to know who, what, and where is safe for us. We hear it said that we need to change people, places, and things, so we aren't triggered and go back out. But it takes courage to change anything. I found it easy to let people from my addiction go their own way, but other things weren't so easy to change in the beginning.

I'd gone back to the college after six weeks of treatment, and there were people I had to distance myself from on campus. They weren't part of my drug-using friends, but I'd enjoyed drinking with them at lunch, and I didn't want to risk triggering my addiction by seeing a full glass of wine. Thankfully, they understood my hesitation, and they didn't drink when we went to lunch. They became some of the most supportive people outside of individuals at my recovery support meetings.

Stop Making Risky Choices: ***“There is a type of courage that cannot always be seen. It's a bravery that you have to choose for yourself. You use it in the little, seemingly insignificant choices and decisions you make each day. Keep making these tiny, good choices over and over until you realize your whole life is different, and the hero who saved you is yourself.”— Brittany Burgunder***

Each day I had a choice to make – change something, even minor, or revert to my old self-destructive thoughts, feelings, and actions. One of the ways that helped me make incremental changes was to read a meditation book each morning before work and put the intent into practice that day. I had two books that I still use – The Courage to Change and Twenty-Four Hours a Day.

While The Courage to Change is written for Alanon, I found it helpful for my thoughts, feelings, and relationship issues. I liked that I had intent, and with Twenty-Four Hours a Day, I had a prayer.

Be Ready for What Comes Next: ***“One of the biggest lessons I've learned is that life can change unexpectedly and instantaneously. Regardless, you have to keep putting one foot in front of the other so that when life unexpectedly changes for the better -you already know how to walk and can seize it.”— Brittany Burgunder***

While assessing threats can be a process, sometimes, we're faced with a threat we didn't anticipate. One morning, I went to the Post Office to mail some packages for my father. Two of my drug-using friends came in, walked up to me, and asked me where I'd been.

Standing in line at the Post Office, I didn't want to blurt out, “I've been in substance abuse treatment,” but then I didn't want to get caught up in a “guess what I'm holding” conversation. So, I opted for “I've been in treatment.”

These men laughed and said, “Boy, you needed that; you were a mess.” Well, I wasn't expecting that. I thought they used more than I. They left, and I didn't think any more about it except to realize that I would run up on threats even when I was doing something unrelated to my addiction or recovery.

I knew I couldn't be paranoid about going to places like the Post Office. Still, I needed to remember that I was vulnerable in my early recovery, and when I had scary encounters, call my sponsor and process my feelings or head to a meeting.

Threats Neutralized Means I Have Resources: ***“Fighting demons isn't for the faint of heart, but neither is surviving the ones that got us here in the first place; it is how we became warriors, you and I.”— Amie Gabriel, KINTSUKUROI HEART: More Beautiful for Having Been Broken***

Each time I didn't give in to my addiction and go back out, I gave myself credit for it. I was not bragging, just acknowledging that I'd done the next right thing. Then I built on those positive feelings and knew I'd get them again if I didn't relapse.

Fighting those demons wasn't easy. They called me a garbage head in treatment because of the various types and amounts of drugs I'd use. It wasn't a becoming label, but it fit, so not giving in was a big deal for me.

Becoming a warrior and fighting those demons gets easier with time. We've got history, built up a recovery support network, and are enjoying the benefits of all our hard work, making our recovery worthwhile.

Do Your Threat Assessment Today: ***“Recovery is real. It's not a luck-of-the-draw deal where you put your name in a hat and hope to be chosen. It's a grueling, relentless, personal process that will push you beyond your limits over and over.”— Brittany Burgunder***

Wondering how vulnerable you are in your recovery? Then assess it today, looking at people, places, and things that might threaten your recovery. You'll be glad – and safer once you do.

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



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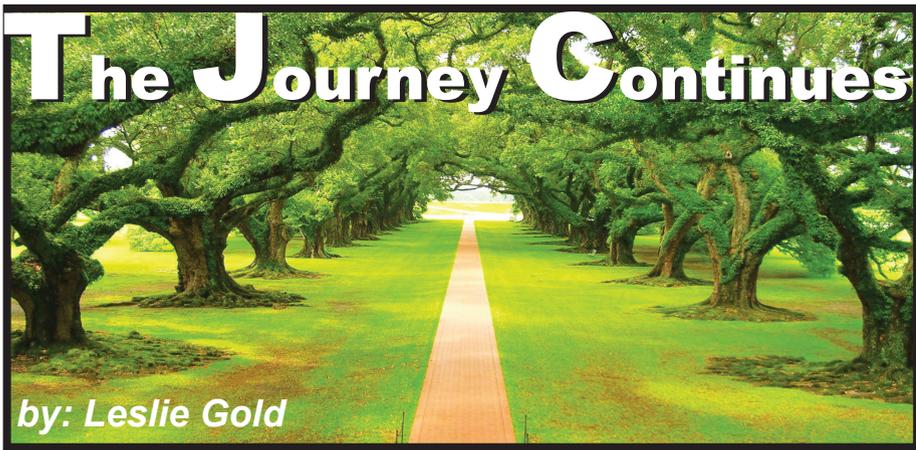









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HOW TIM BECAME AN EMPATHETIC LEADER

When faced with the decision to spend three more years in prison or accept treatment, Tim chose treatment. His 'addiction-thinking' told him he could do it on his own, but the lure of having his conviction expunged from his military record was too great to pass up. He chose treatment so he could proudly return to serving his country.



Tim (left) in the LA Marathon finish zone, with the same look of determination that powers him to complete whatever he puts his mind to.

As soon as he arrived at Beacon House, he joined the Strides in Recovery running club. Running with his newly sober teammates reminded him of the camaraderie of running with his fellow soldiers. He completed his first half marathon in May 2021, but he didn't stop there. He set his sights on finishing his first full marathon. For him, it was about proving to himself that he could do it.

"Once I'm set on something, I won't stop. I know if I quit, it will bleed into other aspects of my life. Growth is all about pushing through discomfort and pain."

On March 20, 2022, he pushed through discomfort and pain that started at mile 19. At mile 26.2, he proudly completed the Los Angeles Marathon. "I loved all the hype and the adrenaline." But he didn't stop there either.

With 19 months of experience as a sober runner, Tim has embraced running not only because it helps him, but because it's become his way of giving back. He now leads many of the runs at Beacon House.



Tim, white hat, leading his newly sober brothers from behind. When Tim finishes treatment, he plans to return to the military, this time as a stronger and more empathetic leader.

His years in the military taught him that "you're only as fast as the slowest man". Back then, it was about not being last. Now he prides himself on hanging back with the last man.

"It's about inspiring the new guys. It's about empathy. I like keeping them motivated and telling them the benefits of exercise in early recovery. I remind them that recovery can get very tiring. This is a breath of fresh air."

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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PROBLEM GAMBLING & GAMBLING ADDICITON

This article is reprinted from April 2017

My readers and people in recovery, ask me if I know the difference between problem gambling and full-blown gambling addiction. The only way I can answer this question is my personal view, and how I came to reach out for recovery from a gambling addiction. And those who work in the treatment arena have many labels for gambling disorders, problems, or addicted gambling. But we know we have to address it by some name, to be able to distinguish between the two.

Problem gambling is usually used as a term to see if one has a problem with gambling, or they are an addicted gambler. Like a precursor to having a full-blown addiction. Since gambling addiction is a slowly progressive disease and addiction, the signs and symptoms increase from having a problem into a full-blown addiction. My friends of HelpGuide.org share this information about both, problem, and addicted gambling to help see more differences between them.

The HelpGuide.org Says; "Problem gambling - is any gambling behavior that disrupts your life. If you're preoccupied with gambling, spending more and more time and money on it, chasing losses, or gambling despite serious consequences in your life, you have a gambling problem. Of course, you can also have a gambling problem without being totally out of control.

Gambling addiction - also known as pathological gambling, compulsive gambling, or gambling disorder, is an impulse-control disorder. If you're a compulsive gambler, you can't control the impulse to gamble, even when it has negative consequences for you or your loved ones. You'll bet whether you're up or down, broke or flush, happy or depressed, and you'll keep gambling regardless of the consequences—even when you know that the odds are against you, or you can't afford to lose.

A gambling addiction is most associated with other behavior or mood disorders. Many problem gamblers also suffer from substance abuse issues, unmanaged ADHD, stress, depression, anxiety, or bipolar disorder. To overcome your gambling problems, you'll also need to address these and any other underlying causes as well."

My experience as first being a problem gambler is pointed out above; I noticed I was spending more time, and increasing the amount of money I was betting as time went on. I was doing this out of having a lot of time on my hands. My husband worked out of town a few months at a time, so I started going more and more after work from being lonely. Then I began to go before work, after work, and when I crossed the line into addicted compulsive gambling, I was going on my lunch hour too! All signs of becoming an addicted gambler, not a problem gambler any longer.

Some other things to think about if you or someone you care about has a gambling problem? Because it is NOT about the MONEY, gambling addiction is known as "the hidden illness and addiction." It is why I advocate, inform, educate, and raise awareness, because there are no obvious physical signs or symptoms like there are in drug or alcohol addiction. Like; feeling the need to be secretive about your gambling. Once you start gambling, can you walk away? Or are you compelled to gamble until you've spent your last dollar, upping your bets in a bid to win lost money?

How about gambling until you've spent your last dollar? And then move on to the money you don't have, money to pay bills, credit cards, or things for your children. You may feel pushed to borrow, sell, or even steal things for gambling money. These are classic first signs. So what can a person do if they have crossed the line into full-blown gambling addiction? Get Help! And there are many resources, and sites that provide help for problem gambling, or if you do become addicted. Since I had crossed over the line from problem gambling into gambling addiction, I needed all I could get my hands on in able to stop and enter recovery.

Yes, it did take me a few tries, and my addiction had reached a point where I had a failed suicide attempt, my addiction had gotten that bad. From a hospital and transferred to an addiction/mental health facility, that choice to enter treatment was made for me as that was how "hopeless" and dark my gambling addiction took me.

But it was the best thing that could have happened. After a few days of suicide watch, I began therapy, treatment, and education, and I began to learn the skills and tools to stay in recovery and apply them. Also, I learned I was suffering for a long time with undiagnosed mental health disorders, and began treatment for this at the same time.

I feel this was my recovery beginning and it saved my life! But one thing was missing; I also needed to learn the skills and tools to start the "inner work" that is vital, including my 12-step work. I needed more. We all come from many different paths of addiction; we are spiritual, mentally, emotionally, and physically broken.

Our health also suffered as we don't eat right, exercise, nor even make health appointments, as we are too deep in a hole within our addictions. Like at the start of this article, my friends of HelpGuide.org said; "To overcome your gambling problems, you'll also need to address any and all other underlying causes as well."

Many of us find during treatment; we may have old issues we need to learn to process, work through, forgive, and learn to let go to achieve a steady recovery. Addressing old hurt or pain, or maybe past trauma, abuse, rough childhood, or coming from a family background of drugs or alcohol, or family dysfunction. All these areas may have caused us to turn to addiction. My recovery needed both learning those tools and education, the cycle and how to interrupt it, and shown how to begin my "inner work" all at the same time to reach long-term recovery. I do this in many ways. I journal daily, I meditate and pray, I write articles and read books, and by being of service to others recovering. I sponsor others and more. All of these ideas keep me on the right track in my recovery. Let's remember, that recovery is not a race. It will be a lifetime of self-reflection and progress one day at a time.

Recovery is POSSIBLE!

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

She welcomes questions and emails at lyonmedia@aol.com.



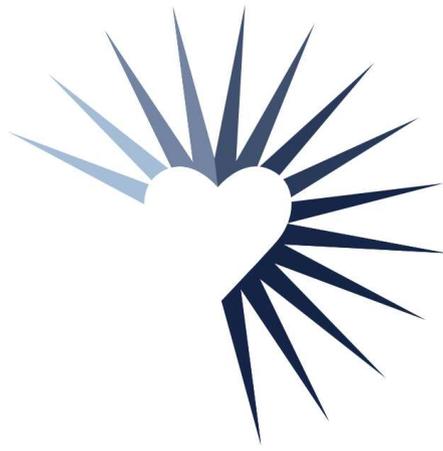
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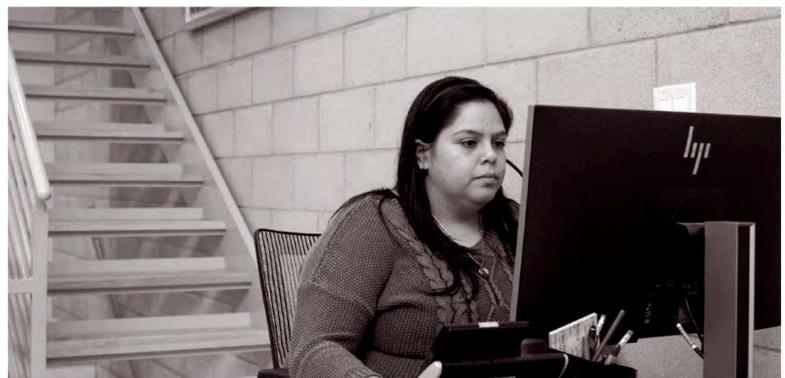
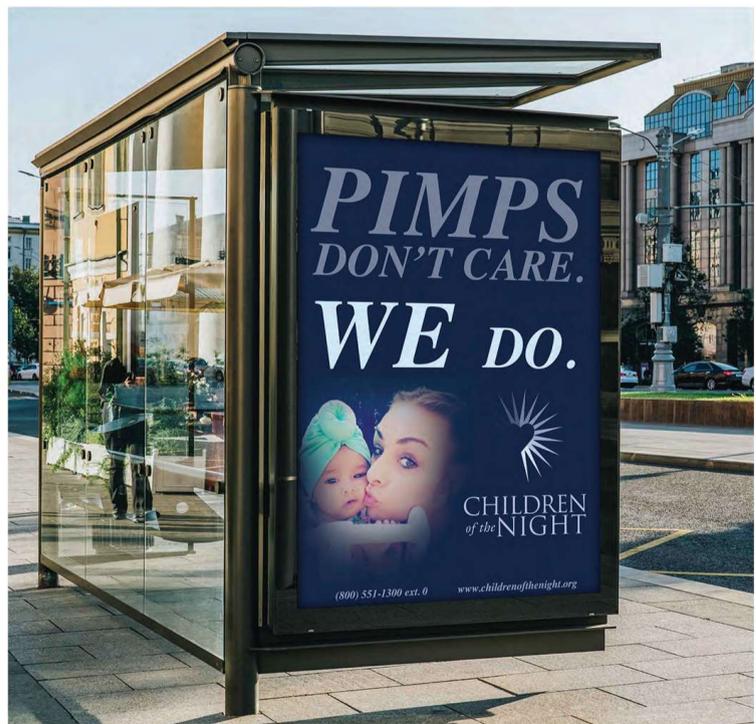
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EMOTION VS LOGICAL MIND IN ED RECOVERY

Have you ever realized after a crisis that you weren't thinking logically? In the post-crisis clarity, hindsight is 20/20, and you can see how your thinking was impacted by emotions in the moment. If you can relate to this, then you've already experienced the difference between the logical mind (sometimes also called the rational mind), the emotional mind, and the wise mind.

Emotional, logical, and wise mind language is a coping strategy that is used in Dialectical Behavioral Therapy (DBT). The basic idea is that we all have a logical mind that is rational and fact-based, and an emotional mind that is intuitive and feeling based. Both of these types of thinking can be at odds with each other, and we as humans tend to try and have one "win" over the other. DBT uses a third option – the wise mind – to blend the two types of thinking and make the best decision possible. DBT holds the idea that two things, both logical and emotional, can be true at the same time.

Being aware of the logical, emotional, and wise mind is a valuable factor in eating disorder recovery. Many people deep in their ED often find that one "side" of the brain (logical or emotional) is totally dominating the other. Recovery is found in the wise mind instead. Everyone is different in what type of thinking they tend to fall into when they are stressed, and in the midst of disordered eating. Deep in an eating disorder, logical mind domination at the expense of the emotional mind would look like: food rules based on nutrition "facts" or information read online, calorie counting, perfectionism, a preference for cause and effect, and seeking "rewards" for ED behaviors. On the other hand, the emotional mind domination deep in an ED at the expense of the logical mind would look like: acting on behaviors because of being overwhelmed and unable to cope, a high preference for safety, liking the instant gratification of EDs, being afraid of recovery, and trauma-based reactions to food and body image. While both the logical and emotional mind trade-off in ED, most people find that the emotional mind is taking over and fueling the behaviors long term.

The wise mind takes both of these two thinking extremes into account without one nullifying the other. It's honoring the emotions, trauma, and intuition that have led to the eating disorders development in the first place, while also allowing your logical mind to think about the benefits of recovery and the facts about the downsides of the ED, and the long-term negative health and emotional effects.

In the same way that the logical and emotional mind are present in the eating disorder, they are also present in recovery. Learning to use these types of thinking to your advantage (especially if you tend to fall into one category) can set you up for success. Using the logical mind to your advantage in recovery would look like: thinking about the long-term medical and mental health consequences of ED.

Also challenging "ED voice" thoughts with facts about recovery, repeating mantras based on science and research, and implementing healthy routines and meal plans with food. Likewise, using the emotional mind to your advantage in recovery would look like: understanding the reasons behind your protective mechanisms, making peace with your inner child, finding ways to channel feeling good and safe in areas of your life outside of food behaviors, developing an emotional vocabulary to name complex emotions that often come up during ED.

The ultimate goal is practicing a wise mind mentality in both treatment and recovery. The wise mind in recovery looks like: being mindful, being in balance, listening, and valuing the emotional mind while also acting in a way that honors the logical mind. We all tend to fall into one category of thinking versus another when triggered, and knowing your brain's defaults can help you counterbalance and reach the wise mind.

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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WHEN AM I READY TO MENTOR ANOTHER ADDICT?

Life can seem bleak when you're in the throes of an addiction. At times, you might have felt alone, and hopeless about long-term recovery. Fortunately, you can take heart that life after addiction is far brighter than you might initially think. In fact, approximately 9% of adults in America recently reported that they have overcome a drug or alcohol addiction, and are thriving in sobriety.

Recent research revealed that 80% of people who overcame their addiction also experienced a major life achievement that increased their happiness in sobriety. Knowing that you might finish school, start a new career, or get married are all great motivators for choosing not to use drugs or alcohol. For many people in recovery, serving as a mentor to another addict also represents a major achievement. After all, you must come a long way on your recovery journey to be ready to support someone who is standing where you once did.

Serving as a mentor to someone else is a serious honor, and it's one that you might have even used as motivation to stay sober. But you might also wonder how you can know if you are truly ready. The potential of relapse is also a concern since mentoring opens your life up to someone who is still relatively new in sobriety. There's no perfectly defined answer for when you can start mentoring, but you can figure out if the time is right for you by exploring the answers to these questions.

How's My Sobriety? The concept of sponsorship and mentoring is based upon the idea that both people benefit from this type of relationship. Essentially, the person who is in need of help benefits from spending time with someone who has worked through the majority of a recovery program. As a mentor, you should also find that your resolve to stay sober is strengthened as you work with someone who is still young in recovery. Providing insight into how to deal with cravings helps to reinforce concepts that you've learned along the way.

There are several ways to determine if you are ready to start becoming a mentor. One of the most common signs of readiness that people share in recovery programs is that you should be sober for at least a year. Whether you attend group therapy sessions or a 12-step program, you should also be showing up to your meetings regularly. You'll also want to be honest with yourself about your sobriety. If you've had a recent slip, working on getting back on track should be your biggest priority. Sponsorship of another addict can come later.

Is It Ever Too Soon? Although you'll hear people say that you need at least a year of sobriety under your belt before you become a mentor, you might need to wait longer depending upon where you are in your recovery. People gain strength in recovery at different rates. The severity of your addiction, the types, and amounts of substances you used, and your current state of mental health all play a role in when you are ready to be a mentor.

Another way to decide if you're ready to be a mentor is to think about the stages of recovery as described in the original developmental model. In this model, it's believed that people spend one to two years in the abstinence stage, where they spend most of their time learning the basics of recovery, such as how to handle cravings and stay away from bad influences.

After that, they enter the repair stage for another year or two when they begin to make amends, and rebuild their lives. A recovering addict then reaches the personal growth stage around the three-to-five year mark. At this point, they're ready to start giving back, which could include serving in a mentor role.

Naturally, you might find that you hit the growth stage a little earlier than three years. However, it's definitely too soon to be a sponsor if you are still trying to deal with the daily cravings that you might experience in your first several months of sobriety. Learning about the different things that happen at each stage of recovery can help you decide when you've reached the point of being able to help someone else.

What If You're Not Ready For An Official Role? Sometimes, having someone ask you to be a mentor shines a spotlight on challenges that you're still facing. If someone asks you to sponsor them, it's okay to let them know you aren't sure you're ready yet. You might then talk to someone who you know is already in a mentorship role to help them find someone else to take the position.

Realizing that you aren't ready for an official role might also mean that you're experiencing frequent slip-ups, or a total relapse. If so, returning to addiction treatment might be an option that helps you to strengthen your ability to stay sober. There's never any shame in admitting that you need additional help, and it's common for people to need treatment more than once before sobriety sticks.

Are There Risks That Come With Helping Someone Who Is Newly Sober? There's always a risk of relapse anytime a person in recovery takes on new responsibilities. Being a mentor brings many benefits, such as feeling a sense of satisfaction and personal achievement for helping someone else. But, it can also come with the downside of generating stress if the relationship becomes overly complicated. Maintaining safe boundaries is important for helping you to carve out time for self-care, and prevent your mentee from becoming overly dependent on your guidance.

How Do You Prevent Relapse as a Mentor? The first thing you want to do to prevent relapse as you step into your new role is to maintain your current recovery plan. You'll want to keep attending meetings and practice your self-care routine. Meditating, exercising, and continuing to sleep well are all important ways to minimize stress as you take on new responsibilities.

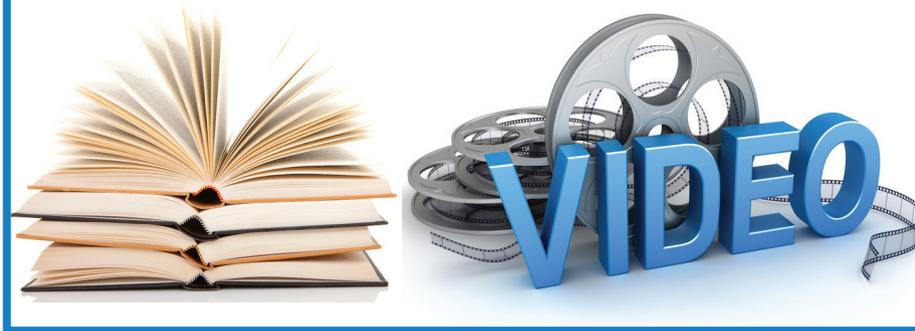
You'll also want to make sure that you and the person you are mentoring are clear about how you want to manage the relationship. Making sure that you're both on the same page regarding the timing and type of communication methods you use helps to prevent you from feeling overwhelmed. Every mentor has a different level of comfort with things such as late-night phone calls, or unannounced visits to their home. Sharing this information with the people that you help prevents an unsafe amount of stress from entering your life.

Becoming a mentor is exciting since it represents a new step up in your life in sobriety. As a new mentor, remember that your sobriety always comes first. If you encounter a situation you can't handle, reach out to a member of your support network. Watching for the signs of an impending relapse and taking action right away when you notice them helps you continue to stay in a position where you can give back to your sober community.

Sources: statnews.com-People Recover From Addiction. They also go on to do good things; pubmed.ncbi.nlm.nih.gov-Reasons to Be Cheerful: Personal, civic, and economic achievements after resolving an alcohol or drug problem in the United States population; academic.oup.com-Role of AA Sponsors: A Pilot Study; blogs.bu.edu-Recovering From Addiction; ncbi.nlm.nih.gov-Relapse Prevention and the Five Rules of Recovery; sunshinebehavioralhealth.com-Alcohol Rehab; par.nsf.gov-Opportunities for Enhancing Access and Efficacy of Peer Sponsorship in Substance Use Disorder Recovery

Dr. Harshi is a licensed medical doctor with a specialization in Pathology. She is currently employed as faculty in a medical school with tertiary care hospital and research center in India. She has vast experience of over a decade in diagnostic, clinical, research, and teaching work. She has a strong interest in medical content writing and reviewing. She also has several publications and citations in indexed peer-reviewed journals.

Book, CD & Video Reviews



MOTHER LOAD, A Memoir of Addiction, Gun Violence & Finding a Life of Purpose. Written by Wendy Adamson. Published by Rothcpress.

First, this book is a must-read, secondly, if you ever have a chance to meet Wendy Adamson, at a book reading, DO IT! I LOVE this book and I love Wendy. She is one of the kindest and most genuine people you ever want to meet.

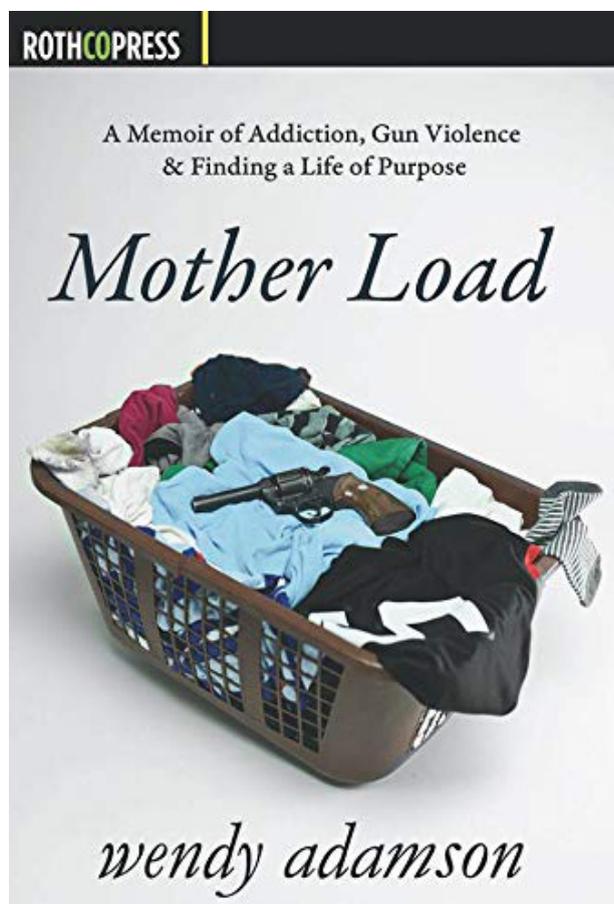
Now on to the review! **Mother load**, blew me away. I read it in two sittings. I literally could not put it down, I read until my vision became blurred. The brilliant style of writing captured me, and the story itself was mesmerizing and kept me on the edge of my seat. Her story is inspiring, and her writing of that story is raw and real. I felt her pain, and her shame, I mean felt it to my bones! I also lived her joy and hope with her, through her written words and her journey into recovery.

Wendy outlines her story in a classic AA format, what it was like, what happened, and what it's like now. From early childhood trauma and through her addiction we see the progression of this disease. She takes us through each painful level of her story. She is so honest, which I believe is essential, in order to *carry the message* to the addict, the alcoholic, and the family still suffering.

She outlines the events, but also makes sure to share the feelings that came with each disappointment. We may not have lived her story, but many of us know exactly how she felt. I want to thank her for opening up her life, and her heart to us as readers.

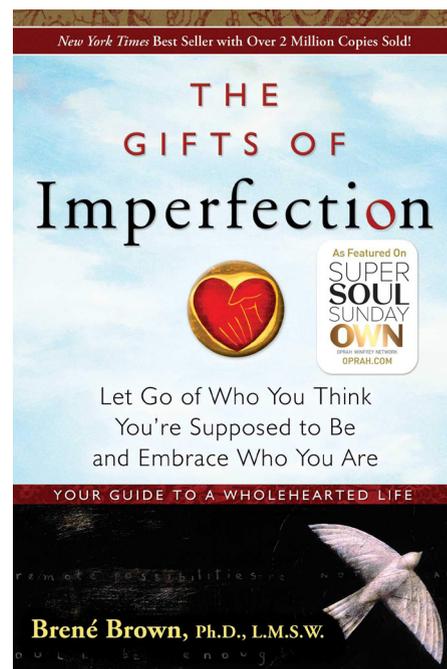
Wendy's is a true story of redemption and one of hope. She shows us that we can recover if we are willing to do the work.

I give this book five stars. Available at Amazon.com



THE GIFT OF IMPERFECTIONS, "Let Go of Who You Think You're Supposed to Be and Embrace Who You Are". By Brené Brown, Ph.D., L.M.S.W. Published by Hazelden Publishing. A New York best seller with over a million sold.

This book is about the lifelong journey from "What will people think?" to "Am I enough?" At first, the text seems simplistic, but soon the overarching picture Dr. Brown is painting becomes so clear that it is truly inspirational. Daily we face images and messages from society and the media telling us who, what and how we should be. We are led to believe that if we could only look and lead perfect lives, we'd no longer feel inadequate. So most of us perform trying to please and be perfect all the while thinking, what if I can't keep up this pace? Why isn't everyone else working harder and living up to my expectations? What will people think if I fail or give up? When can I stop proving myself? Dr. Brown courageously tackles the dark emotions that get in the way of our leading a fuller life; by reading this book and letting that courage and compassion rub off on you; you can open the door to wonderful changes in your life. In this book, Dr. Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough, and go to bed at night thinking, Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging. Dr. Brown's advice is based on scientific research, but she brings the real personal element into her book. Do yourself a favor and read this book, or like me read it again. Grab hold of that extra courage, we all have inside of us. We give this book 5 stars. Available at www.Amazon.com.



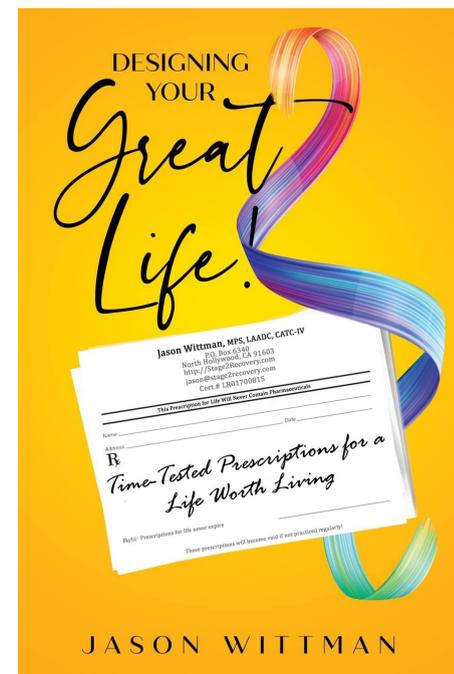
DESIGNING YOUR GREAT LIFE! "TIME-TESTED PRESCRIPTIONS FOR A LIFE WORTH LIVING". Written by Jason Wittman, MPS, LAADC, CATC-IV. Published by Artful Graphics Press.

Jason has brought a broader view of what addiction and recovery entails, he brings clarity of how individuals can understand the numerous levels of improvement, for harmony of the mind, body, and spirit.

The author displays prescriptions from being responsible in expressing your feelings, and how to differentiate between self-confidence and self-esteem. Jason makes the reader aware of the unique position they have, to apply the acquired knowledge within the pages of the book, for lifelong sobriety and inner peace that leads to happiness.

Jason explains how the 12 Steps can help guide your path towards wholeness of self, he teaches how to visualize and affirm what is needed for your success. There is a broader spectrum of different components, which contributes to one's specific addiction. The author coherently conveys to the reader that the Internal as well as the external negative environmental conditions, can cause an array of mental, spiritual, and physical abnormalities.

Just as there are some brighter stars than others in our universe, so is it with different experts within the recovery community, and Jason is of those brighter stars. The accumulation of many forms of what causes root problems, are concisely told in this remarkable book. I give this book 5-Stars. A must read for all of us, to understand that there are more reasons than what is usually explained of why we succumb to drug and alcohol addictions. Available at www.Amazon.com.



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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

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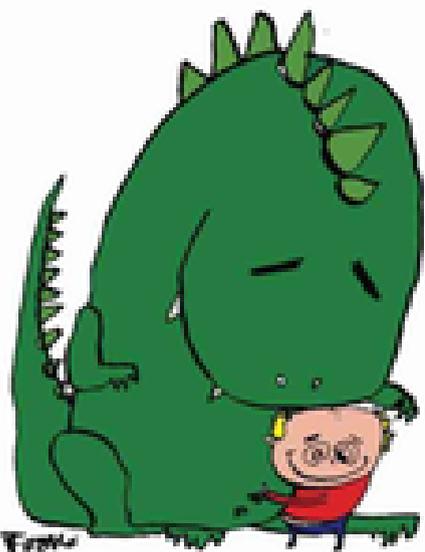
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Vital Services Resource Guide

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

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

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

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

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

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

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

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

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

Clutterers Anonymous: (866) 402-6685.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Pills Anonymous: (PA) www.pillsanonymous.com

Rageaholics Anonymous: www.rageaholicsanonymous.org

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

INFORMATION & REFERRAL SERVICES

Dimondale Adolescent (310) 791-3064.

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

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

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

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

Sober Living Network (310) 396-5270.

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

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

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

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

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

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

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

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

FOOD AND FINANCIAL ASSISTANCE

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

FOOD BANKS

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

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

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

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

First United Methodist Church 18120 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

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Organization/Company Name: _____

Services offered: _____

Address: _____

Phone: (____) _____ Cell (____) _____

Contact person: _____

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