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KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY**

July 2022

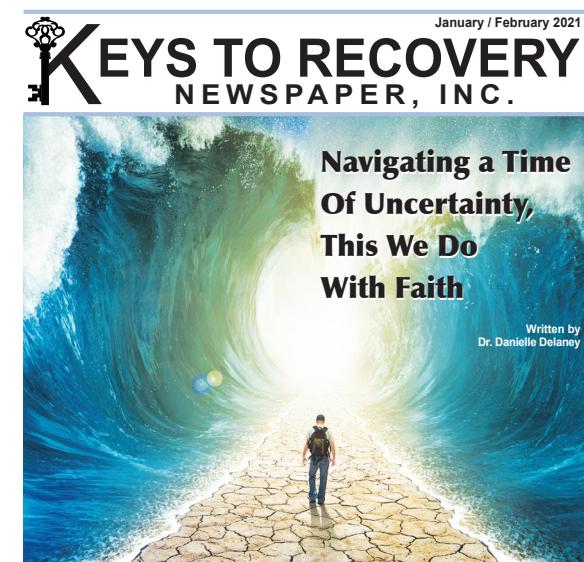
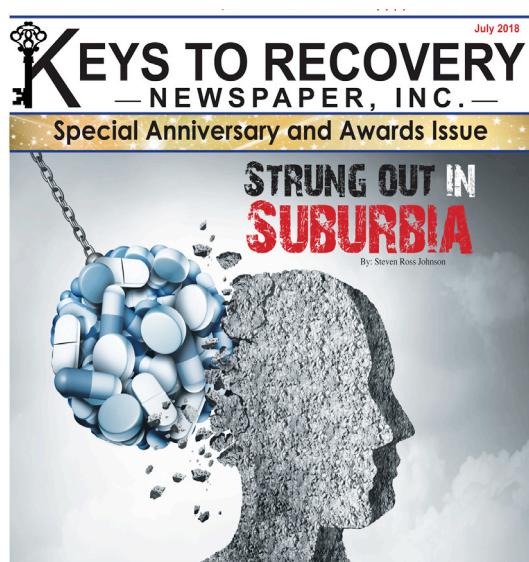
# KEYS TO RECOVERY NEWSPAPER, INC.

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

*Our past issues show how "Healing Our Heroes" is important in 2015, why we must "Surrender in Sobriety" in 2016, understanding the power of the group and learning to accept help, "I Can't We Can" in 2017.*



*Understanding that addiction hits everyone, "Strung Out In Suburbia" in 2018, how to "Let Joy Lead the Way" in 2020, surviving a pandemic, "We Do This With Faith" in 2021.*



**Join us for our last Six Issues.**

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

**Stuck  
in Stress?**  
Page 4

**You Cannot Buy  
Self-Esteem**  
Page 8

**Learning to  
Trust Again**  
Page 16





Here we are again, with the July 2022 issue of Keys to Recovery Newspaper. I can barely believe that we are halfway through the year of 2022. You know that saying "long nights, short years", it sure applies to these last few years.

I learned the phrase "**Clean House, Trust God, Work with Others**", early in my recovery, and it is still the foundation on which I build my life. When we do our internal work (**Clean House**), we are able to truly help those that God brings to us. We are no longer coming from a damaged and wounded place. **Trusting God** gives us that freedom, so we can work with others from a place of love and healing. Being of service (**Working with Others**), removes the bondage of SELF. When I am doing God's work my life flows, no longer blocked from the "sunlight of the spirit", I can do His will and stop thinking about myself, at least less often.

Working with others is one of the secrets of long-term sobriety. Our friend Marilyn Davis based her life on this principle of service (see Page 9). Marilyn passed away in June of this year. Her death was an unexpected blow to the recovery community. Marilyn had over 33 years of sobriety. She wrote some beautiful articles for this newspaper. Marilyn, you will be missed beyond measure. We feel blessed to have had her in our lives, and in our newspaper over the last eight years. Please check out page 9, where we honor Marilyn and her work. Thank you & God bless you! - **Jeannie Marshall, President & Co-founder**

Hello to all our readers, we are so thankful for each one of you. The month of July for me was typically a time to celebrate Independence Day half-heartedly, yet ever since our incredibly precious Granddaughter, my July's have taken on a whole new dimension. I have been blessed to see the Fourth of July through excited and young innocent eyes, my appreciation for gatherings, fireworks, and Bar-b-cues during 4th of July have changed dramatically, since being blessed to become a Grandparent. I believe that I have grown considerably from an emotional standpoint, because of Zoe. Jeannie and I have learned and experienced so very much, from being the editors and owners of Keys to Recovery Newspaper, Inc. for the last 8 years.

This incredible journey started 10 years ago, with me being extremely blessed to reunite with Jeannie, after 33 years of not seeing each other. She introduced me to the 12 Steps one week after seeing her again, the 12 Steps were foreign to me at that time. I stepped into recovery after 40 years of addiction to drugs and alcohol, yet after attending my first meetings at Radford Hall (my home group) in late January of 2012, I felt a true connection. One month later February 22nd of 2012, I decided to start my journey on the road to recovery, and I have been trudging that road of happy destiny going on 11 years now. I was rescued by the grace of God, to become the person I was meant to be all along!

We bought and moved into our home during the 4th of July weekend of 2014, we got married August 23, 2014, and we started Keys to Recovery Newspaper November of 2014, it was a very busy and incredible year for us both. Switching gears to what is happening nationally, my hope is that we as one nation, could put away our individual political, religious, and racial differences and viewpoints, which is causing further separation amongst us. My perception as being one of multiple ethnicities, (African American, Native American, Jewish, German) has given me a broader appreciation of the uniqueness of ALL Races. My sincere desire is simply for us all to respect, encourage and help one another daily. Until we come together once again for reasoning, may God strengthen, guide, and protect us all. - **Marcus Marshall, Vice-President & Co-founder**



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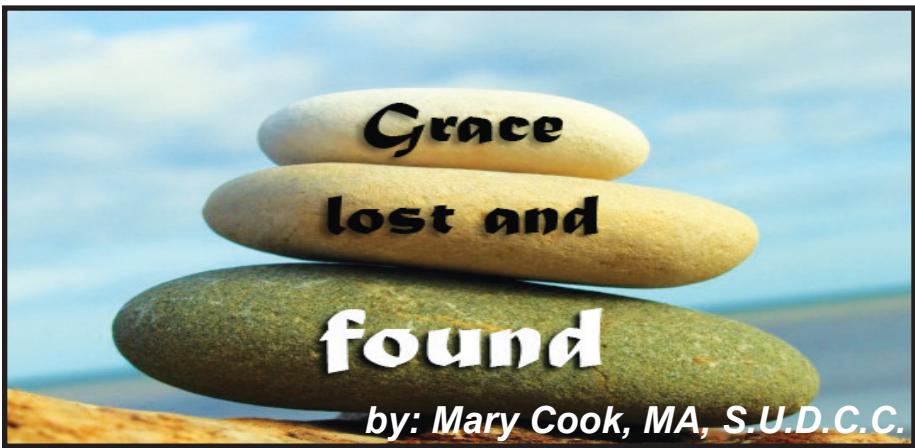
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## STUCK IN STRESS?

We can feel stress in our bodies. Common symptoms include strain, pain, tightness, constriction, aches, knots, churning, heaviness, unexplained drowsiness, hyperventilating, shortness of or holding our breath, loss of range of motion, and sometimes even inability to move. It seems as if our body is hanging onto something and won't let go. Conversely, common physical symptoms of relaxation are release, flexibility, softness, ease, full range of motion and a balance of inhalations and exhalations.

There are times when there is reason to be concerned and alert for danger. Often, however we carry tension in our bodies from the past, and harbor it in case we need it in the future. The physiological symptoms of stress provide effective responses to real danger. If we maintain a chronic readiness for danger, we will perceive non-stressful situations as dangerous. Thus our bodies and minds turn potential mild mishaps into major catastrophes, momentary disappointments into permanent deprivations, and positive work ethics into impossible perfectionism.

***When we take a break from working  
on a problem and let ourselves relax,  
solutions are more likely to occur to us.***

Sometimes our attitudes and beliefs promote stress. When our goals are to change others rather than ourselves, we experience stress. When we are not who we portray ourselves to be, or when outside validation is our only source of self-esteem, we will experience stress. When our expectations are significantly higher or lower than what is realistic for us we invite stress. If we overwork our bodies or minds without a balance of rest, relaxation, play and meditation along with healthy eating and exercise, we will pay a price. When we remain attached to problems rather than process, understanding and resolution, we are refusing to grow and will remain stuck in stress.

Not only do our muscles contract when we are stressed, our life also becomes smaller as we are unable to acknowledge, appreciate and invest in that which is not defined as stress. Carrying chronic or excessive tension depletes energy, exacerbates and creates health problems, narrows our choices and outlook in life, and causes us to live reactively in response to real, imagined and potential dangers, rather than proactively in response to inner truth and spiritual principles.

Chronic stress symptoms indicate that we are stuck somewhere in our lives. We can ask ourselves questions to determine what our specific symptoms might represent. What part of our inner or external life is a strain or a pain, and how do we change it? What feelings do we keep bottled up inside our bodies, and how can we safely experience and express them? To what do we feel ambivalent and how can we make a decision to move forward? What are we avoiding that needs releasing? What are we afraid to say that needs to be said? What do we want that's difficult to ask for? In what ways are we punitive or withholding? What are our dreams and longings, and how can we support ourselves to move toward them?

It's more difficult for our bodies to lie to us than our minds. For this reason, examining psychosomatic symptoms of stress is a valuable tool. In addition, taking cues from the body's natural responses to relaxation can direct our improvements. Therapeutic massages often unblock emotional pain and memories, allowing us an opportunity to begin healing in these areas. When we take a break from working on a problem and let ourselves relax, solutions are more likely to occur to us. We can explore what triggers hope, positive self-esteem, ease and balance, and allows us to view a larger perspective and more options. These are positive triggers that we need in our lives on a daily basis.

Just as our bodies need to balance inhalations and exhalations, our lives need a balance between receiving and giving. When we seek only to take from others and our environment, we are stressed. When we fail to provide for our own welfare first and give only to others, we are stressed. People, places, behaviors and emotions that reinforce stress need to be identified and released. Relinquishing chronic patterns of stress requires mindfulness, insight, time and often assistance from others. And this then gives us greater wisdom, serenity, happiness, health and fulfillment.

**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



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

AUTHOR OF:  
*Grace Lost & Found*  
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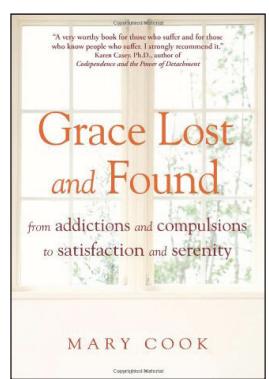
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# Sunlight of the Spirit

by: Darrell Fusaro

## GO WITH THE FLOW

*"Besides, we have stopped fighting anybody or anything. We have to!" —Alcoholics Anonymous, page 103*

The origin of the word affluence is "flowing toward abounding wealth." I have found the more I resist the temptation to fight or force against circumstances and simply go with the flow, things always turn out better-than-expected.

Over the past decade, a good friend and I have been meeting in the downtown area of our city for coffee at lunch time. It was the perfect location, one mile from each of us during that time of day. Our meeting was a great way to recharge for the second half of our day. We'd discuss how well each of us had been applying spiritual solutions in our respective workplaces earlier in the day. We'd leave each other's company feeling encouraged, optimistic, renewed, and ready to get back to work.

During the past year the city had decided to close off several lanes of traffic in both directions that flowed in and out of downtown. So, when



deciding upon meeting downtown one afternoon we thought it best to check the travel time first. Instead of the usual six minutes for each of us it was nearly thirty. Instead of getting upset, my friend just searched coffee shops in the area. One in Beverly Hills popped up. Although over a mile longer in distance for each of us, it was only a ten-minute trip. We chose to go with the flow and head to Beverly Hills.

After getting our coffees my friend suggested we take a walk in the neighborhood. I agreed. It felt nice to look at the nice homes and absorb the feeling of prosperity. As we turned down one of the streets, I felt it strangely familiar. "I think the woman who gave me my first art exhibition, in New York City in 1994, lives on this street." I checked my address book. I was correct, and we were standing on the sidewalk right in front of her house.

"Call her!" said my friend.

"Really? What if she's taking a nap?" I said.

"She's not napping. Just call."

I called, she answered and immediately invited us in.

While inside she took us on an inspiring tour of her art collection. We saw originals of Andy Warhol, Willem de Kooning, Red Grooms, Mark Kostabi, Lisa McNear, etc. Then she turned to me and asked, "What have you been doing?"

Over the past year and a half, I've returned to painting after a twenty-six-year hiatus. I began during the Covid lock-down and have continued since. My process is much less intentional than it had been in the past. I'd allow myself to follow joyful nudges regardless of how silly and unreasonable they may seem. Guided by intuition more and reason less, I feel at peace and enthusiastic through-out the process. I end up feeling confident and self-satisfied.

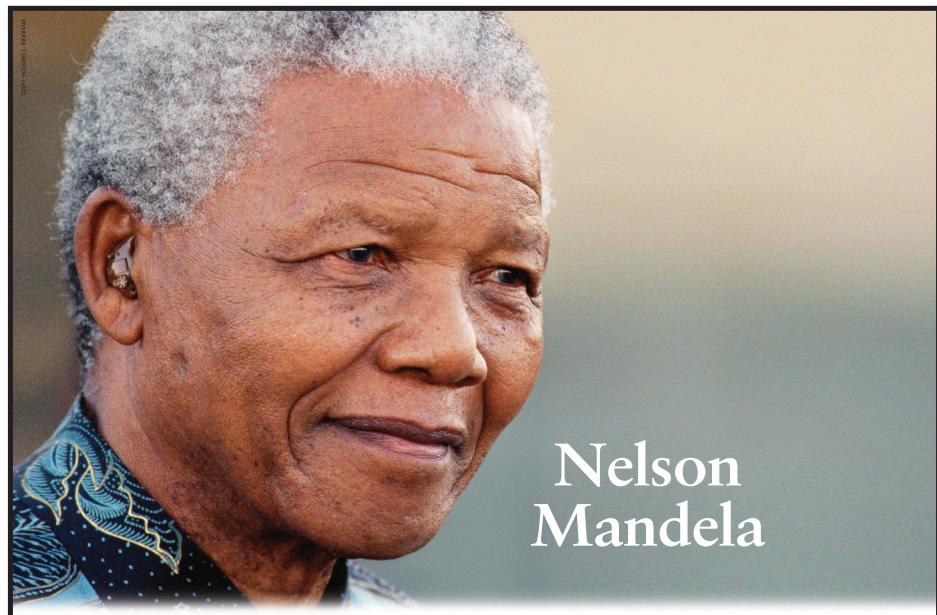
I knew by showing my new work to this no-nonsense art dealer she was going to give it to me straight. If she thought it was garbage, that is exactly what she'd say. Strangely enough I felt good knowing this. Wow, I had a feeling of self confidence regarding my artwork that I had lacked in the past. I opened my phone and proceeded to show her my work. "You did this?" and she continued with each image, "Wonderful. Perfect. This is brilliant." And finally, she asked, "When can I see them?"

It's been a little less than three months since obeying the law of least effort to grab a cup of coffee and now this coming Friday is the opening reception for the exhibition of my new work titled, "Creative Recovery."

**If you're in Los Angeles this coming weekend, you are welcome to attend the Opening Reception. It will be taking place Friday, July 1, 2022, from 5pm – 9pm at Molly's Garage, 474 South Rodeo Drive, Beverly Hills, CA 90212. The show will be open through August 1, 2022.**

**Call (310) 553-7626 for more information.**

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 new book, "Break Out of Your Box: Be Your Heroic Self" To learn more about Darrell visit: [www.ThisWillMakeYouHappy.com](http://www.ThisWillMakeYouHappy.com)



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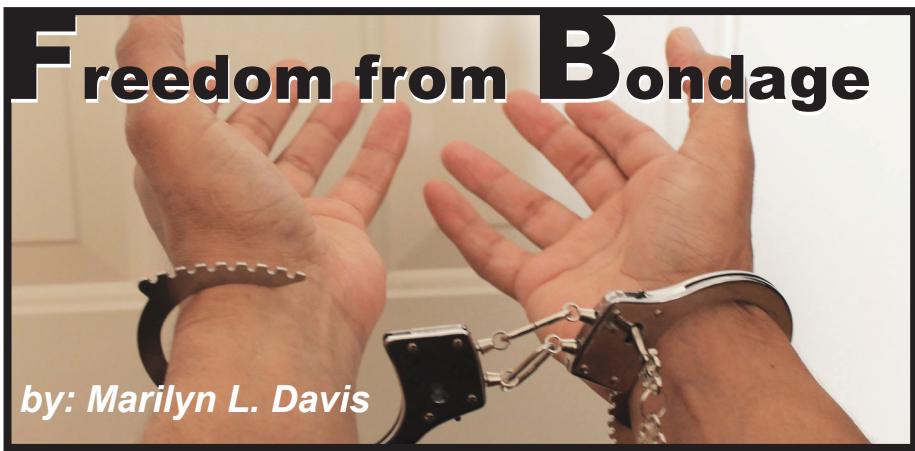
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# Freedom from Bondage

by: Marilyn L. Davis

## YOU CANNOT BUY SELF ESTEEM

This was written 12/2020 - We will miss Marilyn's contributions to our recovery newspaper.

*"If we get our self-esteem from superficial places, from our popularity, appearance, business success, financial situation, health, any of these, we will be disappointed because no one can guarantee that we'll have them tomorrow." ~Kathy Ireland*

**Spending Money: Does It Increase Your Self-Esteem?** People spend millions of dollars a year attempting to look like a stranger in an advertisement. Unfortunately, most of us know nothing about the model's character or qualities. All we see is a frozen-in-time visual that represents what is current for that monthly edition of a fashion magazine. Or we pass by the high-end retail shop and secretly think, anything from that store would help me feel better about myself.

The good news is that looks are easily changed:

1. Walk into your favorite store.
2. Observe what is on the mannequin.
3. Find your size.
4. Pull out the credit or debit card and be on your way.

Now you've got that latest-must-have-and-I'll-be-better-item. But do you feel better about yourself?

**Becoming Yourself, Not a Label:** When I work with my recovery clients, I ask them, "Who are you?"

Invariably, I get a wife, husband, mother, father, business owner, caretaker, student, or a description of their roles or labels. I quietly let them give me these descriptors as we can use them to test how they feel and what they think about their role; however, it is not who they are.

Part of the problem with getting our self-esteem from what we do is that when that role or label no longer applies, our self-esteem can tank.

We even use phrasing to mollify these situations. "I lost my job" as if we have just misplaced it like a set of keys.

**Self-Esteem from What I Did:** I opened an award-winning women's residential recovery home in 1990. Over the years, I had personal validation for what I did.

Brenau University, GA, created the Marilyn Davis Community Service-Learning Award in 2008, an ongoing award to recognize advocates in mental health, recovery, and wellness. This award has special meaning for me, as the University had placed me in treatment for my addiction in 1988.

In 2006, I gave back to the institution by creating a psychiatric clinical experience for fourth-year nursing students. I knew that this action demonstrated my gratitude and appreciation for what the University had done for me.

In 2010, the Northeastern Judicial Circuit, GA, awarded me the Liberty Bell Award for my contributions to the criminal justice systems, and my community. Here again, I knew that my actions of providing education into addiction and recovery, advocating for treatment and not incarceration for first-time drug possession, and supporting law enforcement efforts to stem the use of illegal chemicals demonstrated my better qualities.

Regardless of the awards, I saw my identity as the Executive Director of the recovery home. When the house closed in 2011, I felt a definite sense of loss – my identity, income, and purpose, and these losses started to undermine my self-esteem, which is often the norm for situational self-esteem. This kind of self-esteem tends to fluctuate, depending on our circumstances, roles, and labels.

**How Do I Measure My Self-Esteem Now?** With the house closing, I no longer listened to other people's problems and found solutions for them. I could not claim that I did not have enough time to figure out my problems, and find my answers. But then I remembered an exercise from school that I thought might help me discover myself, and find value in me, again.

A simple S.W.O.T. analysis helps any fact-finding exploration of self. I had done them as part of team building when I was at the university, and thought this would gauge my worth after the house closed.

For a personal S.W.O.T. analysis, the categories are the same; only the focus is different; it is on you and not a business or enterprise. You're going to check your:

- |                                 |                              |
|---------------------------------|------------------------------|
| 1. S = Strengths (internal)     | 2. W = Weaknesses (internal) |
| 3. O = Opportunities (external) | 4. T = Threats (external)    |

**S.W.O.T. Lessons:** In creating this S.W.O.T. for myself, I could see that I had many opportunities using the talents and strengths I had to become who and what I wanted to be in this next phase of my life. That was reassuring. In doing my personal S.W.O.T., I saw that closing the house was an opportunity.

Changing my attitude about the closing allowed me to focus on more positive aspects of the experience, and emphasize the qualities that would increase my self-esteem.

I knew that to get my self-esteem back on an even keel, I would have to view qualities within and not focus on what was lacking on the outside.

**Some Questions To Help You With Your S.W.O.T.** Put your strengths, weaknesses, opportunities, and threats into perspective. Please make time to check them, also adding your talents, limitations, or words that help you hone in on the qualities within to view yourself, and increase your self-esteem.

### Strengths

1. What are the essential values to you?
2. What do people compliment you on besides an external possession?
3. What characteristics do you have that are admirable?
4. What positive attributes did you use to carry out your goals?

### Weaknesses

1. What are your negative habits?
2. Do you have any unfounded fears?
3. What tasks, people, or events do you avoid and why?
4. What negative attitudes do you need to change?

### Opportunities

1. Do you have a network of helpful contacts that offer you sound advice?
2. Can you transfer your skills to another field?
3. Are there passions you can pursue now?

### Threats

1. What obstacles are you currently facing?
2. Are there limitations that jeopardize your goals?
3. Could any of your weaknesses lead to threats?
4. Are you current with today's technology?

**When Circumstances Influence Your Self-Esteem:** I knew that Global self-esteem, what I generally thought about myself, had been constant, both in my addiction (very low), and in my recovery (very okay). When I viewed all the mistakes I'd made in my addiction, my self-esteem was at its lowest.

I also knew that I made many positive changes in 32 years of recovery, so I generally felt good about myself, but was concerned that I might not judge my inner qualities correctly with the house closing.

Doing my personal S.W.O.T., I felt good about my qualities and realized that the door that closed gave me opportunities to use my strengths to reach more than the thousand I have previously worked with at the house.

I do that now through my writing. Finding your answers, and your self-esteem, within is cheaper than trying to find just the right car, house, suit, hairstyle, or latest accessory to increase your self-esteem.

Writing and recovery heals the heart!

Marilyn L Davis was the Editor-in-Chief at From Addict 2 Advocate and Two Drops of Ink. She was 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.



# In Loving Memory of Marilyn L. Davis

Marilyn L. Davis, beloved daughter, sister, mother, grandmother, author, teacher, friend, mentor and guiding spirit to many in the recovery and writing communities, passed away in June of 2022 with over 34 years in recovery.

After becoming sober, Marilyn opened and managed the award-winning North House residential facility for women from 1990 to 2011. She managed other facilities and helped many people through groups, and recovery coaching.

Over the years she guided many on their recovery journey and mentored authors through her blogs and books. She wrote for Keys to Recovery Newspaper since 2014. Her contributions helped make us what we are.



**Few people can re-invent themselves, but Marilyn did just that, and she did it in her 60's.  
She was always an avid reader with a passion for writing.  
She loved reading in the evening with her cat, Jackson, on her lap.**



## Two Drops of Ink: A Literary Blog

The Literary Home for Collaborative Writing

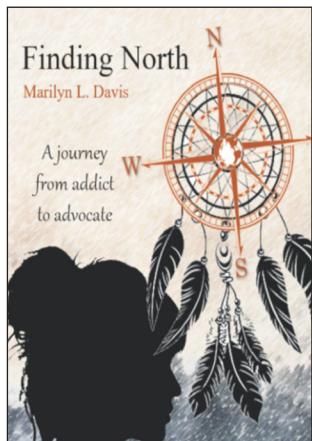


For Those Seeking Change

## from Addict<sup>2</sup> Advocate

With this passion in mind, she quickly learned to use various computer programs to develop a collaborative blog for writers, a community she admired. **Two Drops of Ink** became an award-winning site for writers to help writers. Contributors came from all over the world, and she gradually became an editor for others through her blog.

Marilyn developed and edited **From Addict to Advocate**, a recovery community blog. Every day she took her cup of coffee, read the emails and submissions from others, and began writing posts that many people looked forward to reading. In this way, she has touched many people around the world



Her memoir, **Finding North, A Journey from Addict to Advocate** A chance encounter with Gray Hawk, a 74-year old Native American with 34 years in recovery started her journey. Available on Amazon. Both Kindle and paperback.



Always a teacher, her last book released in 2021 was **Memories to Memoirs**, a workbook for memoir writers. The paperback format is Available on Amazon.

## HER AWARDS & WORKS INCLUDE:

In 2006, she gave back to the institution by creating a psychiatric clinical experience for fourth-year nursing students. This action demonstrated her gratitude and appreciation for what the University had done for her.

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We will all miss her very much, and her memory is a blessing to family, friends, fans and followers.

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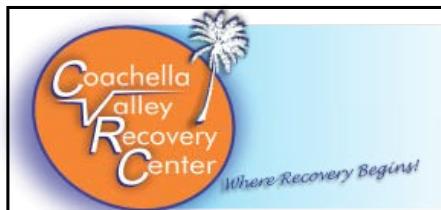
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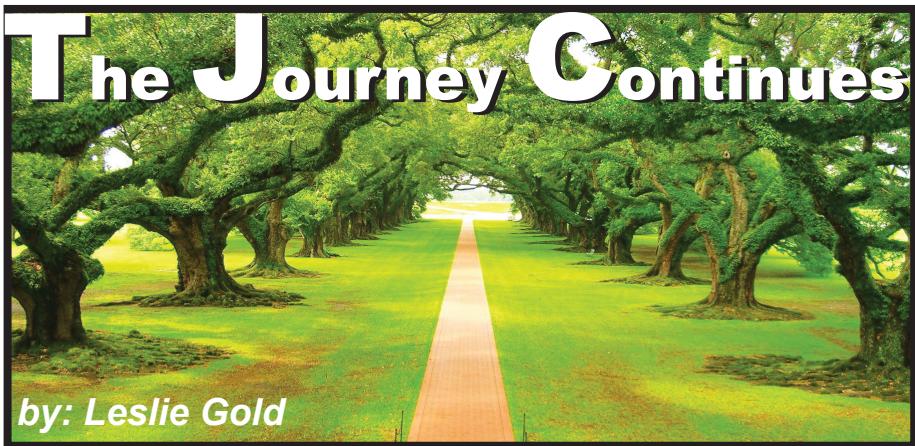
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by: Leslie Gold

## HOW TO WIN AN UPHILL BATTLE

The men of Awakening Recovery faced an uphill battle, literally and figuratively, on the morning of their first 10K. By successfully finishing this event, they learned a powerful lesson. When you have a tough challenge coming up, you can use the same keys to success that they did.



Two of the proud finishers of the Valley Crest Trails 10K

It was a perfect storm, with three challenges coming together all at once to make this an especially difficult run. Due to time constraints, training runs were 3-4 miles. The distance for this event was 6.2 miles. The neighborhood where they were training was mostly flat with only a few short hills. This course had over 1100 feet of climbing with very few flat sections. The men had trained in comfortable temperatures. On the morning of the 10K, a heat advisory had been issued.

The run would be farther, steeper, and hotter than any of their training runs. They shouldn't have been able to succeed, but they all did. What was the source of their strength? Why did they choose to dig deep and push harder than they ever had before?

I'd like to think it was because I gave a very inspiring speech at the start of the run, but I doubt it. As we crossed the starting line and headed toward the steepest hill of the entire route, we became part of a group of nearly 150 other runners all charging up the same hill. We felt the group energy. We absorbed their unspoken message, "I believe I can do this." It became pretty easy to think "If they can do it, so can I." And they all did.

The Life Lesson from this Story: Strength can come from within; strength can come from others.



The men of Awakening Recovery, gathered at the start line, staring at the hill they were about to climb, as the sun beat down on them.

If you harness the power of both, you can achieve whatever you dream of. Next time you have a challenge that seems unachievable, start by believing in yourself. Create the courage to get started. Then, surround yourself with people who are succeeding at the same goal you have. Harness their positive energy. Share it with others. You will succeed, and you will lift others with you.

Leslie Gold is the founder and executive director of Strides in Recovery, a Southern California non-profit which brings the healing power of goal-oriented group exercise to addiction recovery communities. Participants in Strides in Recovery programs enjoy improved self-confidence, empowerment, self-discipline, camaraderie, stress reduction, health & wellness, pride in accomplishment, and so much more. Leslie is an RRCA certified running coach who has trained hundreds of people in early recovery to cross the finish line of events ranging from 5Ks to the Los Angeles Marathon. To learn more, visit [StridesInRecovery.org](http://StridesInRecovery.org)



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# Quit to Win

by: Dr. Mitch

## GAMBLING AND THE FAMILY

Anger and Frustration are very usual emotions encountered in a therapist's office. Families view themselves as the innocent victims, paying the consequence of a member's gambling debts. Faced with the reality of having to budget and severely limit their own activities is understandably frustrating.

How innocent are they? The problem gambler is addicted to gambling: drug money, excitement, escape. The family is addicted to controlling the gambler.

### Case Transcript:

"I don't understand it. ...and now the budget meeting people are asking me to give up everything." "After all, I am not the one who gambled... we have to live on this kind of budget. Let the Bastard, pay for what he owes. I don't want to do it... it's not fair to me or the kids!"

I replied... "I can understand your frustration. It must be difficult to live on a budget. It sounds like you are pretty angry."

"Angry!" ..., "I am beyond angry. I want to kill the SOB. But I have to think of my kids. He is their father."

This lady was clearly angry, perceived herself as a victim... hopeless, and helpless in the face of financial and emotional problems caused by the gambler.

A sad situation, and in her opinion not one of her own makings. "In addition, controlling money and finances, it makes me feel like a mother of a 38-year-old baby. And to make it worse, he always wants more! The jerk lies...I have to check up on him constantly."

"Money argument...and every other thing. He just won't take responsibility."

This is a scenario faced hundreds of times in 40+ years of practice. It is difficult not to side with significant others. On the surface it appears the gambler has created a terrible mess for the family. On the other hand, one must ask, what role did this "innocent victim" play? in creating this problem? As an impartial outsider, how could she not know what was happening? Denial: not a river in Europe. Fact signs and symptoms are present. When this client listed the following symptoms.

1. Unexplained withdrawals from the checking account.
2. Large credit card bills (explained as business expenses). The need to collect and open all the mail. "After all, I am the head of this family. Finances are my responsibility."

3. Dunning calls from the landlord, unexplained shortages in household budget.

4. Relatives, friends wondering why the husband needed loans.

Thought he was doing well. "I was driving a leased Mercedes... till it disappeared one day." The repossession explained as a theft, unreported "I don't want to get some poor kid in trouble. It will turn up."

Confrontation? Experience had taught me that I would be told that, I just did not understand. As a non-gambler or family member, how could a therapist know what she was going through?

Recovery takes a belief in a higher power, a strong support system where "hope, strength and experience" can be shared, and therapy for the emotional wreckage. The twelve steps and admitting powerlessness, is the beginning. When life becomes unmanageable, time to hire a new manager. For this woman, the manager needed to be a strong sponsor and Gam anon. Here she would find the people who could totally relate to her experience.

Honestly, I had to accept the fact that the most effective part of treatment for this woman would be Gam anon, her higher power, and not me! My job; get her there.

Cognitive counseling, and motivational therapy techniques are the best tools for accomplishing this. "What do you want to accomplish? How can you change your situation? What will be best for you and your children?" She claimed that meetings were "useless blaming sessions of frustrated wives." With exception of the one budget meeting, she had never experienced program. I have found the most effective way to get a client to a twelve-step program, is to suggest that they go to a meeting. Just one and tell me why it does not work for them. I have found that once accepted, once finding others who understand, and who are unconditionally accepting, the client will come around.

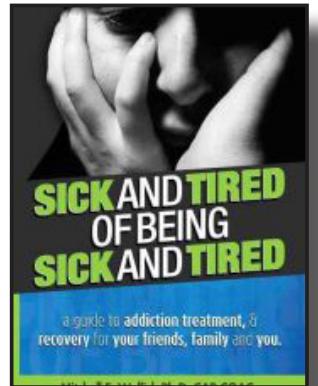
Well, at this point you are probably wondering what happened to this lady. I found out about 25 years later, in the Magic Kingdom. I learned the real magic that had occurred in this woman's life.

While standing in line for the Small World Ride, I was addressed by a stranger. "I want to thank you for saving my life and that of my kids." The hug I received, was a little difficult to explain to my wife, until she reminded me who she was.

Sharing her new life, she told me that, because she could not survive on what she was earning, she went back to school. Her goal, become a therapist, which she did. She now practices, shares the practice with her older child. Her husband feeling the pain of his illness, entered and remained in recovery, and is now a therapist.

Happy ending! I cannot take credit. I am responsible for the effort, but the client is always responsible for the outcome. None the less, the smile and the hug to my mind were far more valuable than the fees she had paid.

*Dr. Mitch has spent 40+ years treating addicted individuals. A pioneer in the treatment of gambling addiction, he is a Certified Gambling Addiction Counselor. He was the third certified gambling counselor in the State of Florida. Dr. Mitch is a program consultant and interventionist. He is author of the book *Sick and Tired of Being Sick and Tired*. Mitch is there to answer questions (no charge) and can be reached at (954) 610-1686.*

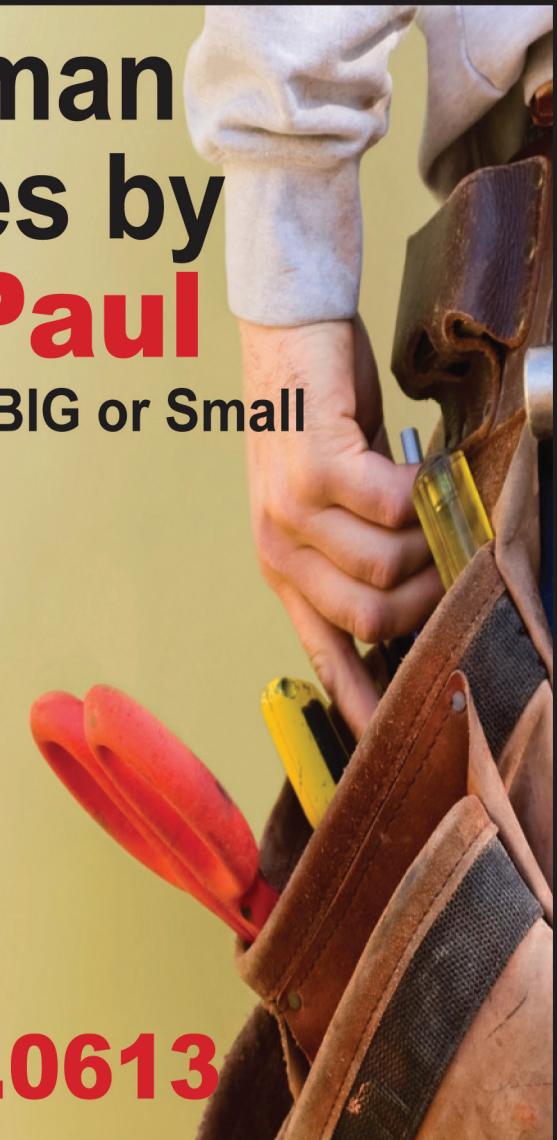


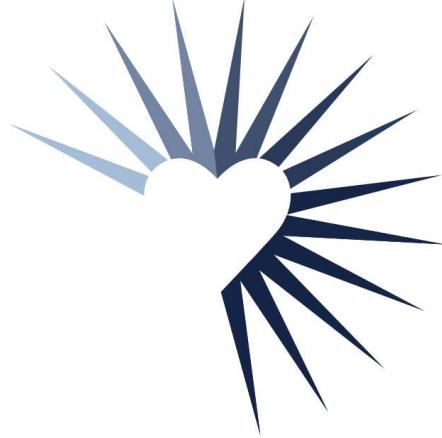
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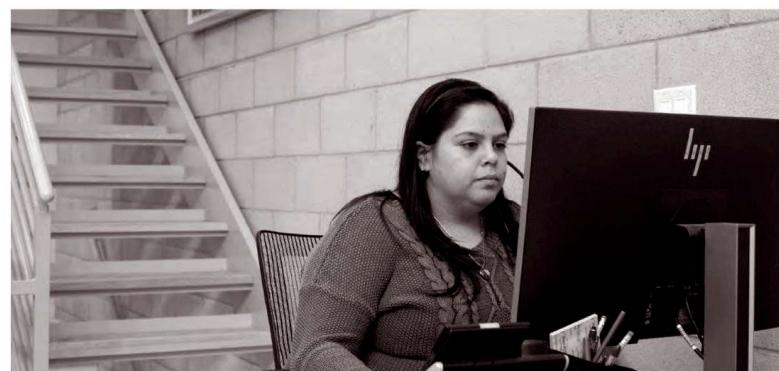
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by: Annie Kuni, LMFT

## LEARNING TO TRUST AGAIN

Eating disorder recovery often highlights a lot of trust work that must be repaired. Because eating disorders are so isolative, there can be a rupture in trust with other people that happens when we pull away. Even within ourselves we must learn how to repair self-trust with our own body, and emotions. It's certainly not an easy process, but well worth the effort in the end. We'll talk today about different steps to take with repairing that trust.

The first (and often most difficult) trust repair step, is trying to trust the recovery process itself. Many people struggle with this for a long time, rather than it being an all-in-one acceptance. After being so alone with the ED voice, it can be hard to trust the recovery that is being promised by treatment. Trusting the process often means trusting providers as well. ED providers like therapists, dietitians, treatment center staff, and coaches are all on your team – not the eating disorder's team. It might feel like they are working against you, but it's more likely that they are working against the ED voice that you've identified with for such a long time. The more you trust that your recovery team has your best interest, the sooner you'll be on a new path.

*Trust work in recovery  
also needs to be focused  
inwards as well.*

Trusting the process for some people involves trusting your family as well. Not everyone's family is involved in ED recovery, but if you have a positive relationship with your family, then having them involved as a support will decrease the recovery process overall. For some ED treatment modalities, like Family Based Treatment (FBT), then the family is extremely involved in re-feeding and therapy work. Re-developing trust with family during the recovery process looks like allowing them to be involved in recovery, asking for help with plating and meal plans, and sharing your complicated feelings around recovery with them. Family trust can also be more deeply repaired by opening up about more systemic issues, that most likely led to the eating disorder development in the first place. No one event causes an ED, but being vulnerable about certain family dynamics that may have contributed to increased issues with control, isolation and perfectionism tends to help the recovery process along.

Trust work in recovery also needs to be focused inwards as well. Eating disorders result in a disconnect between the brain and the body. There is a massive block in trusting the self around certain categories of food or food altogether. Non-logical beliefs are developed around one's capacity to eat normally. Learning to trust your hunger and fullness cues again, allows you to see the wisdom that your body has to offer you. In this process you also must remember that your body doesn't trust you either, and needs proof that you're willing to take care of your health, and honor your hunger and fullness cues moving forward. The trust process goes both ways between our brain and our body, and both sides need to see positive change to let down their swords.

Trusting the process, family and your own body are just some of the first steps in the trust process with eating disorder recovery. Many people start to see themes of trust issues emerging in other areas of their life the more they progress, and then have the opportunity to explore those ruptures deeper. Hopefully you can start this process by trusting that all the hard work will be worth it in the end, and trusting that you deserve recovery.

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



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# Be The Change



## THIS MUST STOP NOW

With headlines like these the time is NOW, to make a change.

For the August Issue of Keys to Recovery, we will be running a multiple page article on the Drug Overdose Deaths overtaking our country, and the DANGER of "Fentanyl". Help us Be The Change.

We will focus on what is it, why is it so deadly, and most importantly, what we can do to protect our loved ones. We will also be posting pictures of loved ones lost. If you would like to be a part of this very important article, email us your input, article, pictures, etc. to info@keystorecoverynewspaper.com

### Drug Overdose Deaths Remain High (Cdc.gov)

More than 932,000 people have died since 1999 from a drug overdose. In 2020, 91,799 drug overdose deaths occurred in the United States. The age-adjusted rate of overdose deaths increased by 31% from 2019 (21.6 per 100,000) to 2020 (28.3 per 100,000).

• Opioids—mainly synthetic opioids (other than methadone)—are currently the main driver of drug overdose deaths. 82.3% of opioid-involved overdose deaths involved synthetic opioids.

• Opioids were involved in 68,630 overdose deaths in 2020 (74.8% of all drug overdose deaths).

• Drug overdose deaths involving psychostimulants such as methamphetamine are increasing with and without synthetic opioid involvement.

### Nation's drug-related overdose & death epidemic continues to worsen ([www.ama-assn.org](http://www.ama-assn.org))

**Issue brief:** Nation's drug-related overdose and death epidemic continues to worsen \*Updated May 12, 2022 The nation's drug overdose epidemic continues to change and become worse. The epidemic affects every state and now is driven by illicit fentanyl, fentanyl analogs, methamphetamine, and cocaine, often in combination or in adulterated forms. More than 107,000 deaths were reported in the United States between December 2020 to December 2021. The AMA continues to urge policy-makers' action to increase access to evidence-based care for substance use disorders, pain and harm reduction measures.

### Drug overdose deaths are at a record high. Here's what the White House plans to do ([www.npr.org](http://www.npr.org))

In its first detailed plan to slow the rise in drug overdose deaths, the Biden administration is emphasizing harm reduction.

That means increasing access to clean needles, fentanyl test strips and naloxone. Clean needles help reduce the spread of disease. Fentanyl test strips enable drug users to check if they are about to consume this powerful opioid that can shut down breathing in seconds. Naloxone is a drug that can rapidly reverse an opioid overdose.

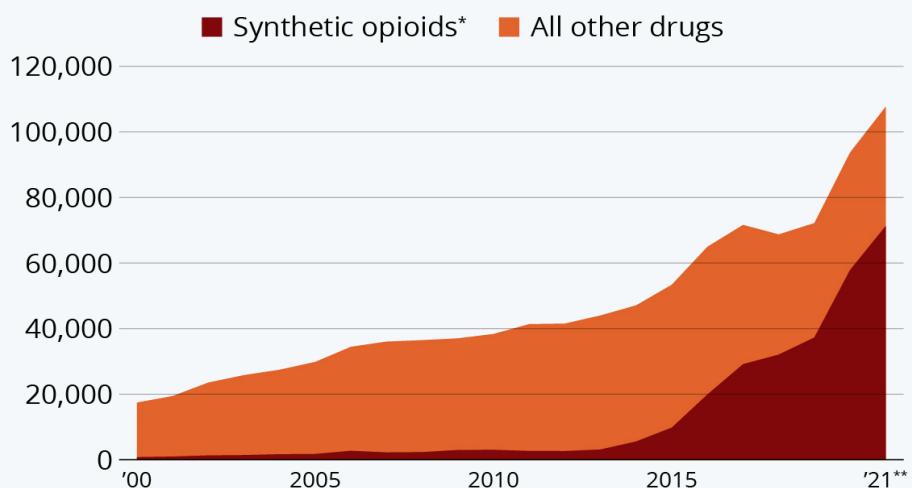
"The most important action we can take to save lives, right now, is to have naloxone in the hands of everyone who needs it without fear or judgment," said Dr. Rahul Gupta, director of the White House Office of National Drug Control Policy.

Harm reduction is one of four policies the Biden administration says must be immediately implemented in order to address the record high number of overdose deaths. About 106,854 people died of overdoses over the course of a year ending in November 2021, according to the CDC.

In addition, the administration aims to double treatment admissions by 2025 and ensure patients have access to medications for opioid use disorder while in treatment.

# Fentanyl Fuels Surge in U.S. Drug Overdose Deaths

Number of drug overdose deaths in the U.S., by drug class



\* mostly fentanyl, excl. methadone

\*\* estimates for 2021 are based on provisional data.

Source: Centers for Disease Control and Prevention



statista

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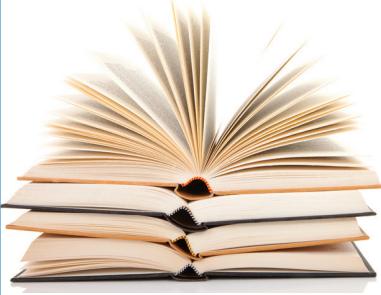
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# Book, CD & Video Reviews



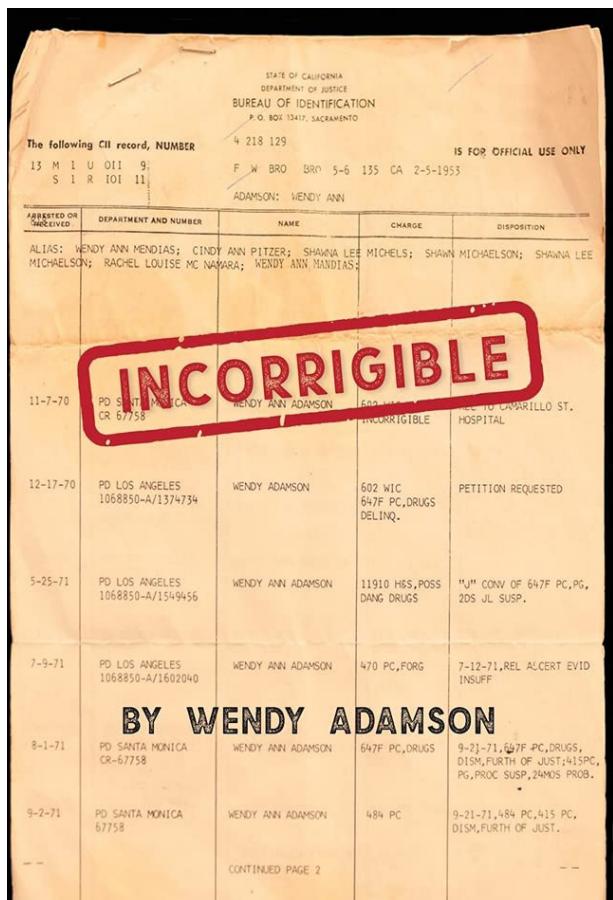
**INCORRIGIBLE: A Coming of Age Memoir of Loss, Addiction & Incarceration.** Written by Wendy Adamson. Published by Rothcopress.

Last month I read and reviewed "Mother Load" written by Wendy. This month I read "Incorrigible", because I wanted MORE from this incredible author, and I was not disappointed. In this book we get a front row seat to Wendy's childhood, and see her life through a child's eyes. You can feel her pain and insecurities, as her world is turned upside down first by her mother's death, followed by a move to a new neighborhood. Leaving behind everyone and everything comfortable and familiar, Wendy finds herself alone in her new city. She continued to lose people one way, or another leaving her alone, lonely and guarded.

Being that vulnerable as a child, we see how she is easily led from one destructive place to another, not knowing where it would all lead. In this book we follow her through the childhood runaways, juvenile hall, the self-pity, the building rage, the people pleasing, foster homes, losing more people and her walk, or should I say run into adulthood.

By the time she met Max, at the age of sixteen, she wasn't ready for the next chapter of her life, but it was her life to live. As with "Mother Load", Wendy takes us through the emotions of each event, helping those to better understand who haven't lived her exact life.

Adamson gives us her entire life, her heart, her emotions in high definition, so that we can relate and perhaps choose recovery as she has. This book is AMAZING, again I give Wendy's book five stars. Available at Amazon.com



**CRUSHING, God Turns Pressure into Power; by TD Jakes published by Faith Works.**

First, I need you to understand this is a book for people that believe in GOD, and His love for us. This book helps answer the question "Why do bad things happen to good People?", you start to understand the WHY behind so many of our trials, when we feel that we cannot take any more, when we cry out to GOD, Why? What do You want from me? I am only human? God I cannot make it through this! Where are You? When you are being crushed beyond recognition, and Yes, when the crushing is over "you will not recognize the new, stronger and smarter person you are". You will have learned how to really lean on God, and only then will you thank God for helping you through.

This book is inspirational, uplifting and riveting at its best. It is refreshing to read a book where a leader who has been in ministry for over 40 years, bears all with the people of God by leading by example, showing that he also is acquainted with very real struggles that we all tend to deal with, within our own lives.

This book is a page turner filled with golden nuggets of wisdom, and hard to put down. In chapter 9 Bishop Jakes shares and I quote, "But waiting was far more beneficial because the Lord was working on something marvelous in a secret place. He was working on my motives. He was working on my heart. He was working on me, boiling out every single impurity because there is no way God was going to present to the world an unrefined, unfermented, underdeveloped product." That right there is a real mouth full. If you haven't purchased your copy of this book you really need to get it, and read it, it will truly bless you in many profound ways. I give this book 5 stars. Available at [www.Amazon.com](http://www.Amazon.com).

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**T.D. JAKES**  
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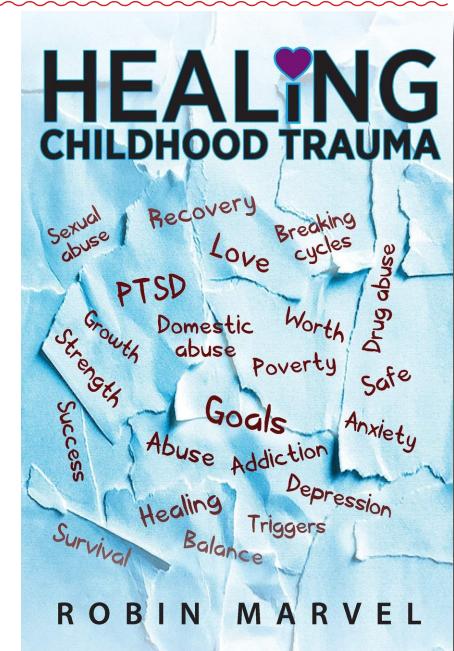
**HEALING CHILDHOOD TRAUMA: Transforming Pain into Purpose with Post-Traumatic Growth.** Written by Robin Marvel. Published by Loving Healing Press.

Honestly, I have never read a book that defines childhood trauma so completely and adeptly. My understanding of the psychological ramifications left from the abuses that are endured during childhood, has grown substantially. Robins level of expertise in the arena of Childhood Trauma is amazing, her clear and concise experiences educated me immensely.

The knowledge she expresses helps the reader to understand the multiple layers, which allow those effected with trauma to start applying the principals gained within the pages of this remarkable book. Robin gives support and explanations to enlighten the reader, for beginning the healing process from the physical, emotional, and psychological damage that was done.

I think the reader will find the exercises throughout this book very helpful. Exercises such as these can be useful in identifying the problem, and moving forward into the solution. When we can "do" something, it helps us move to a feeling of power, which leads us to a place we can help ourselves and learn about change.

This book helps to give those who has suffered from the exposure of childhood trauma, freedom from the shame and agony due to the assaults they had experienced. The road to recovery can be started through this incredible book. This is a must read for those who want to become the whole person they were designed to be, prior to the trauma they endured during their childhoods. Thank you, Robin, for your dedication and willingness to write this book, we know how much work went into it! I give it a 5-star rating. Available at [www.Amazon.com](http://www.Amazon.com).



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

### Advertising Deadlines:

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

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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](http://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](mailto: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!

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**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](http://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.

**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](mailto: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.

**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](mailto:akesaryan@gmail.com) or call (818) 523-0025.

## 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

## SUNSHINE SOBER LIVING :

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

**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.

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

## 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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**Jeff Schlund**  
Outreach Manager

Cell 626-372-4550  
Direct 760-423-6728  
Toll Free 855-348-7018  
[JSchlund@hazeldenBettyFord.org](mailto:JSchlund@hazeldenBettyFord.org)

[www.HazeldenBettyFord.org](http://www.HazeldenBettyFord.org)

**The Cost for classified ads is \$25 for 25 words or less.**

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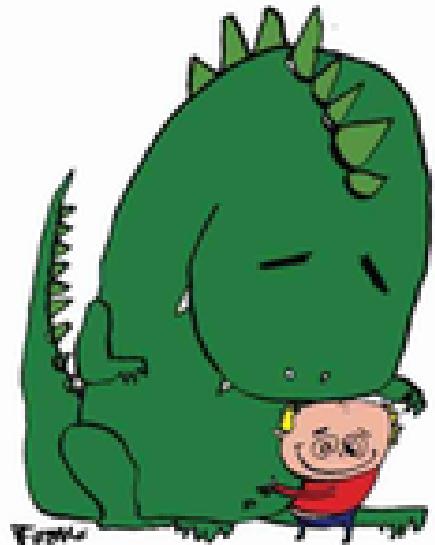
Phone: (\_\_\_\_)

Email To: [info@keystorecoverynewspaper.com](mailto: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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# House in the Hills

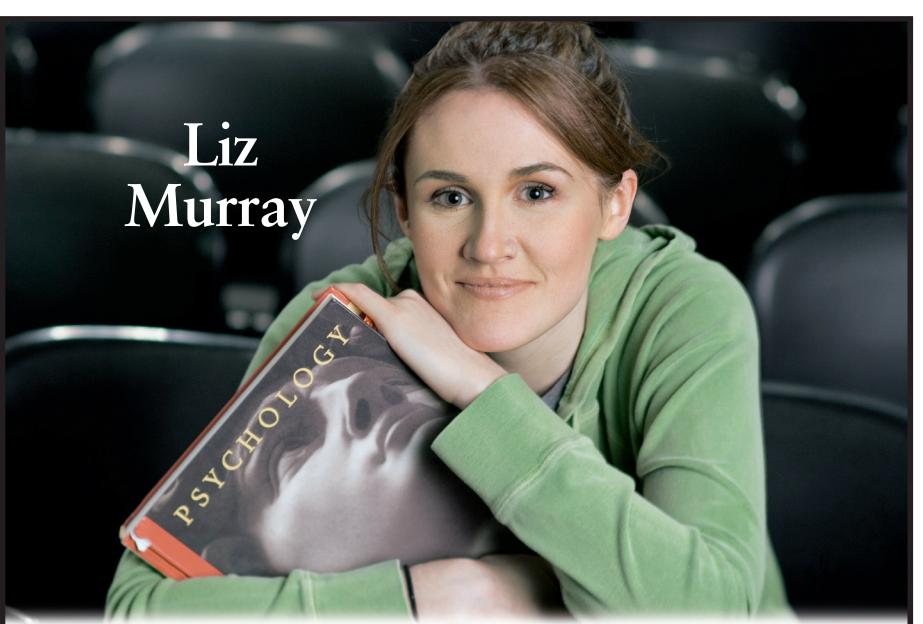
Transitional / Sober Living  
for Women in Recovery  
In Woodland Hills, Calif.

**818.264.8545**

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



[www.HouseintheHills.org](http://www.HouseintheHills.org) CCAPP



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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](http://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](http://www.lacoaa.org) (323) 936-4343 (800) 923-8722.

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

**A.A. San Gabriel / Pomona Valley - Central Service Office,** [www.aasgvco.org](http://www.aasgvco.org) (626) 914-1861.

**A.A. Santa Clarita Central Office:** [www.aascv.org](http://www.aascv.org) (661) 250-9922.

**Al-Anon Family Groups:** [www.al-anon.alateen.org](http://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](http://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](http://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/](http://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](http://www.dhcs.ca.gov) (800) 735-2922 for deaf and blind.

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

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

**CEA-HOW:** Compulsive Eaters Anonymous: [www.valleyhow.org](http://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](mailto:sfvalleyhow@aol.com) or Bryce at (818) 621-2130.

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

**Cocaine Anonymous:** World Service Office [www.ca.org](http://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](http://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](http://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](http://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](http://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 based peer recovery network for lawyers & law students (800) 222-0767; [www.otherbar.org](http://www.otherbar.org)

**Workaholics Anonymous:** [www.workaholics-anonymous.org](http://www.workaholics-anonymous.org) (510) 273-9253.

**Emotional Anonymous:** [www.emotionsanonymous.org](http://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](http://www.foodaddictsanonymous.org) World services (772) 878-9657.

**Food Addicts in Recovery Anonymous:** (FA) [www.foodaddicts.org](http://www.foodaddicts.org) (781) 932-6300.

**Gamblers Anonymous:** (GA) [www.gamblersanonymous.org](http://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](http://www.ocfoundation.org) (617) 973-5801.

**LGBTQIA+ AA Meeting:** Saturdays, 6:30 PM, Thousand Oaks, CA (800) 560-8518. [www.laventanatreatment.com](http://www.laventanatreatment.com)

**LifeRing Secular Recovery,** [Lifering.org](http://Lifering.org), (800) 811-4142

**Love Addicts Anonymous:** (LAA) [www.Loveaddicts.org](http://www.Loveaddicts.org)

**MADD Mother Against Drunk Driving** [www.madd.org](http://www.madd.org) (877) MADD-HELP

**Marijuana Anonymous:** [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) World Services (800) 766-6779.

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

**Narcotics Anonymous (NA):** [www.todanya.org](http://www.todanya.org) Regional Office (800) 863-2962.

**Narcotics Anonymous:** [www.nasfv.com](http://www.nasfv.com) (818) 997-3822.

**Nicotine Anonymous National & World Services:** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) (877) 879-6422.

**Nicotine Anonymous So. California** Intergroup: [www.scina.org](http://www.scina.org) (800) 642-0666

**Nar-Anon Family Groups:** [www.nar-anon.org/naranon](http://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](http://www.ncadd.org) (800) 622-2255.

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

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

**Overeaters Anonymous:** [www.oa.org](http://www.oa.org) World (505) 891-2664.

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

**Pills Anonymous:** (PA) [www.pillsanonymous.com](http://www.pillsanonymous.com)

**Rageaholics Anonymous:** [www.rageaholicsanonymous.org](http://www.rageaholicsanonymous.org)

**Recovering Couples Anon:** [www.Recovering-Couples.org](http://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](http://www.saa-recovery.org) (800) 477-8191.

**Sexaholics Anonymous (SA):** [www.sa.org](http://www.sa.org) (866) 424-8777.

**Sexaholics Anonymous (SA):** [www.sasocal.org](http://www.sasocal.org) (310) 491-8845.

**Sexual Compulsive Anonymous:** [www.sca-recovery.org](http://www.sca-recovery.org) (800) 977-HEAL.

**Sexual Recovery Anonymous (SRA):** [www.sexualrecovery.org](http://www.sexualrecovery.org) (323) 850-8565.

**S-Anon:** (Friends & Families of Sex Addicts) [www.sanon.org](http://www.sanon.org) (800) 210-8141.

**SHARE:** [www.shareselfhelp.org](http://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.laventanatreatment.com](http://www.laventanatreatment.com)

**Survivors of Incest Anonymous:** (877) 742-9761. [www.siawso.org](http://www.siawso.org)

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

**The Other Bar:** FREE12 step based peer recovery network for lawyers & law students (800) 222-0767; [www.otherbar.org](http://www.otherbar.org)

**Workaholics Anonymous:** [www.workaholics-anonymous.org](http://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](http://www.cadasb.org)

**CCBCDC:** California Certification Board of Chemical Dependency Counselors [www.CaliforniaCertificationBoard.org](http://www.CaliforniaCertificationBoard.org)

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

**CCPG** California Council on Problem Gambling [www.calproblemgambling.org](http://www.calproblemgambling.org) (800) 522-4700.

**CENTER FOR LIVING&LEARNING** - employment & supportive services (818) 781-1073 [www.center4living.lle.org](http://www.center4living.lle.org)

## FOOD AND FINANCIAL ASSISTANCE

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

## FOOD BANKS

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

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

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

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

**First United Methodist Church** 18120 Saticoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135.

**Los Angeles Food Bank** (323) 234-3030.

**Manna, Ministry to the Poor** 6642 Reseda Blvd., Reseda, CA. Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696.

**Our Redeemer Lutheran Church** 8520 Winnetka Ave., Winnetka, CA (818) 341-1629.

**Salvation Army** Glendale Corps: Monday -Friday Food Pantry. 320 West Windsor Rd., Glendale, CA 91204 (818) 246-5586.

**Shepherd's Nest**, Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247.

**SOVA Food Pantry**, Jewish Family Services (open to all in need) 16439 Vanowen St., Van Nuys, CA (818) 988-7682.

**West Valley Pantry**,7304 Jordan Ave., Canoga Park. (818) 346-5554.

**West Valley Food Pantry** (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554.

## DISABILITY SERVICES

**Job Accommodation Centers**, Toll Free (800) 526-7234 (voice & TDD).

**ACCESS** Paratransit Referral Service, transportation voucher program, (800) 431-7882.

**Social Security & Medicare Eligibility**, Info (800)

# Vital Services Resource Guide

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

## EMERGENCY HEALTH & MENTAL SERVICES

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

**Because I Love You**, Nationally Known Parent And Teen Support Group. [www.bily.org](http://www.bily.org)

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

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

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

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

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

**MENTAL HEALTH SERVICES**: Hathaway-Sycamores Child and Family Services, For info on mental health services, (844) 222-2377 (1-844-2Access) or email [referral@hscfs.org](mailto: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](mailto:mentoring@hscfs.org).

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** S.F Valley (818) 994-6747 [www.Nami.org](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namurbanla.org](http://www.namurbanla.org). We advocate, educate, and support people with mental illness and their families via our free education programs, support groups, and other services.

## MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

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

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

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

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

## HOMELESS SHELTERS & RELATED

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Hope of The Valley**: (818) 392-0020, [www.hopeofthevalley.org](http://www.hopeofthevalley.org)

December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.

**Jenesse Center** (323) 299-9496.

**Jordan's Transitional Shelter** (323) 577-5941 or (424) 785-7781.

**Los Angeles Mission** (213) 629-1227 x305.

**Long Beach Rescue Mission** (562) 591-1292.

**Los Angeles Youth Network** (323) 957-736.

**Nancy Painter Home Transitional Housing For Women** (818) 246-5586.

**National Runaway Switchboard** (800) Runaway.

**NCH National Coalition for the Homeless** (202) 462-4822, [www.nationalhomeless.org](http://www.nationalhomeless.org)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## DOMESTIC VIOLENCE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## RAPE HOTLINES

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

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

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

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

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

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

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

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

## HEP C / HIV / AIDS INFORMATION

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

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

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

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

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

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

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

## SUICIDE PREVENTION

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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