

October 2019

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September was "National Recovery Month", but it was also "National Suicide Awareness Month". That got me thinking that I needed to update our Resource Guide (see Pages 20-21), with current help lines for suicide prevention. While doing that I came across all these stories of people who once attempted suicide, and were now reaching out to tell others their stories, sharing of another way out and solutions and with so much hope. I was moved to tears and even better moved into action. From teachers, veterans, teenagers and everyday people, to the wealthy and famous, EVERYONE is affected and these individuals who have come full circle share their stories.

We decided to celebrate "National Suicide Awareness Month", in October, by having our feature article focus on suicide prevention, and how to help others who might have feelings and thoughts of suicide. Please take a few moments to read it. The life you save could be your own.

Being in a position to help others in so many ways, is an honor and a responsibility we do not take lightly. Each month we work hard to get the word of recovery to as many people as possible, recovery from drugs, from alcohol, from gambling addiction, from eating disorders and so much more. We want to shine the light of hope every where we go, and we try to go everywhere. There is so much darkness and despair in this world, I feel truly blessed by God, to be able to "lighten" my part of the world up, even if it is just a little. I can't let the conditions of this world alter my purpose, my journey or my dreams.

Bishop (Stephen Hamilton) shared a quote last week, that I want to share with you:

"Don't stop dreaming, just because you had a nightmare."

Brilliant. Right?! God bless you until next month! - **Jeannie Marshall, President & Cofounder**

This letter was sent to us and we wanted to share portions of it with you.

I am an inmate at a California prison, and I would like to have your newspaper delivered here. It'll be like a stone dropping in this ocean of lost souls. Without a doubt, it'll cause a ripple effect of spreading waves of hope to our lives. As I read your newspaper I find strength and confidence that I can retain sobriety...I would like to get copies of your newspaper here for all the inmates. The "Service and Resource Guide" is very helpful to the inmates. I've seen other places like San Quentin and D.I.V. (Tracy) carry copies of your newspaper. I showed the three copies I've brought with me and no one has ever seen or heard of them. One guy leaves next month and wanted an address to a S.L.E. (Single Living Environment). He said he didn't have nowhere to go but was afraid of returning to his old hangouts.

I believe the saying "I can't keep it unless I give it away"; to strengthen my hold on sobriety I believe I need to pass it on. I know you say you are not affiliated with A.A. or N.A., but like my favorite, the third tradition, we believe in "the only requirement for membership is to have a desire to stop".... I love that saying, because it doesn't judge, reject or deny you. It's pretty much saying, "If you want to change, Here we are"...your family.

Here is my quick version of the Serenity of Keys. Grant us the Keys to Serenity, Accepting the power to change ourselves. Sharing the knowledge and the Courage to follow the path to recovery, and the Wisdom we find in the "Keys of Recovery" to "Help change the World."

Thank you so much for being a part of my recovery. What better place, to Drop a Stone of Hope, than among all the Bruised and Broken Spirits, in this Sea of Prison Blues?

Thank you for your time and any consideration. Keep spreading the Message of Hope. God Bless you. Your Brother in Recovery.

Hello to one and all, this past month of September has been memorable in the sense of honoring those who have passed on. The time that is allotted to each and everyone of us is to be cherished, wasted time on envy, hatred, jealousy, and all other malice's are destructive to our over all well being.

Growth is maturing physically, mentally, socially, emotionally and spiritually, stagnation is due to the lack of forward progress. Although some of us have been clean and sober for years, our forward motion at times has been at a snail's pace.

Instead of being bogged down with worry and cares that have their place and time to be addressed, we should concentrate on elevating our consciousness to the height of true appreciation, for all that we have and don't have!

My daily prayer is for God to help me Grow in wisdom and application, to give freely of all that I have been blessed with. Until the next time we come together for reasoning, may God bless and guide each of our steps.

- **Marcus Marshall, Vice President & Cofounder**



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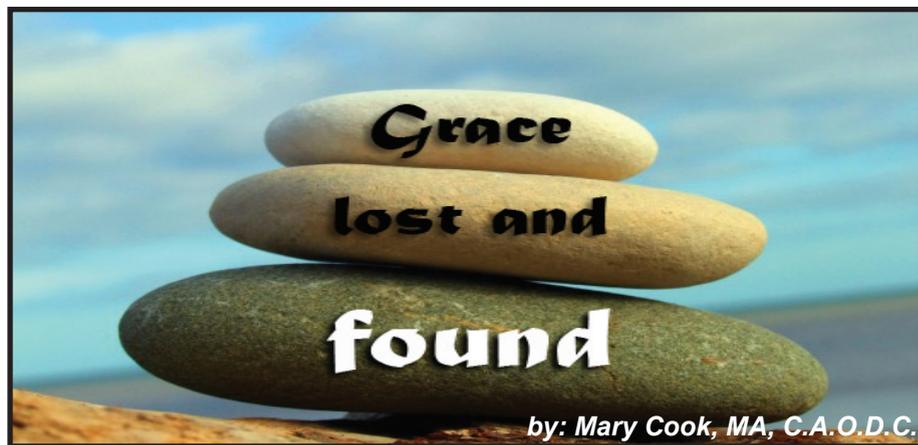
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by: Mary Cook, MA, C.A.O.D.C.

DEEP DIVING

Trauma plunges us deeply into despair, leaving us fearing depth, and finding devastation everywhere. Abuse plunges us into powerlessness, leaving us fearing vulnerability, and finding victimization everywhere. Thus, we have confused harm we've suffered with who we are, what we deserve, and what our life is meant to be. Recovery requires that we re-examine our perspectives from the lens of harm and confusion to the lens of health and clarity.

We know that we need help, but we look in the wrong places. We seek what numbs, distracts, and deceives us. We seek external change rather than changing ourselves. We abandon our deep inner truth and try to win acceptance, appreciation, and ideally adoration from others. This may have started young when we needed to please people in order to survive. But we can admit starting now, that we got it wrong, as this has had disastrous consequences.

Fear of depth and vulnerability means we're skimming the surface of life and missing the truth that guides us to purpose and happiness. Whether we fight against or give in to our unhealed wounds, fear is reinforced, and we don't want fear to be our career. Finding and experiencing what is healthy and safe for us, is the beginning of hopeful positive connection. Whether we climb a tree, cuddle a puppy, paint a picture, let someone comfort us, contemplate clouds, butterflies, or shooting stars, we are stimulating healing and growth.

To heal what we've suffered however, is not a full escape from harm and all that reminds us of it, into peace and love. But it is peace and love that give us the courage to face and address what we need to heal. The imprints of harm are within us and we will subconsciously recreate harm, attract and be attracted to harming. If that's not enough, we will imagine harm to be present when it isn't. As adults in recovery, we can learn to avoid what we know is harmful and cease harming ourselves and others.

Our mind recalls every tiny detail that hints of potential harm and prompts us to respond as if we are in imminent danger. So, we must practice discernment over true danger versus things that trigger its' memories, and we must practice calming our mind and body when it is the latter. We identify the differences between past trauma and present circumstances, between who we used to be and who we are today, between resources available in the past and resources available now. We practice vulnerability and trust with others in recovery. We learn to listen deeply, instead of readying for rebuttal. We learn to look for all that is present, instead of focusing on what is familiar.

We can be barely breathing as a result of smothering expectations, chilled to the bone living in sinkholes of loneliness, or bleeding rage and terror trapped in prisons of violence. Or we can be at peace in progress at a slow, steady pace, warmed to our core by a fellowship of support, and healing our wounds and others' in a program of miracles. We don't want to frantically dog paddle in the ocean of life, or let storms wash us ashore on an island of isolation. We don't want a beacon of bitterness to guide us, nor do we want others following in the wake of our pain.

Maturity is embracing personal responsibility for self-esteem, and understanding that what we offer to others and life is what is reinforced in our relationship with ourselves. And how we treat ourselves is reinforced in our relationships with others and life. The more fear and loathing, self-righteousness and divisiveness we experience and express, the more we are harming ourselves and others. The more courage and love, humility and inclusion we experience and express, the more we are becoming the authentic blessings we were born to be. Trauma shakes us up and we get used to the shaking and create a life of chaos and crisis. We must dive deeper than the trauma to find peaceful, healing waters. We are like rough, jagged, scarred stones, and become smoothed, well rounded, and polished by the waters and sands of recovery.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 43 years of clinical and teaching experience. Mary is available for telephone and office 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.





YOU GET TO CHOOSE TODAY'S SOUNDTRACK

"Make a joyful noise to the Lord, ...break forth into joyous song and sing praises!"
 -Psalm 98:4

We are all familiar with soundtracks, they set the emotional tone of a scene. As soon as the music enters our ears, our mood naturally corresponds. It could be suspenseful, comedic, or heroic. We feel the emotions and begin to anticipate exactly what the storyteller has intended.

Similar to the effect a soundtrack has on a scene, so does everything reflect our attitude. You mentally and verbally influence everything in your world. Everything around you reflects your attitude toward it and reacts accordingly.

Your attitude toward life determines life's attitude toward you. Simply put, "Bless a thing and it will bless you, curse a thing and it will curse you." Therefore, gratitude is our go-to ace in the hole.

Gratitude, especially in the form of appreciation, is the shortcut to good health, happiness, love, prosperity and success. Plato agreed when he declared, "A grateful mind is a great mind which to itself attracts great things."

Whatever you appreciate, appreciates. It goes up in value. This is true in all areas of life. Whatever you show appreciation to in thought, word, or deed, will become a golden link in the chain of your good. Appreciation is the outpouring of love. It is directing the prospering power of love with intention.

Unfortunately, when it comes to appreciation we tend to leave the one in most need of our appreciation out in the cold. That one is our self.

Beginning each day with inspiring readings, affirmative prayer and meditation is a wonderful way to get the ball rolling. Appreciating ourselves and our affairs releases the spiritual power within us. I conclude my morning prayer and meditation time by jotting down any affirmative thoughts, or quotes that inspired me in my journal, aka my 'joy'nal.

Even though I've been doing this practice for some time, on a recent morning I felt uninspired and overwhelmed. I knew better than to launch into my day feeling this way. I grabbed my sketchpad and began to doodle. A drawing of a man holding a transistor radio above his head took shape.

When completed, the thought came, "I get to choose today's soundtrack." I began to contemplate what that meant to me. It's true, I get to choose the music that plays in my head. It can be a motivational anthem like, "Eye of the Tiger" from the Rocky film or a jolly ditty like, "Put One Foot in Front of the Other" from the stop-motion Christmas classic, "Santa Claus is Coming to Town."

It's not always easy to control our thoughts, but we can control our words. Unity Founder, Charles Fillmore, reminded us, "You can drive away the gloom of disappointment by resolutely singing a sunshine song."

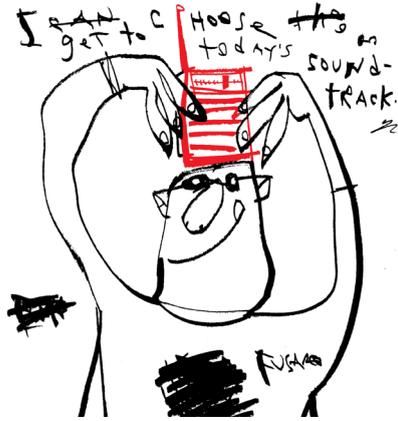
Joy is indeed the strength of the Lord. My negative mental commentary doesn't stand a chance against the theme to "The Jeffersons", or "The Partridge Family." As quickly as my mood elevates so does my perspective. A joyful mind is attractive and inspiring ideas flock to it.

With this renewed attitude, all that seemed insurmountable earlier in the morning began to appear relatively simple. Looking back, as a result of my buoyant mood, everything that needed to get done that day was accomplished by me with effortlessness and ease.

It may seem too simple or silly, but the good news is that this stuff works for anyone willing to give it a try. Ask yourself what kind of messages have been floating through your mind lately. If they are not uplifting and encouraging, it may be time to choose a new soundtrack and start singing along to a feel-good song.

"To overcome strong negative feelings, strengthen those that are positive." -Shi Wuling, Buddhist nun

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, author of "What if Godzilla Just Wanted a Hug?" For more information or to request Darrell as a speaker visit www.ThisWillMakeYouHappy.com.



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CAN YOU BE “ADDICTED” TO FOOD?

The Truth Behind Our Newest Obsession: Sugar Addiction

It's hard to go anywhere nowadays without coming across someone saying that they are “addicted to sugar.” Friends, celebrities, co-workers, restaurant menus and more are all jumping on the craze. It seems like every couple of years there's a new food that we're told to avoid. Ten years ago it was carbs and before that it was the low-fat craze of the 80s and early 90s, with the dawn of fat-free everything.

So with sugar addiction being this decade's diet du jour, what is the truth? Can you be addicted to sugar? The simple, scientific answer is no.

There are tons of studies making the rounds that have used results from lab mice to justify their findings on sugar's addictive quality. However, the mice used in these lab tests are starved from the get-go, and then are given highly concentrated sugar water to drink. It's no surprise that under these circumstances the mice showed a high response to the sugar water. Other studies claiming that sugar is addictive aren't giving the full picture of what brain scans are showing. People might “feel” addicted to sugar, but our brain does not respond to sugar the way that, say, opioids do. Yes, there is a release of dopamine with sugar, but it doesn't hijack our brain reward system.

What the results of these studies really show is that if you are restricted in food and nutrients to begin with, then you are going to crave things that are high in salt, fat, and yes, sugar. That's how our biological survival mechanisms are meant to work.

So why do I feel passionate about speaking out on this topic? I come from a unique perspective. I had an eating disorder for 10 years of my life. While most people might not have the extreme relationship with food that I did, I think we can all relate to feeling pressure to limit certain types of food.

The answer in feeling addicted to, or out of control with sugar, is to not restrict it. The thing with food is that you can't just stop eating. The same goes for sugar, or any other nutrient that our society has labeled “bad,” like carbs, fat, etc. If you have an eating disorder, the only way to recover is to face your biggest trigger on a daily basis. While with substance abuse, the answer lies in staying away from your trigger, the opposite is true for eating disorders. You have to face your fear food and remove the shame associated with it. When I first started to recover from an eating disorder this concept seemed insane. I was that person who felt completely out of control around “bad” foods like sugar.

When I was introduced to the idea of full food permission, my first thought was, “If I give myself unconditional permission to eat whatever food I want, then I'm just going to eat donuts and cookies all day, right?” That turned out not to be the case. When I truly allowed myself to eat cookies without shame or guilt, then I found I really only wanted two, because I knew I could eat more later if I wanted to. It took me a long time to realize that the reason I felt out of control and truly addicted to food, was because I wasn't allowing myself to eat what I wanted when I wanted.

Recovery from an eating disorder means an unconditional permission to eat all foods. It means trusting yourself when it comes to your hunger and fullness. It means not punishing yourself for consuming food or using food as a coping tool when you're feeling deeper emotions. It means food is just food – it doesn't take up any more brain space than it needs to.

Give yourself permission to eat sugar. Let yourself have the cookie. We're so afraid that we'll eat twenty cookies and never stop, but the reality is that our bodies are naturally inclined toward a wide variety of foods – greens, fruits, carbs, fats, protein, salt, and sugar. When we stop restricting sugar and focusing so much on it, then it goes back to it's normal, healthy place in our lives. It's just another food that sometimes we eat, and sometimes we don't.

At the end of the day, I know that, as an eating disorder survivor, I can't restrict myself (physically or mentally!) from food. Labeling foods as addictive makes me feel like I can't have it, and that makes me want it more. It also increases the likelihood that I'll binge on it.

Unconditional permission to eat all food was the key to my recovery, and in turn, it stopped any feelings of food addiction and obsession.

Looking for more info? Resources for food freedom can be found through the Intuitive eating movement, and the Cut Through Nutrition podcast with Dr. Joshua Wolrich. Research referenced in this article includes “Sugar addiction, the state of science” (2016) by Westerwater, Fletcher and Ziauddin, and “Eating addiction rather than food addiction” (2014) by Hebebrand and Dickson, and “Food addiction: an examination of the diagnostic criteria for dependence” (2009) by Gearhardt et. al.

Annie Kuni is a Licensed Marriage and Family Therapist. She co-founded Gemmed with her sister to provide eating disorder support groups for teens and young adults. She can be reached at annie@gemmed.ngo or www.gemmed.ngo



MEREDITH'S RELAPSE PREVENTION PLAN ON HER WAY HOME TO HER FAMILY

Staying clean and sober is “easy” when you're in a residential rehab, surrounded by a caring community which encourages a healthy lifestyle, emotional healing, and spirituality. But what happens when it's time to go back to where you came from, back to an isolated community with a lot of time on your hands, far from those who helped you achieve early sobriety? What happens when you go back to a place surrounded by triggers that led to your drinking, using, and gambling?

You've probably heard this quote: “Insanity is doing the same thing over and over and expecting different results.” Meredith had heard it too. She was determined to go home to her family, but not to her old life. Determined to stay clean and sober, she knew she needed a different lifestyle, a lifestyle that supported health & wellness, a daily routine that created a sense of belonging, activities that promoted self-confidence and self-esteem through achieving challenging goals. She needed a program that would get her through life's ups and downs, something that would help her resist those urges to go back to gambling, drinking, and using.

She chose a plan she was already familiar with, one that had worked for her while in rehab – train for the LA Marathon with a team comprised of the newly sober. As a resident at Beit T'Shuvah, a West Los Angeles addiction treatment program, she spent 5 months training with a team comprised of 50+ residents, alumni and community supporters. On March 19, 2017, while still a resident, she proudly crossed the finish line.

Shortly after, she returned home, over 100 miles away. She stayed clean and sober. When September rolled around and Marathon training began again, Meredith joined the team virtually. She stayed on the mailing list, receiving the weekly newsletter full of training tips. She closely followed the week by week training plan. She regularly checked the team Facebook page and added supportive comments. She posted her own progress, and enjoyed the “Likes” and support received from her teammates. And, when she was able to get to LA, she came out and trained with the team, pushing her son in a stroller. On Marathon weekend, she was there with the team in person. Not only did she have 2 years sober, she was also 70 pounds lighter. Once again, she proudly crossed the finish line.

As Fall of 2018 approached and training started for the 2019 LA Marathon, Meredith began training remotely. Following her successful plan of the prior year, Meredith stayed focused on her goal, remained connected, and met up with the team on Marathon weekend 2019.

The night before the Marathon I asked, “So, how does it feel to be 3 years clean and sober, ready to cross that finish line again?!” I didn't see the big smile I was expecting to see. She looked down and said, “I gambled” she replied, “but I got myself back on track.” I reminded her that relapse is a normal part of recovery, and that the important thing is that she did stop. Then, with the big smile I had been waiting for she said, “But I didn't drink or use. Now I care what I put in my body. I have to keep myself clean and sober to do the Marathon.”

In March of 2019, Meredith proudly crossed the LA Marathon Finish Line for her third time.

Leslie Gold has been the coach of Beit T'Shuvah's “Running 4 Recovery” Los Angeles Marathon team since 2013, creating experiences which support physical, emotional, mental, and spiritual healing. Inspired by the words of so many team members who view the training as critical to their long-term sobriety, Leslie started Strides in Recovery to bring similar experiences to other recovery communities. To learn more, visit StridesInRecovery.org.





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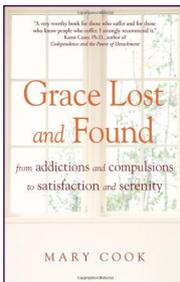
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by: Dano Goldman

LOSING THE STAGE CHARACTER

Overcoming addiction doesn't mean we've reached the end our journey. What it does do is make the journey possible. But there will still be obstacles along the way. One of them can be the stage character syndrome. Stay with me and I'll explain.

When I was in the throes of addiction I honestly believed that if somehow I gained the power to stay drug-free, my life would be perfect. I imagined I'd be forever grateful and desire nothing more than this precious gift. There was nothing in life I wanted more.

Meanwhile, as I made it past a series of car crashes, mental hospitals, incarcerations, and the deaths of many friends, I felt I was being pulled through a keyhole in a replay of Alice In Wonderland.

Yet I managed to squirm through and emerge on the other side a different person. Through the tools acquired in 12-step programs as well as treatment, I was able to live life with the most precious gift I had ever received, freedom from drugs and alcohol. The desire to use them had been completely removed. But the work wasn't over. I had to maintain and improve my spiritual condition. And just as important, I had to help others break free of their own bondage to addiction. This obligation to others became my calling as I tried to live my own life with decency. As people came to me for answers I became seen more and more as the man with the solution. That made it difficult to admit my own vulnerabilities. Sometimes, those of us that are doing this work are mistaken gurus, as though we could do no wrong.

The longer we stay off drugs and alcohol and the more we learn and grow, the more people place us on a pedestal. Even more dangerous is when we begin to believe them and assume a stage character in keeping with that phony pedestal.

All people have difficult times. In the past we turned to the bottle or the needle for comfort. Without these crutches, some of us pretended we were what others thought us to be. But to be human is to be imperfect. There are perilous traps out there, including relapse or worse. If we believe that we are invulnerable we are in serious danger.

A favorite book of mine proclaims, "We have come to believe He would like us to keep our heads in the clouds with Him, but that our feet ought to be firmly planted on earth. That is where our fellow travelers are and that is where our work must be done." Alcoholics Anonymous, P. 130

I'm not sure anyone knows for certain what the authors intended by this. My interpretation is something along the lines of remaining human.

With this great freedom and responsibility it can be easy to begin to wear a mask, to play the role of a person with many answers and not many problems. Listen, everyone's got problems, and we need to put them in perspective. Maintaining strength in the face of inevitable adversity is about the best we can do. Because life continues to show up.

I, like many others, learned to emit an attitude of invincibility as a survival tactic in prison, and while running the streets. But we shouldn't be taken in by our own disguise. It's okay to be confident, but it's necessary to know our own limitations too. Meanwhile, a spiritual life of purpose, contentment, integrity, self-esteem, and connection with those around us is crucial. Recovery requires us to look deep inside and examine why we succumbed to alcohol or drugs.

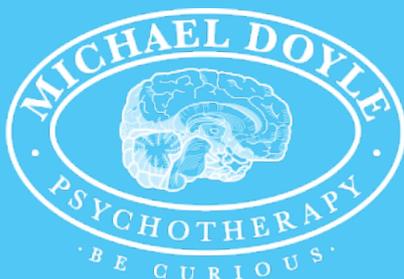
Proverbs 26:11 states that "As a dog returns to his vomit, so a fool repeats his folly." As we continue to make mistakes it's our duty to learn from them. So if we are to be loving and tolerant of others, we must first begin by being loving and tolerant of ourselves when we mess up.

Folks new to recovery sometimes still act like children in many ways.

1 Corinthians 13:11 puts this in perspective: "When I was a child I spoke as a child, I understood as a child, I thought as a child: but when I became a man I put away childish things."

To grow in a life of recovery and feel the vastness of our emotions, we must make friends with those emotions. We must recognize our weaknesses if we wish to surmount them. If we're honest with ourselves we can deal honestly with others. That requires being real and getting off the stage.

Dano Goldman, CADC-II, ICADC, is the founder and operator of *Alchemy House Sober Living* in the West Hollywood Hills. www.alchemyhousesoberliving.com



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Ageless Recovery

by: Louise Stanger, Ed.D, LCSW, CDWF, CIP & Roger Porter

A LOT CAN HAPPEN IN A YEAR

Recently a friend sent me these words of wisdom. It moved my heart and it so reflected how I feel about this year, that I have chosen to start this article with these words. I welcome you sharing how your year has been.

"A lot can happen in a year. People die. You outgrow old friends and get tired of mundane jobs. New careers come. New friends find your soul. But no matter what, you grow, you lose your mind a bit and most importantly you get a little wiser. Your circle gets smaller because you get stricter with your energy and time. If you are really lucky, you'll find love inside yourself, inside of friends and family, and just maybe the universe will bless you with a lover that laughs at your really lame jokes. S. Mcnutt"

As I contemplate October, my birth month and that of my middle daughter. I see leaves changing colors and rustling down memory roads, bright shiny yellow school buses with children's faces pressing up against the windows, teenagers skipping down the roads and stores filling up with the make believe of Halloween wear. My heart cries out with empathy to the millions of families who are suffering from the ravages of addiction. Not a day goes by in every city, township and municipality, that a family is not faced with the torrential rainfall of hearts broken and lives lost to addiction.

Just as the many national disasters, mass shootings, and global tragedies that we have each day, addiction waits, slowly choosing its next victim. Every day over 130 people die from an overdose. Sadly we do not know who the next victim will be, an up and coming baseball pitcher, Tyler Skaggs, or our, husband, wife, partner son or daughter, our brother or sister, niece or nephew or our neighbor next door. More than 70, 000 Americans lost their lives to drug overdoses in 2017, and that does not include drugged driving. We know all too well the celebrities who lost their lives (www.drugs.com/celebrity_deaths.html) and yet the countless thousands of others often remain nameless, or may be immortalized at www.Shatterproof.org.

Addiction holds all of us hostage, and we are all scathed by it. I have spent my life's work helping families overcome the throes of addiction, mental health and chronic pain. I ask you to join me today and become part of the solution. If you have a friend or a loved one in the throes of addiction, do not look the other way. Here are some suggestions of what you can do to help.

Do Your Research: Learn all you can about addiction and the effects it is having on your friend or loved one.

Do: Talk about the problem: Keeping secrets can be deadly.

Do: Seek Help from a professional: Confronting a loved one with compassionate directness is not easy. Most people fail when they go one on one with someone active in addiction. Get the help of a licensed clinician who is also a Certified Intervention Specialist like myself.

Do: Seek Help in Choosing the Best Treatment Center- Use a professional clinician / interventionist like myself who is able to discern what good treatment options are based on your loved one's diagnosis and the economic realities. The web is a maze of confusing information and not all treatment centers are alike.

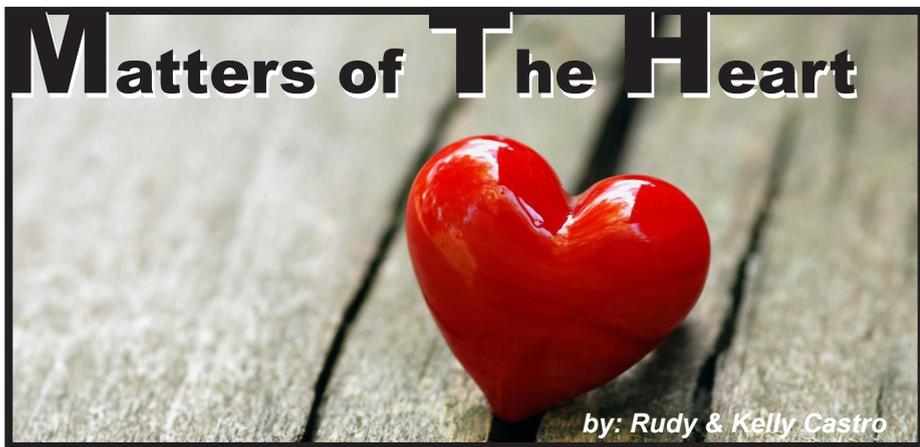
Lastly, Do: Be a supportive influence. Learn how to set compassionate boundaries and be an advocate for health and wellness.

All too often, family members and friends become so enmeshed with their identified loved ones that they ride an emotional roller coaster. Each day becomes good or bad based on the behavior of another, they impact those around them. Despite these challenges, you have the power to change your life and help your loved one. You can move from fear to hope. There is always a solution. Let's start a conversation today.

Dr. Louise Stanger founded All About Interventions because she is passionate about helping families whose loved ones experience substance abuse, mental health, process addictions and chronic pain. She is committed to showing up for her clients and facilitating lasting change. Additionally, she speaks about these topics all around the country, trains staff at many treatment centers, and develops original family programs. In 2018, Louise became the recipient of the Peggy Albrecht Friendly House Excellence in Service Award, and the 2019 Harvard McLean Hospital and DB Resources Interventionist of the Year Award in London. Dr. Louise may be reached at www.allaboutinterventions.com or (619) 507-1699.

Louise co-writes her articles with Roger Porter. Roger graduated with two degrees from the University of Texas at Austin. He works in the entertainment industry and writes for film and television.





SELF TRICKERY OR GREATEST TREAT

To live freely one must truly know thyself. This can be tricky, how do we gain access to blind spots, the places that hide more truth about ourselves. The short answer is that it's a lifelong process. No one is immune to this. However, one of the ways to keep identifying these shadow parts to our awakened self is to look at the evidence of your life. Do you see any patterns? Usually life keeps presenting us with repeating and yet similar experiences that don't fit with our values, our beliefs and our highest sense of self. This is what we would call self trickery. Who needs to be a kid on Halloween to play the game of trick or treat. We already do this to ourselves on a regular basis.

The ultimate self trickery in our lives happens to be in the way we strive for betterment in the distant future. It can present in many unique ways how we do this but the trickery is that we abandon our daily needs for the vision of what we want in the future. For example, the person who decides to work long and hard hours to save up to one day retire on the beach. They never take vacations or engage in hobbies or activities that bring them joy. Instead, they live and strive for the idea that some day they will rest and enjoy. This is self trickery.

Not to say there is anything wrong with planning or sacrificing our lives for a better future. On the contrary, that idea in general is being visionary. What the trickery is more about is what you abandon on the way to your vision. The short sightedness of your goal. What we can sacrifice short term for the long term gain can cause us more harm than good.

This is where your life could be about creating a routine that places the highest value on treasuring your Mind/Body/Soul. Treating yourself, literally, TREATING yourself to a joyful, playful, exciting life TODAY and everyday. We don't have to live with daily suffering to obtain our long term goals. We can live with enjoyment everyday while striving for our long term goals.

The point is to look at your life and say where am I tricking myself? How am I losing focus on daily enjoyment and placing more focus on the distant future? However you are doing it, because we all do it one way or another, take stock of it and begin to rediscover how you can enjoy your life today.

We live in a world where there are many ways to distract ourselves. We have endless options in this life to decide how to live. We live in a culture that can value working hard and sacrificing our daily joy if we let that win out. Maybe some of you who are reading this, thought you were enjoying yourself with substances, and now have led you to see the suffering of your choices. You may be trying to figure out the balance between what is actually treasuring the Mind/Body/Soul versus gluttony. Treating oneself does not mean abusing and abandoning your life as a whole. That is self destruction. Self treasury is finding balance with treasuring your Mind/Body/Soul.

Regardless of what your specific life situation looks like, we can examine how we abandon self of daily enjoyment. Notice where you have an option to take care of yourself, daily, and don't act on that self care. Is that waking up and forgetting your spiritual practice? Is that your diet choices? Is that your sleep? Or relationship choices? Where ever you self abandon is the place we can choose to treat. Treat yourself this month to treasuring your Mind/Body/Soul. You can do it!

Love only, Rudy and Kelly Castro,
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Do you recognize the face of suicide?



Educate Yourself, Learn The Signs, Save A Life

Although this is October we want to talk about last month. That September was National Suicide Prevention Month. This is an annual month long campaign in the United States to inform and engage health professionals and the general public about suicide prevention and warning signs of suicide. We want to be a part of this campaign by informing and engaging the readers of Keys to Recovery Newspaper.

NATIONAL SUICIDE STATISTICS

Nearly 800,000 people die by suicide in the world each year, which is roughly one death every 40 seconds. Suicide is the 2nd leading cause of death in the world for those aged 15-24 years.

We want to address more than statistics, because the number of suicides is overwhelming. We are all affected by suicide and attempted suicide. We will answer some questions all of us have when it comes to suicide. Please take action to help someone if you think they might be suicidal. Sometimes it only takes one act of kindness or caring to change the direction in someone's life.

DOES ALCOHOL AND OTHER DRUG ABUSE INCREASE THE RISK FOR SUICIDE?

A number of recent national surveys have helped shed light on the relationship between alcohol and other drug use and suicidal behavior. A review of minimum-age drinking laws and suicides among youths age 18 to 20 found that lower minimum-age drinking laws was associated with higher youth suicide rates. In a large study following adults who drink alcohol, suicide ideation was reported among persons with depression. In another survey, persons who reported that they had made a suicide attempt during their lifetime were more likely to have had a depressive disorder, and many also had an alcohol and/or substance abuse disorder. In a study of all non-traffic injury deaths associated with alcohol intoxication, over 20 percent were suicides.

In studies that examine risk factors among people who have completed suicide, substance use and abuse occurs more frequently among youth and adults, compared to older persons. For particular groups at risk, such as American Indians and Alaskan Natives, depression and alcohol use and abuse are the most common risk factors for completed suicide. Alcohol and substance abuse problems contribute to suicidal behavior in several ways. Persons who are dependent on substances often have a number of other risk factors for suicide. In addition to being depressed, they are also likely to have social and financial problems. Substance use and abuse can be common among people who are prone to be impulsive, and among people who engage in many types of high risk behaviors that result in self-harm. Fortunately, there are a number of effective prevention efforts that reduce risk for substance abuse in youth, and there are effective treatments for alcohol and substance use problems. Researchers are currently testing treatments specifically for persons with substance abuse problems who are also suicidal, or have attempted suicide in the past. www.hhs.gov/

SUICIDE PREVENTION

How to Help Someone who is Suicidal and Save a Life
A suicidal person may not ask for help, but that doesn't mean that help isn't wanted. People who take their lives don't want to die—they just want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is considering suicide, you might be afraid to bring up the subject. But talking openly about suicidal thoughts and feelings can save a life.

If you're thinking about suicide, call 1-800-273-TALK (8255) in the U.S.! To find a suicide helpline outside the U.S., visit IASP or Suicide.org. We have listed places to contact in and out of the US.

UNDERSTANDING SUICIDE

The World Health Organization estimates that approximately 1 million people die each year from suicide. What drives so many individuals to take their own lives? To those who are not in the grips of suicidal depression and despair, it's difficult to understand what drives so many individuals to take their own lives. But a suicidal person is in so much pain that he or she can see no other option.

Suicide is a desperate attempt to escape suffering that has become unbearable. Blinded by feelings of self-loathing, hopelessness, and isolation, a suicidal person can't see any way of finding relief except through death. But despite their desire for the pain to stop, most suicidal people are deeply conflicted about ending their own lives. They wish there was an alternative to suicide, but they just can't see one.

WARNING SIGNS OF SUICIDE:

Take any suicidal talk or behavior seriously. It's not just a warning sign that the person is thinking about suicide—it's a cry for help.

Talking about suicide – Any talk about suicide, dying, or self-harm, such as "I wish I hadn't been born," "If I see you again..." and "I'd be better off dead."

Most suicidal individuals give warning signs or signals of their intentions. The best way to prevent suicide is to recognize these warning signs and know how to respond if you spot them. If you believe that a friend or family member is suicidal, you can play a role in suicide prevention by pointing out the alternatives, showing that you care, and getting a doctor or psychologist involved.

Suicide Prevention: Speak up if you're worried. Talk to a professional. Reach out for help, to help.

HERE ARE SOME WARNING SIGNS THAT SOMEONE YOU KNOW MAY BE SUICIDAL. The person who is suicidal may:

Seeking out lethal means – Seeking access to guns, pills, knives, or other objects that could be used in a suicide attempt.

Preoccupation with death – Unusual focus on death, dying, or violence. Writing poems or stories about death.

A more subtle but equally dangerous warning sign of suicide is hopelessness. Studies have found that hopelessness is a strong predictor of suicide. People who feel hopeless may talk about “unbearable” feelings, predict a bleak future, and state that they have nothing to look forward to. No hope for the future – Feelings of helplessness, hopelessness, and being trapped (“There’s no way out”). Belief that things will never get better or change.

Self-loathing – Feelings of worthlessness, guilt, shame, and self-hatred. Feeling like a burden (“Everyone would be better off without me”).

Getting affairs in order – Making out a will. Giving away prized possessions. Making arrangements for family members.

Saying goodbye – Unusual or unexpected visits or calls to family and friends. Saying goodbye to people as if they won’t be seen again.

Withdrawing from others – Withdrawing from friends and family. Increasing social isolation. Desire to be left alone.

Self-destructive behavior – Increased alcohol or drug use, reckless driving, unsafe sex. Taking unnecessary risks as if they have a “death wish.”

Sudden sense of calm – A sudden sense of calm and happiness after being extremely depressed can mean that the person has made a decision to attempt suicide.

Major warning signs for suicide include talking about killing or harming oneself, talking or writing a lot about death or dying, and seeking out things that could be used in a suicide attempt, such as weapons and drugs. These signals are even more dangerous if the person has a mood disorder such as depression or bipolar disorder, suffers from alcohol dependence, has previously attempted suicide, or has a family history of suicide.

Other warning signs that point to a suicidal mind frame include dramatic mood swings or sudden personality changes, such as switching from outgoing to withdrawn or well-behaved to rebellious. A suicidal person may also lose interest in day-to-day activities, neglect his or her appearance, and show big changes in eating or sleeping habits.

COMMON MISCONCEPTIONS ABOUT SUICIDE

Myth: People who talk about suicide won’t really do it.

Fact: Almost everyone who attempts suicide has given some clue or warning. Don’t ignore even indirect references to death or suicide. Statements like “You’ll be sorry when I’m gone,” “I can’t see any way out,”—no matter how casually or jokingly said—may indicate serious suicidal feelings.

Myth: Anyone who tries to kill him/herself must be crazy.

Fact: Most suicidal people are not psychotic or insane. They are upset, grief-stricken, depressed or despairing, but extreme distress and emotional pain are not necessarily signs of mental illness.

Myth: If a person is determined to kill him/herself, nothing is going to stop them.

Fact: Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die.

Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

Myth: People who die by suicide are people who were unwilling to seek help.

Fact: Studies of suicide victims have shown that more than half had sought medical help in the six months prior to their deaths.

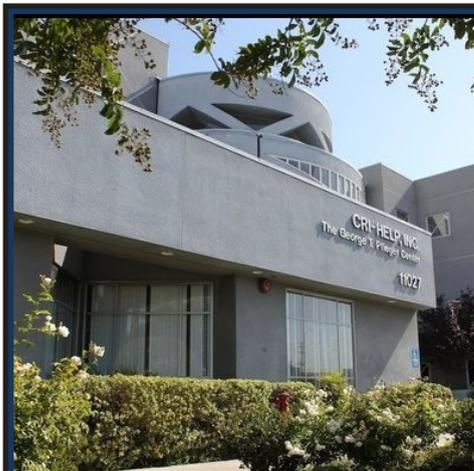
Myth: Talking about suicide may give someone the idea.

Fact: You don’t give a suicidal person morbid ideas by talking about suicide. The opposite is true—bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

Source: SAVE – Suicide Awareness Voices of Education

WE REPEAT: Suicide Prevention: Speak up if you’re worried. Talk to a professional. Reach out for help, to help.

Please go to www.suicidepreventionlifeline.org/stories/ to read the stories of people who once attempted suicide, and were now reaching out to tell others their stories, of overcoming, redemption and hope.



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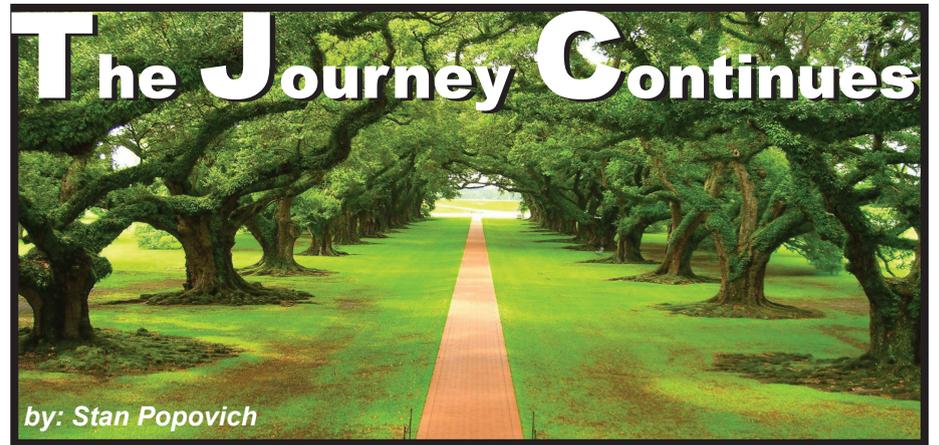


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OVERCOMING WORRY AND FEAR

How I Overcame The Vicious Cycle Of Worry And Fear

Do you ever get stuck into that vicious cycle of worrying where you get overwhelmed with worrying and fearful thoughts? In return, this creates more panic and worry and eventually you can't function because you are a basket case.

I struggled with fear, anxiety, and stress for over 20 years. Eventually, I was able to overcome the endless cycle of fear and anxiety. Here is a brief summary of what I did to get better.

1. I got advice from the professionals: The first thing I did was to talk to various counselors since they knew how to deal with fear and anxiety. Whenever I talked to these counselors, I would always bring a notebook and take notes so I would not forget the advice that was given to me. I then used their advice to overcome my anxiety issues.

2. I became an expert on dealing with fear and anxiety: I did everything possible to learn as much as I could in how to deal with my fears and anxiety. As a layman, I talked to professionals, read books, joined support groups, and learned from my experiences. I never stopped learning on how to handle my anxieties.

3. I surrounded myself with helpful people: I made it a habit of surrounding myself with supportive people who understood what I was going through. During some of my anxious times, one of my good friends gave me a hard time and was not very supportive. I tried to explain my situation to him, but he would not listen. One day I got mad and told him to leave me alone if he was to continue getting on my case. He later apologized and was more understanding.

4. I learned how to manage my fearful thoughts: The key in overcoming the cycle of worry and fear is overcoming your fearful thoughts. Whenever I would get a negative and fearful thought, I would challenge that thought with positive statements and realistic thinking. I also made it a habit to focus on the facts of my current situation and not on my negative thoughts.

5. I was persistent: There were many times I felt like giving up because my fears and anxieties were so powerful and I didn't know what to do. I worried about what would happen and that just made my fears that much stronger. During those times, I would consult with a professional and I made it a point to learn from my experiences so that I would be better able to handle these situations in the future.

6. I did not make excuses: With a lot of practice I became very good at dealing with my fears and anxieties. I realized that the answers to my problems were out there, however it was up to me to find those techniques that would get rid of my fears and anxieties. I realized that making excuses for not getting help wasn't going to make things any better.

7. I took it one day at a time: As for dealing with my fears, I learned to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

8. I made the choice to get better: If you struggle with fear and anxiety there is hope, however you need to make the effort in getting better. The answers will not come to you. You have to make the effort to find the way to overcome your situation. It will not always be easy, but you can overcome the cycle of fear and worry with hard work and a willingness to learn from your everyday experiences.

9. I did not give up. There were many times I felt like giving up because my fears and anxieties were so powerful and I didn't know what to do. I worried about what would happen and that just made my fears that much stronger. In order to get out of this vicious cycle I realized that I had educate myself on the various techniques on how to deal with my fears. There was no other way and I also had to be very persistent in finding ways that helped my situation. I learned that giving up would only make matters worse in the long run.

In summary, no situation is hopeless. Your loved ones, friends, relatives, God, mental health counselors, priests, ministers, etc. are all good sources of help. They are all willing to help you and they can make a difference, but you must be willing to take advantage of this help. Regardless of your situation, take advantage of the help that is around you. Remember: Every problem has a solution. You just have to find it.

Stan Popovich is the author of a popular managing fear book, "A Layman's Guide To Managing Fear." Stan's book has received over 400 book reviews and offers a lot of free mental health advice on his website. For more information and some more helpful advice, visit Stan's website at www.managingfear.com





BE READY FOR LIFE EVENTS

I have always been a believer that 'God' brings people, and interactions with others into our lives at certain times on this journey called life for a reason. It may be for a season or a lifetime. And we are impacted by so many things that happen and people we meet, and with all of life's ups and downs, we can maintain our recovery from gambling addiction. Let me explain.

The townhouse and complex we have lived in for the past six years is getting ready to undergo full reconstruction, and the landlord has chosen not to renew current tenants leases. We finally got our notice letting us know. We have to move by Nov. 1st, 2019, and are not financially in a position to move. But, big thanks to my "Keys Family" for your financial gift and support, and other friends. With your help we are touring a few new places! Being a person maintaining recovery, this could be a deeply stressful event and, for me, a possible source of "Relapse" mode. Thankfully I have learned by experiences, I have a solid "Relapse Prevention Plan" in place for life events such as this.

I have learned through hard recovery work that 'Relapse' would only make our situation worse! And since I am also a dually-diagnosed person maintaining my recovery, and battle mental and emotional challenges, it makes it even tougher and I need to be diligent and not complacent. Relapse is just not an option for me. Not to say I have not had any stress and fear over this event, I have, but again, not an option as I know how quickly I would spiral and be right back where I was almost thirteen years ago. I would land at the edge of a third suicide attempt. Yes, I am being real and raw about where I have been in the thick of my gambling. I CHOOSE to not let the fear, stress, and trauma of having to move, the financial stressors, and the "unknown" get the best of me.

But back to my first point of "God Brings Others to Us." We found a beautiful complex and toured the home and complex. The girl who is helping us told me her mom has lost everything due to her gambling problem. Now I cannot tell you all how many times I have had people tell me this. Many who find me from reading "Keys", or email me and reach out on my recovery blog, will tell me about someone in their life who has a bad gambling problem. Of course, I told this wonderful girl that her Mom is not alone and that I could give her some resources. She let me mail her Mom my book "Addicted To Dimes", right from Amazon to her Mom's address! I also gave this amazing girl the number to "The Arizona Office of Problem Gambling" and 'The National Council on Problem Gambling' Hotlines, and a list of Gamblers Anonymous meeting places here in our area of Phoenix, AZ. I hope in sending my book to her mother, her Mom can learn that she isn't the "only one" who has or had a gambling problem. And I hope that my experience, strength and hope will give her Mom a nudge to get help.

What continues to perplex me about this disease is why anyone won't talk openly about it. It is why I advocate and share my experiences like here in "Keys", and in a variety of ways to begin "the conversation" and bring gambling addiction to the forefront. Gambling is an addiction that requires no substances, but is as dangerous as all other addictions. It is why one in five problem gamblers will attempt suicide. Gamblers can dig themselves into such a "Hopeless and Financially" draining state, that they simply can not see any way out. I remember the days of my deep addiction and feelings of fear, shame and guilt. I felt so alone and I suffered in silence. No one needs to suffer from this addiction. And suicide is never the answer. It is a permanent solution to a temporary problem and disease. And just like any other disease, it can be treated. You can learn how to live life in freedom from gambling addiction, and CHOOSE to "Quit to Win!"

Catherine is the author of her debut memoir; "Addicted To Dimes," a gambling recovery advocate, coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, Facing Addiction.org and Heroes in Recovery.com. Now that Big Jim's Bike ride had to end due to a serious medical condition, Jim and Catherine are now writing together for Jim Downs new book to publish in early 2020 all about The Ride 4 Addiction Awareness and Crisis in America. Catherine resides in Phoenix, Arizona and continues to help and sponsor those from gambling addiction.



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HAPPY CAMPERS THE 3RD STAURDAY OF THE MONTH: March through October, Happy Campers at Lake Piru. 8pm Campfire Meeting Lake Piru, California. Follow the signs "Best Meeting Under the Stars". Bring a chair. Itrevor26@gmail.com

MOVIES, MEETINGS & MORE: BIG GAY SUNDAYS w/HBO's Six Feet Under starting on May 26 at 6p. And Reprise on Thurs. at 7pm on our HD 10ft Screen w/ surround sound. We also proudly host a variety of 12-step fellowships from A-Z, Mon.-Sun. 7:30am to 10pm. Every 3rd Sun. we offer, Low Impact YOGA w/SOUND BATH at 1:45pm. Plus REFUGE RECOVERY M-F at noon (a Buddhist approach to recovery). Free Groundworks coffee & chips with literature for sale upstairs in the AT Cafe. More info: www.atcenterla.org, (323) 663-8882. (5p-9p) 1773 Griffith Park Blvd, Los Angeles, CA 90026.

LAST SUNDAY OF EACH MONTH: 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 information. The only requirement is that you are clean & sober and have a love of old cars.

SATURDAY OCTOBER 12TH, 2019: Unit A's 38th Anniversary celebration. Meetings from 7:am until 7:pm. Unit A, 10641 Burbank Blvd., North Hollywood, California 91601

SATURDAY OCTOBER 12TH & SUNDAY OCTOBER 13TH 2019: House of Hope Talent Show Auditions. 1pm to 5pm. See the flyer on Page 22 for more information or visit webiste www.houseofhopesp.com/annual-fundraiser/

SATURDAY OCTOBER 19TH & SUNDAY OCTOBER 20TH 2019: House of Hope Talent Show Auditions. 1pm to 5pm. See the flyer on Page 22 for more information or visit webiste www.houseofhopesp.com/annual-fundraiser/

FRIDAY OCTOBER 25TH, 2019: The Burbank group is having movie night under the stars in parking lot. Starts at 8:00pm until? Featuring the movie "Psycho". \$3 per person Movie & popcorn. \$1 refreshments out of machine. Bring your own chair or blanket. Kid-friendly but use at your own discretion. 8pm Meeting in Small Room.

SATURDAY NOVEMBER 2ND, 2019: Developing & Fostering Core Concepts of Emotional Sobriety: Implications for Each of the 12 Steps. 8:30 am - 5:00 pm, St. Jude's Catholic Church, Westlake Village, California. Dr. Berger and Herb K. will unpack each of the 12 Steps focusing on how they help us achieve and sustain emotional growth. This powerful experience will give both the long timer and newcomer an opportunity to look at the 12 Step process from a fresh perspective and have a new personal experience. Herb K. www.herbk.com or email HerbK12@hotmail.com. Phone (310) 377-3194. PO Box 4268, Palos Verdes Peninsula, CA 90274

SUNDAY NOVEMBER 17TH 2019: House of Hope Talent Show Fundraiser. See the flyer on Page 22 for more information or visit webiste www.houseofhopesp.com/annual-fundraiser/

Send us your upcoming SOBER or recovery related events. We will list it FOR FUN AND FOR FREE. Email events to: info@KeystoRecoveryNewspaper.com.

To find local meetings and events all year long call

Alcoholics Anonymous

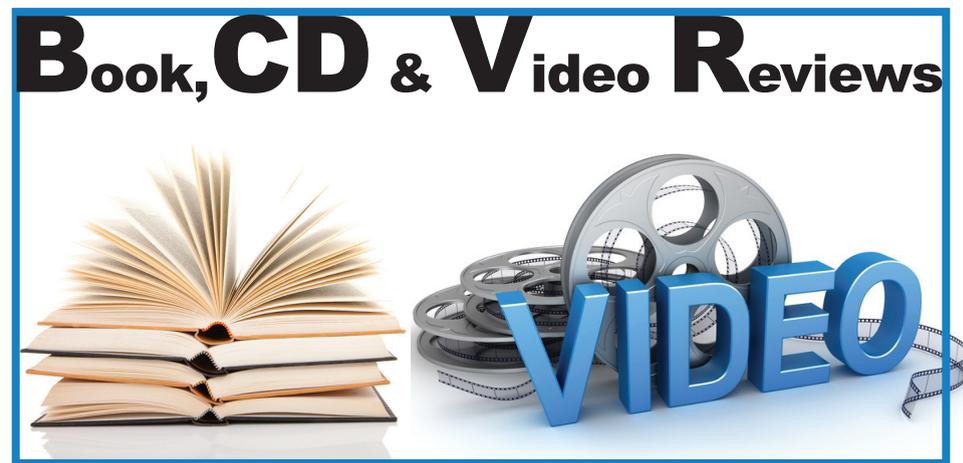
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Telephone: 818-988-3001

Mon.-Fri. - 9:AM - 6:PM Sat. & Sun. - 9:AM - 5:PM

VOLUNTEERS ARE ALWAYS NEEDED



EFFECTIVE TIME MANAGEMENT FOR HIGH ACHIEVERS. by Andrew T Martin. Publishers Balanced Center Living.

Time management is an old subject, how many times have we told ourselves to get organized? Stop wasting so much time. This is something that everyone needs and more so the High Achievers.

Andrew dedicates this book to all of us that have that nagging feeling that something else needs to be done, and we can't remember what it is.

I took that very personal.

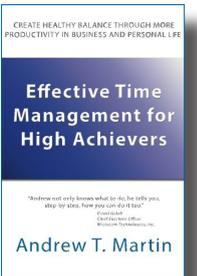
Andrew has brought back to life that something we keep forgetting, "Plan your day, and plan what you need to get done. Write it down in the order of its importance."

Andrew has written an up to date time management tool that ranks up there with David Allen's "Getting Things Done", in a more efficient presentation.

Even structured people need a system to keep their time on track. Andrew Martin's book gives us a quick and easy way; we can build it to work in our life. He doesn't just tell us; he gives us easy to follow, step by step instructions.

It will not take much time, spend a couple hours not only reading his book but absorb it. This book can and will change your life.

I feel this book is a good read, and I am sure if you read this book you will not feel you wasted time. Available at Amazon.



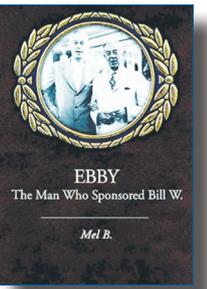
EBBY: The Man Who Sponsored Bill W. Written by Mel B. Published by Hazelden.

As a member of Alcoholics Anonymous, I loved reading about the beginnings of the AA program. This is the story of how AA started, before it actually started. Anyone interested in the story of the founding of Alcoholics Anonymous by Bill W. and Doctor Bob will want to read this book.

Ebby is a compelling but troubled character who first brought Bill W. the hope of recovery. Ebby introduced Bill W. to a spiritual group called "The Oxford Group", where all the spiritual principles of recovery were in place. In 1934, Ebby Thatcher called his old drinking buddy to tell him about the joy he found in sobriety. That friend's name was Bill Wilson, and this book is the story of their life-long friendship.

It is both a fascinating history of the formative years of Alcoholics Anonymous, as well as the bitter-sweet tale of the troubled man Bill W. always referred to as "my sponsor."

Soon after Ebby paid Bill that fateful visit, Bill sobered up, never to drink again. Sadly, Ebby fell back into active alcoholism. Bill's loyalty and devotion to Ebby whether he was sober or drinking is a tale of true friendship well told by the author with style and grace. A "must read" book! A great source of information that you won't find in the Big Book. I give this 5 Gold Stars. Available at Amazon.com.

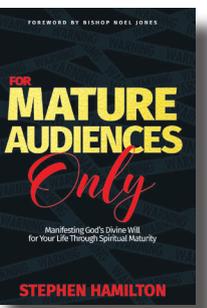


FOR MATURE AUDIENCES: Manifesting God's Divine Will for Your Life Through Spiritual Maturity. Written by Stephen Hamilton. Published by Cooke House Publishers. This is truly a God inspired book that reflects Bishop Steven Hamilton's earnest desire in feeding his flock, to become mature in faith, spiritual applications, and to attain the full understanding of biblical scriptures.

Within this book is divine evidence inspiring us to understand and know exactly where we stand being Children of the most-high God, and how we are empowered with our heavenly Father's attributes that can elevate us into higher positions in the body of Christ. This remarkable book reflects in words of the sanctification process, that is to become more Christ-like in deeds and behavior, which every mature son and daughter of God are instructed to acquire.

Bishop Stephen Hamilton has been truly blessed with the Holy Spirits overview of scriptural insights, his approach of how he delivers solid spiritual food to the body of believers of Spirit and Life Ministries, and to "those that have ears to hear," goes beyond of "just bringing the Word." Jesus' example of unconditional love, mercy, compassion, forgiveness, obedience, fearlessness, and selflessness Paul eagerly embraced, practiced and instilled into some of the minds of the early believers of Christ Jesus.

This spiritually elevating book is concise, which clearly states throughout the pages that we can achieve the maturity that Paul demonstrated daily in his walk with God. This is a must read for all of us, seeking the knowledge of God, and the maturity and wisdom to help impart it to others. I have been blessed in many ways by hearing the word of God for five decades, and even more so, from hearing it fed to us through Bishop Steven Hamilton. Available at Amazon.com.



Do you have a book you want us to review? Send us a copy to at: 6930 De Celis Pl. #35, Lake Balboa, CA 91406.



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CATALYST SOBER LIVING & SUPPORTIVE LIVING: 10335 Kurt St., Lakeview Terrace, Calif., \$855 Includes utilities & 3 meals a day. Supportive Services Include: AA Groups, Day Treatment Programs, Partial Hospitalization Services, Mental Health Screenings, Self-Help Groups, Job Training. Call Sergio Ventura (661) 434-8699 or email: sergio@ccs.org

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HOUSE IN THE HILLS Transitional / Sober Living for Women in Recovery in Woodland Hills, CA. 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. Call (818) 264-8545.

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MOMENTUM SOBER LIVING: Beverly Hills. Recovery is possible. Founded in 2009 with the goal of improving quality of services for those seeking treatment in behavioral health. Living Healthy to Recover, using exercise & meditation and good nutrition Call (424) 421-4068. www.Momentumsvcs.org.

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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.

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Terms and Conditions

Advertising Materials: The best type of artwork/graphic to send is a PDF (with all artwork and fonts embedded), we can also accept JPEG's, Photoshop files and In-Design files, again make sure that you include all artwork and fonts.

Advertising Deadlines: Keys to Recovery Newspaper, Inc. will hit the streets on the first week of each month. Camera ready artwork is due the 15th of the month prior to publication.

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.

www.KeysToRecoveryNewspaper.com

If you would like to receive Keys to Recovery Newspaper **FREE of charge** at your facility you can go online and fill out the "Distribution" formore-mailyourinformation to: info@KeystoRecoveryNewspaper.com or call us at (818) 386-8400.

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. We do that by printing a traditional type newspaper as well as having an online presence. 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. We also print, at no charge, a resource guide listing free services and vital help offered within our community.

Keys to Recovery Newspaper, Inc. is making a strong effort to reach the many individuals currently in jails or other types of institutions and offer them information that will assist in their future recovery.

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.

For more information visit www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 100,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. 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. Here are some of the types of facilities we are distributing our recovery newspaper to:

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Sober Livings
- Transitional Housing
- Therapist Office

- Universities
 - Veterans Hospitals
- Recovery Conventions & Conferences, Industry Networking Events & many more locations each and every month.*

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!

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, New York, NY 10163, www.alcoholics-anonymous.org (212) 870-3400.

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

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

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

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

A.A. Santa Clarita Central Office: www.aascv.org (661) 250-9922.

Al-Anon Family Groups: www.al-anon.alateen.org (888) 425-2666.

Al-Anon/Alateen: LA County www.alanonla.org (818) 760-7122.

Al-Anon/Alateen Spanish: LA County, (562) 948-2190.

A.C.A. (Adult Children of Alcoholics): World Service Organization: www.adultchildren.org (562) 595-7831.

Adult Children/Codependents: 12 step & recovery meetings, Thurs & Suns 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (818) 293-2222.

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

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

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

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

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

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

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

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

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

Clutterers Anonymous: (866) 402-6685.

Co-Dependents Anonymous: (CoDA) Los Angeles (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: 12-step recovery program for those affected by a problem of compulsive debt in a relative or friend. Phone Mtg. Sundays 10am Pacific Time (605) 313-5104, 74951#. www.debt-anon.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.

Eating Recovery Center: (877) 957-6575, www.EatingRecovery.org

ERC Insight: (Mood, Anxiety, Trauma) (877) 737-7391, www.jen-nischaefer.com/seek-help.

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 support 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.

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

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

MADD Mother Against Drunk Drivers: 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 and Drug Dependence Headquarters: (All NCADDs 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 Services (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

Refuge Recovery All Welcome, free Peer to Peer group, Los Angeles, California, for meetings visit www.RefugeRecovery.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 and Families of Sex Addicts) www.sanon.org (800) 210-8141.

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

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.

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.

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.

INFORMATION & REFERRAL SERVICES

www.SunshineCommunity2015.org Social Services, (626) 600-9392, 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

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.ca.us/providers/allprov.htm, (800) 854-7771.

Fetal Alcohol Syndrome Information (626) 793-7350.

HHS The U.S. Dept. of Health & Human Services, www.dhhs.gov (877) 696-6775.

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

MISSION HILLS RECUPERATIVE CARE Shelter (818) 392-0020.

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

Dimondale Adolescent (310) 791-3064.

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, (2130) 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 Services (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 (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).

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/rape-and-sexual-assault, (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 and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse etc., HIV+ or HIV- people in need. (866) 33-REACH.

On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

SUICIDE PREVENTION

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

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

Suicide Prevention 24Hour Assessment Center (800) SUICIDE (784-2433).

Suicide Prevention Center (877) 727-4747.

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

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

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

SUICIDE CRISIS LINES WORLDWIDE:

In the UK and Ireland: Call Samaritans UK at 116 123.

In Australia: Call Lifeline Australia at 13 11 14.

In Canada: Call Crisis Services Canada at 1-833-456-4566.

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, we try to keep this guide updated and current, but we need your help.

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

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