

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

November 2019

KEYS TO RECOVERY

— NEWSPAPER, INC. —



Gratitude Turns What We Have Into Enough



**Views on
Prosperity**
Page 4

**Moving Beyond
Stigma**
Page 8

**The Greatest
Gift**
Page 11

10
YEARS
A DECADE OF HOPE
HOPE OF THE VALLEY
RESCUE MISSION
www.HopeofTheValley.org



Wednesday November 27th 2019

GREAT THANKSGIVING BANQUET

Home » Great Thanksgiving Banquet

We need your support now and throughout the year. Go online and see all of the ways you can help.



LUXURY SOBER LIVING HOMES THAT ARE GENDER SPECIFIC, SAFE, AND SUPPORTIVE

*We offer Luxury Sober Livings for both
Women and Men Separately.*



Our Sober Living for women opened
it's doors in 2000.

We offer sober, tranquil, supportive and
structured sober living environment for men
and women who are ready to rebuild their lives.

Both Homes are Pet Friendly and offer:
Weekly House Meetings
Shared/Semi-Private Rooms
Comfortable Accommodations with so much more
Come THRIVE with us!

Northridge & Winnetka, California

Learn More at:

www.AStepintheRightDirection.org

Call us Today **818-209-1631**

Miracles in Action Addiction Treatment Centers AND QUALITY SOBER LIVINGS

Locations in Burbank, Glendale & Northridge, California



*We are here from the
beginning to help you
integrate smoothly
into a sober lifestyle.*



Our Doctors, Psychiatrists, Therapist and Counselors
are trained to specialize in:

- Substance Abuse
- Co-Dependency
- Dual-Diagnosis
- Bi-Polar
- Anxiety Disorders
- Relapse Prevention
- PTSD and Trauma

We Accept Most Insurances



CALL TODAY for
a Consultation

818-429-9103



www.MiraclesinAction.info

Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Darrell Fusaro
Food For Thought	Page 6	Annie Kuni
Healing The Family	Page 6	Stan Popovich
Freedom From Bondage	Page 8	Dr. Clinton Weyand
Ageless Recovery	Page 10	Dr. Louise Stanger
Matters of the Heart	Page 11	Kelly & Rudy Castro
Gratitude	Page 12	
The Journey Continues	Page 14	Leslie Gold
Quit to Win	Page 15	Catherine Lyon
Events	Page 16	
Book, CD, Video Reviews	Page 16	The Crew
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	

Contributors

Jeannie Marshall: President, Cofounder, Publisher & Editor

Marcus Marshall: Vice President & Cofounder, Publisher & Editor

Staff Photographer: Shalimar Cambria

Graphic Designer: J Marshall

Outreach Director: Peggy Salazar

Social Media: Dominique LaFargue

Beth Dewey-Stern: Cofounder

Cover Photo: ID 126448410 © Skypixel | Dreamstime.com

Editorial Contributors: Marcus & Jeannie Marshall •

Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro • Annie Kuni, LMFT •

Stan Popovich • Dr. Clinton Weyand • Dr. Louise Stanger, Ed.D, LCSW, CIP

CW • Rudy & Kelly Castro • Leslie Gold • Catherine Townsend-Lyon •

Peggy Salazar •

About Us

Advertising Rates - page 19

Distribution Information - page 19

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



Hello there, my Keys to Recovery family. October was so full of celebrations and birthdays. It went by so quickly that I can't believe it's already over. Our granddaughter had her first birthday, and it was such a beautiful celebration, with friends and family, leaving us feeling blessed beyond measure. By the way, she took 29 steps on her birthday...yes, I counted.

In this world of recovery, I am blessed with so many miracles each and every day that I start to take them for granted. Not for too long though, because I have made it a habit to recount my blessings each morning, and sometimes at night as well with a gratitude list. However, sometimes the world in which we live in creates so much stress and anxiety with deadlines, and the endless "To do's", that I can lose sight of the miracles. Getting caught up in the business end of producing the newspaper makes it easy to forget the HOW and the WHY, we do this.

A friend recounted her visit to a psych ward, where she was on an A.A. panel. She said there was a young man who wasn't sure if he was an alcoholic but he admitted to having a problem with marijuana. She remembered seeing a listing for Marijuana Anonymous in the "Resource Guide" of our newspaper and told him about it. He was very interested but she didn't have a copy with her. However as she was leaving she saw a stack of our newspapers outside of the unit, and went back to give a copy to the young man, with the information that might help him. Is that odd or is it God?

I was reminded by our Bishop (Stephen Hamilton, www.spiritandlifeministries.org) how to stay in touch with what God has put in our hearts. **First, I Must Have Faith:** God put the dream there, in my heart, and He will bring everything and everyone I need to accomplish what needs to be done today. I've heard it said, "If God brought you to it, He will bring you through it".

Second, Put God First in ALL things, at ALL times. If I don't keep God first, my life gets out of order and out of balance. We started this newspaper to carry the message of Hope for Recovery, we wanted people to know they were not alone, and that God had not given up on them. I need to remember the "WHY" when I make sales calls for ads. We are supported by our advertisers, and if I can bring my heart into the business call, it makes all the difference in the world.

Third, Continual Fire. I need to remain passionate - on fire - for recovery and carrying the message of recovery. I am learning what keeps me in touch with my passion for recovery and staying close to people who uplift me, not tear me down. Trust me, people can feel your passion or your lack of passion. And lastly, keep doing the right thing. Right is not always easy, but it's the right thing to do, and in the long run, right always ends up being the easiest way to live with yourself. **God bless you until next month!**
- Jeannie Marshall, President & Cofounder

Following is another portion of a letter we received from one of the chaplains at a prison where we send Keys to Recovery Newspaper, reminding us why we do what we do.

"We received and are very thankful to you for the publication *Keys to Recovery*. What better place than a detention facility for the message of Hope and Recovery from all addictions. *Keys to Recovery* has been well received and we look forward to more stories filled with hope in the months ahead. Thank you again for your generosity."

Hello to one and all! Thank you for joining us while we explore our thoughts and perceptions for the month of November. This is the month for us to express our gratitude for our sobriety, and for life in general. There are so many things that I appreciate. I am first thankful for becoming more sound in mind, body and spirit, which has allowed me to become a husband, and a Co-owner and Editor of an incredible recovery newspaper.

Letting go and letting God be in control has been so invigorating in all aspects of my life. I wake up thankful and get to read and pray with my wife daily, which gives me so much peace. Gratitude has helped me to become more assured of my future, ever thankful for who I have become.

I believe when each of us examine our lives, and truthfully weigh the positives versus the negatives, we see that we are truly winners. Gratitude month gives us an opportunity to step out of our own way, allowing us to view the true contents of our lives. Since the darkness in my life has been replaced with light, my perspectives and perception has been dramatically redirected.

I am so very blessed to have all of my faculties intact, and to be in good health. Life is very good, and I believe that it will get even better the more I apply myself in a mature and correct manner. I try to start my days off looking at all the positives that I had experienced the day before, and add on to it with the present-day blessings. Until we can come together again for reasoning and exploration of the possibilities that await us, may God bless, strengthen and encourage us all daily. - **Marcus Marshall, Vice President & Cofounder**



Meeting Chips - Medallions - Medallion Holders - Plaques - T-Shirts - Hoodies - Tank Tops - Hats - Keychains - Books - Book covers

Sober Water- Mints - Candles - Meeting Coffee - Mugs - Greeting cards

MY 12 STEP STORE.COM
Recovery gifts InStyle!

got 12

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

Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs -

Clean. Sober. Ready to Live.

CHANDLER LODGE FOUNDATION
FOUNDED 1960

59 Years, Providing Safe 12-Step Based, Sober Living for Men

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

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

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

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

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

www.ChandlerLodge.org • 818-766-4534

A FACIAL DESIGNED TO TURN BACK TIME

IN JUST 60 MINUTES



Limited Fall Special \$49

A CUSTOMIZED FACIAL:
Includes Deep Cleanse,
Skin Analysis, Extractions, Vitamin
A Peel, Microdermabrasion,
Oxygen Infused Stem Cells,
Vitamins & Antioxidants
with LED light.

call now
424.310.8088



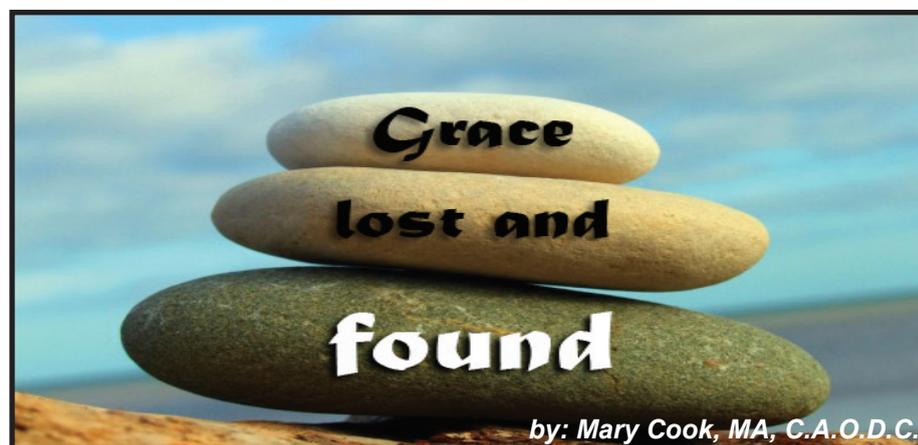
ADVANCED AESTHETICS
LOS ANGELES

www.advancedaestheticsla.com

Sherman Oaks, California



*Valid Until Dec. 1st 2019. Limit 2 per client. Cannot be combined with any other offer.



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

VIEWS ON PROSPERITY

What defines prosperity in a poor country is having basic shelter and sufficient food. To some people, giving generously to others is true prosperity. Prosperity can be the creation of business empires or the parenting of one happy, healthy child. It can be accumulating great financial wealth or living a nomadic life, free of possessions. Prosperity can be seen in a famous, gifted actor, and a drug addict demonstrating healthy recovery. It may be found in a powerful world leader, and in a monk praying for peace. Prosperity is to thrive in anything that is considered good.

Often prosperity rises out of the ashes of loss, disaster and destruction. When something disturbing occurs, it is meant to motivate us to take constructive, healing action. When we lose ourselves in addictions, reprehensible behavior assures us of escalating disasters. This increasing destructiveness can motivate us toward recovery. Recovery must be a mental, emotional and physical experience, so that the energy of the problem can be discharged, in exchange for the energy of hope and higher purpose. Only then is it possible to see a path of wellness.

Surrendering addictions and their associated dynamics, empties us of that which we are not. We are used to the lies of dysfunction dictating reality. We are used to the energy of fear in our body. We are used to a state of infantile dependency and its' denial. So now we courageously free ourselves of defenses and defects of character. And we must temporarily tolerate this consequential seeming insufficiency, in order to recognize real truth within us. Truth comes like a whisper, a loving nudge, a soft sensation in our body, and sometimes in warm tears of relief. It is the opposite of desperate willfulness, rigidity and resistance. It is our redemption and the beginning of prosperity.

We can realize that we were created whole, and begin to cultivate a new personal relationship that promotes health in body, mind and spirit. Prosperity is an internal and external experience. It includes the recognition and appreciation of positive, character traits and the constructive use of creativity, wisdom, talents, and skills. The more deeply we understand ourselves and life, the more that we thrive. The more that we give unselfish service to others, the more it enriches our own life. Open-mindedness and willingness expand our consciousness. As fear falls away, we feel the fullness of this new mysterious life. There is no map for individual prosperity. Life is full of twists and turns. It is only important to meet our experiences with as much positive energy as possible, so that we are in the flow of solution.

Interdependence is woven into all of our earthly experience, thus prosperity is meant to benefit all. As adults, we are responsible for our own well being and growth. We also have a natural desire to provide healthy assistance to others, and to accept the same. Recovery based action, intention and communication increases our sense of belonging in the world. We prosper through an inclusive and holistic view of life, rather than exclusive and specific. When we allow our hearts to fully open and connect with others in a deeper way, it stimulates an abundance of giving and receiving. Beyond our basic physical needs, what we most desire is free. The giving and receiving of unselfish, unconditional love facilitates a thriving internal and external environment, which promotes prosperity.

We emerge from the tiny painful prison of disordered thoughts to enter a spacious garden of generosity and gratitude. In this place we are given the privilege of perpetuating peace and good will toward all. Including our spiritual beliefs in our vision of success, allows us to live from our highest values, which balance and benefit earthly and spiritual goals. If we believe that the ultimate, unlimited source of goodness comes from God or a Higher Power, then we are also unlimited in the ways that we contribute prosperity to life experience. There is no end point to thriving. It is an ongoing evolution in which we can all consciously participate together.

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", at Amazon.com



2nd Annual



CALIFORNIA COMMUNITY
OPIOID CONFERENCE
a Social Model Recovery Systems, Inc. event

NOVEMBER 21-22, 2019

ANAHEIM CONVENTION CENTER
800 W KATELLA AVE, ANAHEIM, CA 92802

FEATURED SPEAKERS

AIMEÉ DUNKLE • CANDY FINNIGAN • CHARLOTTE WETHINGTON, MA • DANIEL C. COMEAUX • DANIEL HEADRICK, MD • DANNY TREJO • DONALD J. KURTH, MD, MBA, MPA • GARY TENNIS • GARY TSAI, MD • REP. GRACE F. NAPOLITANO • HARRY NELSON • JANICE RUTHERFORD • JERRY MOE, MA • JOHN K. SMITH, PH.D., LCSW • KEN SEELEY • KEVIN MCCAULEY, MD • LAURI BURNS • LELLO TESEMA, MD, MSHPM • LYNDIA HACKER ARAOZ, MSW, MA • RICH ARMOND • ROBERTO CANCIO, PH.D. • SOMER HARRISON-MIERAU, LPT 32274

SPONSORSHIPS & EXHIBIT SPACES ARE LIMITED!
Contact Kelsey at 626.332.3145 ext.239



SOCIAL MODEL
RECOVERY SYSTEMS

smrsopioid.org



LATCH ON TO THE AFFIRMATIVE

"Spirit is omnipresent, ever ready; all that is required is a proper recognition of its omnipotence, and a willingness or desire to become the recipient of its beneficent effects."
 —Charles F. Haanel

Once you know the truth, the truth will set you free. The truth is that we are in the business of producing miracles, and are imbued with the powerful spiritual qualities to do so. You no longer have to tolerate or endure any situation unless you choose to. By latching on to the affirmative we have the ability join forces with the Spirit of the Universe, and go from victim to victor.

Living this way of life becomes a thrilling adventure in faith. Faith has been defined as joyous expectancy. You always have the choice and the power to use your words to baptize any situation a success, transmuting everything for the better with the supernatural power of Love.

Recently I had to take my wife's car in for emergency servicing. Water was draining into the passenger side foot well. The only facility able to make the repair was at an inconvenient and congested location. Since my wife relies on her car for her livelihood it couldn't be put off. When these unexpected problems arise unfriendly thoughts begin to swoop in.

Unfriendly thoughts are always fearful and limiting. Even though I know that any thought or belief of limitation isn't true, my mind still gets fooled. Unfriendly thoughts instantaneously separate me from God. I begin to believe it's me against the world; it's me against them; it's me against you, and I'm at a disadvantage. But as soon as my thoughts latch on to the affirmative, I begin to take an optimistic view by putting my joyful expectancy in God. Catching hold of wondering what wonderful way in which this will all work out becomes the theme of my thoughts.

The day of the scheduled repair I rose early. I enjoyed my morning routine of prayer, meditation, coffee and jotting down inspired ideas and affirmations in my "joy-nal", aka journal. I had accepted the situation and left the house feeling optimistic, and fueled with faith.

I arrived at the service center on time. There was a service manager standing outside and I asked him where I should put my vehicle. "What 'dya mean, 'put' it?" was his aggressive response. I was able to remain cordial. "I'm here for the first time. I have an appointment for service. Where would you like me to park my car?" He waved me in reluctantly as he walked off.

Feeling slighted and still confused as to what to do next, I affirmed to myself, "Please God don't let me hate this man." I don't want to be cut off from my good fortune with any feelings of hate. Miraculously, he went off to help someone else and a different serviceman with a pleasant look on his face motioned that he would be right with me. When he showed me the list of appointments my name wasn't on it. As soon as I felt myself becoming annoyed with them again I knew I had a choice. I could resist and resent what I perceived as their incompetence, or accept and bless the situation.

I was instructed to wait in the vehicle for yet another service representative. Each time a thought of justified anger and feelings of frustration entered my mind, I did my best to let it go by reminding myself all was in Divine order. Then it hit me: I got a hunch. I felt a joyful nudge to use a sure fire affirmation that I knew would transform my current circumstances for the better, once and for all.

I got this affirmation from a 7-year-old boy named Lukas. He'll spontaneously place his hand on the classroom wall, tilt his head back and joyfully exclaim, "I love this place!" It always seems to be at precisely the moment that we all need to hear it. The positivity it releases is contagious. So while I sat in the car I began to exclaim to myself, "I love this place! I love this place! I love this place!" I really began to feel like I loved this place.

As soon as I finished the third, "I love this place!", the service representative took my information and the vehicle. I enjoyed a great conversation with a sales agent in the showroom while I waited. Before I knew it, what was thought to be a major issue was repaired within an hour. The entire job was under warranty and at no cost to me. Remarkably, I even made it home right before my wife had to leave for work.

When a thought of anger, jealousy, fear or worry creeps in, just latch on to the affirmative. Affirm the good and the bad will vanish. Utilize your prayer power to join forces with the Spirit of the Universe with words of health, happiness, and prosperity.

Great news: if you're in Los Angeles, CA, you're invited! I lead a mid-day guided meditation every Friday, 12:00pm-12:30pm, at Unity of the Westside, 10724 Barman Ave, Culver City, CA, 90230. Drop by, connect with your Source and leave feeling renewed, healthy and happy. No previous meditation experience necessary. All are welcome.

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



Broad Beach

RECOVERY CENTER

Premier Treatment for Substance Use and Co-occurring Disorders

Situated on the edge of the exclusive Broad Beach in Malibu, we offer a truly customized treatment experience in a luxurious and intimate setting designed to heal the mind, body, and spirit.

Contact us to learn how we can help you accomplish extraordinary changes for yourself.

310.905.3774
www.broadbeachrecoverycenter.com
 A Meadows Behavioral Healthcare Program

OPTIONS

— for —

Recovery

An intensive outpatient substance use disorder treatment program for women. Program focuses on issues specific to women and their children and features a non-judgmental and nurturing atmosphere, a coordinated and inter-disciplinary approach, multi-ethnic staff, and an emphasis on long-term follow up and support.

CONTACT US:
 (310) 222-5410

We're here

every step

of the journey

VISIT US:
 1124 W Carson St., N-33
 Torrance, CA 90502

LA BIOMED/Options for Recovery is a Los Angeles County funded program



by: Annie Kuni, LMFT

HEALING FROM EXERCISE

When I talk about my former eating disorder, the focus is mostly on food. Of course, food restriction was a big part of it, but the hardest part was my exercise addiction. What's really helped in healing is framing my exercise habits for what they were: an addiction.

There has been a lot of research around the similarities between drugs, alcohol, gambling, etc., and exercise. They all hit the same neurotransmitters, and release dopamine and serotonin. They all have the same behavioral components of salience, mood modification, tolerance, withdrawal, conflict, and relapse when trying to confront and stop the behaviors.

The summer before my freshman year of high school, I decided that I would try out for the cross-country team in the fall. It turned out that I had a knack for long distance running, and I ended up making the varsity team. Workouts were now daily, long, and hard. We had one day off a week and I found myself becoming really uncomfortable with not working out on rest days. I felt guilty, anxious, and restless. I started to work out more, with running on days off, and sometimes twice a day. Then it increased to going to the gym as well, along with tennis and swimming. At the peak of my disorder I was engaging in about 4 hours of exercise a day, and still doing sit-ups at night before I went to bed.

Finally, when I started to confront my eating disorder, I had to confront my exercise addiction as well. I realized that the main function of my addiction was that it gave me my "permission" to eat. The only way I felt comfortable eating was if I had worked out that day, or was going to "burn it off" later.

Overcoming my exercise addiction was a long, slow, and painful process – healing my relationship to food was nothing compared to healing my relationship with exercise. I lost a lot of time and my life to the gym, and that's time I'll never get back. Below are my tips for overcoming exercise addiction. I recommend anyone starting this process take them one step at a time, before incorporating the next one to avoid feeling overwhelmed and giving up.

1) Talk about it. When dealing with an eating disorder and exercise addiction, you need to involve other people in your healing goals. Who? Your family, your friends, your significant other, a support group, a therapist, whoever works best for you. Not keeping this behavior to yourself dramatically increases the likelihood of successfully overcoming it. Sharing not only reduces shame around it (which helps with the secrecy aspect), but it also makes sure that other people keep you accountable. There will be times when you're tempted to give in and not take a rest day, or workout twice, and you need people who will gently remind you that it's not in your best interest.

2) Scale down. If you're like me, then at the height of your disorder you're engaging in multiple forms of working out. Pick one, and, for now, stick to that one. We don't want to be that rigid long term with "only one" form of exercise, but in the beginning, you need to focus on just reduction overall. This helps with simplifying behaviors and also reducing the ability to "make up" for things with other forms of exercise.

3) Rest day rules. I have major perfectionistic tendencies. If you're like me, and you're type A, then you like rules, structure, and predictability. Work with yourself, not against yourself, and apply rules to recovery. Be really strict about this, meaning that even if you don't work out on another planned day, your rest day is still off limits and not a day to make up for a missed workout.

4) Fuel yourself. Redefine what your relationship with exercise is. Most likely, it's been about burning calories, and food before and after a workout has been off limits. Eat a snack before you work out to fuel yourself, and then post workout to nourish your body.

5) Challenge Rigidity. Incorporate random rest days along with your planned day off. Take a Wednesday off and sleep in. Go home early on a Monday and skip the gym. Take a week or two off as a vacation from exercise. You can't prove to yourself that you can handle it until you do it.

6) Have fun. Time to expand from your one form of working out. Be creative! Do a boxing class, watch a dance video and learn a routine, go to yoga with a friend, go on a walk and listen to a podcast, run with an awesome playlist, go swimming, ride your bike, play tag with your little brother, go rock climbing.

What does my relationship with exercise look like now? Well, I don't even call it exercise! I call it movement. I still like to run, but I refuse to engage in competitive running of any kind. No 5ks, no races, nothing – it's too triggering for me. I haven't been to a gym in almost 2 years and I don't think I'll ever go back to one. I always take a rest day on Sunday, and other days as well if I feel sick, I'm just to tired, or I have to work. Even though running is my go-to and what I like the most, I also do things like ride my bike, take walks, hike, yoga, and dancing. My family and my husband are well aware of my past, so they support me in these goals. I talk about eating and exercise behaviors and beliefs on a regular basis, in therapy to keep myself accountable.

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



by: Stan Popovich

HOW TO CONVINCE AN ADDICT TO GET HELP

Many people who struggle with alcohol or drugs have a difficult time getting better. There are many reasons why these people do not get the help they need to get better. Many family members who see their loved ones struggle have a very difficult time in getting their loved ones assistance. Here are six suggestions on how to convince a person struggling with alcohol or drugs to get the help they need to get better.

1. Family Intervention: The most popular way to get someone the help they need is to do a family intervention. This is when family members and an interventionist get together with the addict to tell them how they love them and wish that they get help to get better. Each family member takes a turn and tells the person how special they are and that they need to get help. The person who is struggling listens and hopefully they become convinced to get the help they need.

2. Talk To The Person On What Will Happen If They Do Not Get Help: Another way to convince the person who is struggling with alcohol or drugs is to get someone who is an expert on addiction and have them do a one on one talk with this person. This expert on addiction should explain to the addict what will happen if they do not get the help they need to get better. Basically, the expert should warn the person of the dire consequences of what will happen if they do not change their ways. The expert should be as vivid possible and hold nothing back. The goal is to convince the person to get help or they will suffer and eventually their life will slowly come to an end.

3. Use The Services of A Professional Or A Former Addict: Try to find a professional or even a former addict who has "Been There" to talk to the person. This is similar to Step Two, however instead of warning the person, these professionals can use their skills to talk and try to reason with the person. These experts are usually trained and can use a proactive approach into trying to convince the addict to get help. The goal is to try to reason and talk with the person so they can get professional help.

4. Find Out The Reasons Why The Person Won't Get Help: Many people overlook this suggestion. Ask the person who is struggling with alcohol or drugs to list 3 reasons why they will not get help. At first, they will say all kinds of things, but continue to engage the person and get the 3 main reasons why they refuse to get help. It might take a couple of tries but listen to what they say. Once you get the answers, WRITE them down on a piece of paper. Note: Fear and Frustration are huge factors for the person not getting help.

5. Determine The Solutions To Those Barriers: Once you get those 3 reasons, get a professional or an expert to find the solutions to those issues. For example, the person says that they will not get help because they tried a few times and they failed and that they will fail again. Ask a few addiction professionals to find a solution to this issue that will help the addict overcome this barrier. One good answer to this example is the following: "Yes, you tried to get better and failed however this time we will do things differently. We will keep a daily diary of everything you do and you or someone else will document what you do each day. If you stumble or fail you will write down your feelings at the time and why you failed. When you recover from a bad episode you can READ your diary and find out what went wrong.

Use your list from step three and list every positive thing that will counter those barriers. When you are finished, present this to the person who is struggling and explain what you came up with. This will help reduce the person's fears and anxieties and may convince them to get help. Developing a plan to counter their reasons of not getting help will go a long way.

6. Talk to the Person Instead of Talking At Them: Nobody wants to be lectured. Be honest with them and tell them that it will require some hard work on their part but that they can get better. If they don't get help, they will suffer. The person who is struggling is scared and they need help in overcoming their fears and resistance to getting help. Remember to find out those fears, address possible solutions to those fears, and you will have a better chance of getting through to that person.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods". Stan's managing fear book has become very popular with over 300 positive book reviews and counting. Please read the many book reviews of Stan's popular book by going to Stan's website www.managingfear.com/





Addiction Therapeutic Services

Addiction Therapeutic Services

Receiving addiction treatment at Addiction Therapeutic Services will provide you with the foundation and tools to recover. ATS offers drug and alcohol addiction services, and Behavior Health treatment programs in the Coachella Valley in Rancho Mirage, CA for adults and adolescent. Each client receives an individualized treatment plan based on their initial assessments and on-going progress reviews. The ATS Treatment Team employs highly experienced addiction doctors, clinicians, and support staff. The addiction treatment programs are comprehensive offering individual therapy, group therapy, medication management, support services, and case management for your unique needs. Additionally, we offer PHP, IOP, OP, individual therapy, and case management services.



Program Core

- Individual Therapy
- Spirituality Groups
- Health and Physical Wellness
- Family Program
- Educational Lectures
- Nutrition and Mindful Eating
- Living In Balance Curriculum
- Process Groups

A Space for Healing...And Merging Back Into Your Life.

ATS offers flexible scheduling including day and evening treatment programming. We help coordinate detoxification and can assist with setting up residential accommodations or sober living.

Call The ATS Admissions Team Today at 760-322-1777

We Accept Most Insurance Plans In-Network Provider with



Visit our website www.ats-iop.com

Addiction Therapeutic Services

One Mirage Place, 69730 Highway 111, Suite 109
Rancho Mirage, CA 92270
info@ats-iop.com

THERAPIST



MARY COOK

ADDICTION SPECIALIST COUNSELOR

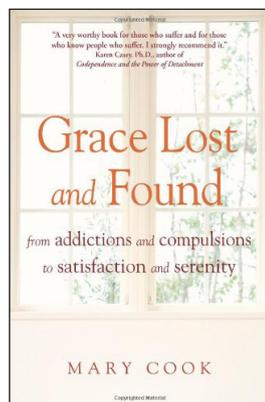
M.A. Psychology, R.A.S.
43 Years of Experience

310-517-0825

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

AUTHOR OF:

Grace Lost & Found
Available on Amazon.com



WWW.MARYCOOKMA.COM



Psychotherapist & Hypnotherapist

Dr. Nita Vallens, Lic# MFC25909

Free yourself from the past and create a passionate and fulfilling life!

818.783.6258

www.DrNitaVallens.com



Ross Phillips Therapy
Specializing in Chemical Dependency
and the Addicted Family System

Burbank & Eagle Rock, California

RossPhillipsTherapy.com

805-455-1614

Ross Phillips M.A., LMFT
MFC 100034



THERAPIST Your Box Ad HERE for **\$100 per Month**, or a Double Box ad for **\$150 per month**. Because when your budget is limited...your exposure **SHOULDN'T BE!**



by: Dr. Clinton Weyand

MOVING BEYOND STIGMA

Many people with trauma and addiction are subject to negative perceptions by others, directly or indirectly.

Negative comments such as "my crazy sister", "the junkie", the "hostile veteran" or "the black sheep of the family", are all too prevalent in our society.

Even if there is no specific name for it, your intuition tells you that you are being seen as tainted, bad, weak, or dangerous.

In nourishing and supportive environments, others hold, hopefully, a positive image of who we are. That person is an "old soul" or "the brains of the organization. You are automatically seen as a valued member of the group.

We can certainly debate if we are becoming a more loving, or a more hateful or apathetic society.

Trauma and addiction are two of the most stigmatized emotional problems. We may feel rejected, blamed, and scapegoated even when we are actually dealing with our issues, and making legitimate progress. Those sitting in judgment aren't really seeing us, they are seeing a cartoon character or stereotype of who they think we are.

Negative social perceptions of trauma and addiction can occur in any social environment, work, school, the criminal justice system, the health care system, and within families and communities.

Beyond trauma and addiction, there are automatic negative reactions to; a disability, homelessness, medical illness, mental illness, sexual orientation, race, gender, ethnicity, or your job.

In terms of recovery, it's important that we strengthen ourselves against these negative projections.

Many professionals say there are three types of people who can influence our recovery. Supportive people who truly care, listen without judging, believe you about the trauma, and never offer you substances when you ask them not to. There are neutral people who neither help nor harm your recovery. They are too self-involved to help you and may not know how to be supportive. Destructive people harm your recovery. They undermine you and play the saboteur. They offer you substances and abuse your emotional boundaries. They blame you, judge you, and tell you to just "get over it." They criticize treatment and recovery and tell you the trauma never happened.

We sometimes have to educate significant others regarding what we specifically need for our recovery.

Some persons absorb the negative perceptions so deeply that they live them out. Various names for this are the self-fulfilling prophesy, self-stigma, enacting the projection and the soft bigotry of low expectations.

Here are some strong ways to fight these negative perceptions:

1. Create distance from select people and give yourself the emotional space to figure out who you are, independent of them. Distance buys you time to become your better or more real self.

2. Find new people who can see who you are today, without the weight of the past. New friends can appreciate the future you are building.

3. Look at your personality characteristics from both sides. Sensitivity could be a creative strength, more than a weakness.

4. Gain ground by building on to a new view or dimension of yourself.

5. Join with others to promote social justice and to fight stigma.

Never apologize to others for their misunderstanding of who you are. Don't be ashamed of your story. It will inspire others. We only become what we are by the radical and deep-seated refusal of that which others have made of us.

Dr. Weyand has 30+ years of experience working in recovery and behavioral healthcare. He began his career at Woodview Calabasas Psychiatric Hospital as the Asst. Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years. For an appointment or consultations, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net. Dr. Weyand is now writing a new book, "Existential Recovery". If you have any thoughts or ideas about this book, please send them to deecoop@att.net We welcome your input.



Providing Quality Billing
While Maintaining
High Ethical Standards

Lower Cost than other billing companies because
We bill it **RIGHT** the **FIRST** Time.

FULL SERVICE

- Billing and Collections
- In-House Billing Training
- Benefit Verification Services
- In Network Contracts
- Plan of Care
- Utilization Review and Pre-Certifications
- Appeals for Claim Denials
- Staff Training on Practice Management
- Licensing Help, State, CARF & JCAHO

Lucrative Consulting boasts a talented staff of licensed, degreed, and certified clinicians, that are experienced in the treatment industry, and ALL areas of medical billing.



Contact us today!

(714) 227-5058

www.LucrativeConsultingInc.com

**You are not alone
Radford Hall
Invites You to Join Us**

Thursday - November 28th, 2019

Thanksgiving Dinner Served at Noon

Gratitude Meeting begins at 1:00pm

Radford Hall • 13627-1/2 Victory Blvd., Van Nuys, California

www.TheHangingTowel.us



**The only towel you'll ever need at the gym.
Lightweight 100% Cotton Gym Hanging Towel.**



Amazing workout companion

Never touch another sweaty workout bench again. This towel hangs on to the back of the machine so it will not slide down or fall off.

- Fits most bench / gym equipment
- Keeps equipment clean before & after you use it
- 100% Cotton on the front so it's easy to clean
- Stops the spread of germs
- Made in the USA
- Looks great
- Easy to use
- Available in White, Grey and Pink

After Workout Towel, The only towel you'll ever need after the gym

This is NOT, a seat cover.

It is a towel to protect your car seats, from sweat, dirt and grime, after working out, playing sports or just getting dirty. It will also keep the seat cooler when the car is sitting in the hot sun.

- Helps keep your seat cool in the summer
- 100% Cotton on the front so it's easy to clean
- Fits most car seats
- Looks great
- Holds firm to your car seat
- Available in Black

Workout Towel

PRICES REDUCED

Only \$ 12 ea. +Taxes & Shipping

After Workout Towel for Car Seat

Only \$20 ea. +Taxes & Shipping

Call NOW (818) 447-0613

email us your order - itworksgood316@gmail.com

www.TheHangingTowel.us

Ageless Recovery

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

A LOVE LETTER FOR ANY & EVERY AGE

Last week, when a wonderful colleague of mine called to ask me about treatment placement for a 72-year-old woman with a myriad of issues, he wanted to know if I knew of any centers that cater to older people. His tone implied a specific type of place, one that to me sounded a lot like "nursing home."

The conversation struck a chord, because on October 18th of this year, I turned 73. I am the same age as the woman he was calling to inquire after, but I don't see myself as "nursing home" old. After all, I am a boomer and we think we will live forever.

I bristled for a moment, because dear reader, my plumes were definitely ruffled, and then I asked my colleague a few questions. Was this woman active or sedentary? Did she play sports, work out, have hobbies, or work? How was her physical and mental health? What was her day-to-day life like? How did she like to be challenged and engaged?

Over the course of our conversation, my well-meaning colleague realized that 72 is just a number. Not all people who wear this particular number are "old." It reminded both of us that when thinking about treatment, one has to take into many considerations, not just age.

The conversation got me thinking about how we perceive age. How we tend to box one another, and label each other. Which is why I decided to write a birthday letter (as I said, mine is just around the corner) to myself, and to you – whatever age you are.

Dear Friend,

As you celebrate the turn of another year around the sun, I hope this year is good for you. I am sure you have many stories, dreams, and aspirations. I hope you won't hesitate to share them with me here, or with someone else. I hope you know you matter.

I have a few simple wishes for you I'd like to share:

- May you continue to have good health and emotional joy.
- May you be grateful for every day and everything.
- May you enjoy watching your family grow and thrive.
- May you be present in each moment in both good times and bad.
- May you take critique with an open heart.
- May you be mindful of others.
- May you laugh till tears of joy fill your soul.
- May you listen as you have never listened before.
- May you box, spin, walk, swim or do something active that you love, so your body grins from the endorphins.
- May you continue your craft, and stay ever open to learning.
- May you continue to contribute to the field of work that inspires you.
- May you work to your heart's content, while gently challenging yourself.
- May you be a good friend, a trusted wife or husband or partner, mother or father, daughter or son, grandmother or grandfather.
- May you find joy in the flowers that bloom and stop to smell them.
- May you comfort the downtrodden and help all rise up.
- May you embrace your fine lines as wisdom adorning your face.
- May you let your encounters paint a new portrait of compassionate understanding of others.
- May you be kind to yourself and others.
- May each day be a new beginning, and each deep breath full of gratitude.
- May you trust in your higher power.
- May you soak in the natural wonders of your day with great curiosity.
- May you be of service to others in their time of need, and open to receiving help in yours.

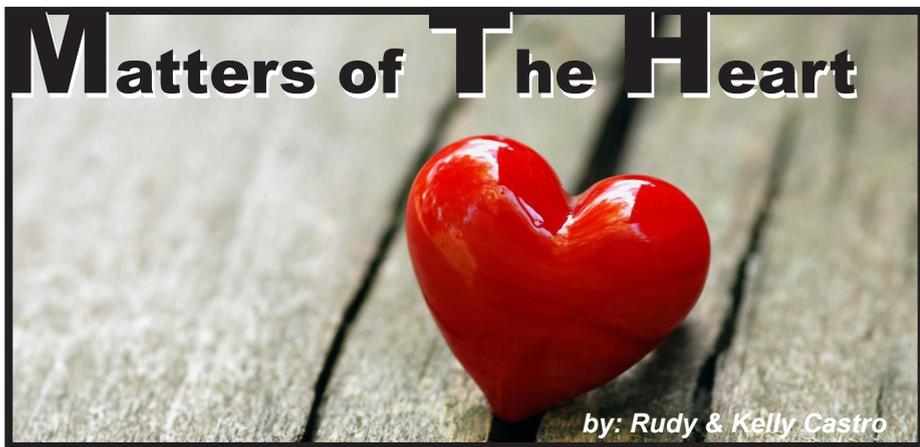
I hope you always remember to take each day as a gift. To celebrate every new wrinkle gained, because another year lived is another badge earned. Be proud of that badge.

And if you (or I) ever do need to go somewhere for treatment in our twinkling golden years, I promise you can start at the Sunset Marquis, where the doormen are your friends, nightingales sing songs of healing, and the noise of the city will challenge your soul.

Happy birthday, dear reader, whatever age you are.

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. She speaks about these topics all around the country, trains staff at many treatment centers, and develops original family programs. Louise has been the recipient of many awards. 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.





THE GREATEST GIFT

Humility is by far the greatest gift that anyone of us may receive. It is also the greatest gift that we may offer ourselves and others. Perhaps humility was not the most desired experience for most of us in recovery, and maybe our first introduction was excruciating. Most of us have been humbled deeply by one disease/addiction or another, whether it be our own or someone else's. We hear things such as "being beaten into a state of submission and then being willing to listen as if our life depends on it," because our life does depend on it and it took what it took for any of us to begin considering humility as a desired asset.

What is humility? The dictionary defines it as "a modest or low view of one's own importance; humbleness." Another quote that I love regarding humility is from Rick Warren. He states "True humility is not thinking less of yourself, it is thinking of yourself less often". There is no need for any of us to put ourselves down, for that is not humility at all. Humility is being right sized and understanding that we are one of many and that we are all important. That we all play a role in the greater play of life and that we all have a place. We are not the only ones in the Universe. For those who focus on others too much, you may need to create more balance in self care and remembering that you and your needs are important as well.

Humility also includes owning our gifts. We have each been given gifts and it is up to each one of us to do our work, discover what they are and develop them. No one can do this spiritual work for us. It is ours to own. It is ours to look at everything that we are carrying that would block or inhibit our capacity for our light to shine. This requires a deep sense of humility - to see one's own self clearly. Gifts and flaws.

On our journey it is beautiful to recognize that others are on their own journey as well. Falling into judgment of ourselves or others, or getting lost in comparison are powerful reminders that we have momentarily lost our connection to humility.

"There is nothing in being superior to your fellow man; true nobility is being superior to your former self." Ernest Hemingway.

We have every opportunity to keep growing in our own way. Humility keeps us in balance and maintains internal peace. It recognizes that everything is in perfect order and trusts that. It does not attach itself to circumstance as a way to measure how to feel about itself. When we keep surrendering to this energy we become attuned with a higher consciousness. It allows us to understand and feel that we are safe, loved and cared for even in the darkest of our human hours.

While connecting us with this higher vision, it also allows us to explore the depths of our human experience and increases our capacity for feeling. Feeling it all. Feeling elated joy. Feeling the deepest grief. Being able to sit with our ourselves regardless of how painful it may be. The more we can master this within ourselves, the more we can offer that to others. Being able to sit with another human being in the midst of their deepest pain without needing to fix it, make it go away, give advice or take it on is something we have only seen few be able to do. It requires so much internal work to be able to hold that level of space as a divine witness. It is one of the most powerful and generous gifts you could give anyone.

This holiday season will bring up many different experiences for many people. While some cultures refer to Thanksgiving as a time for connection and celebration, others feel the deep sadness and loss of what this holiday meant for their lineage. May we all have enough humility to sit with both; the joy and the pain. May we acknowledge the experiences of those who suffered, and offer reverence and compassion to their hearts while allowing for joy and connection to those we will spend our time with.

In true humility we will find love. Real love.

Give thanks, give service and give yourself fully to your spiritual work. It truly is the greatest gift you could ever give to yourself, to the ones you love and to the planet at large. Happy Thanksgiving

Love only, Rudy and Kelly Castro, Conscious Partnership



www.kellyandrudy.com, Rudy is a therapist, and Kelly is a Certified Relationship Coach. They are founders of Conscious Partnership Coaching and provide a healing environment for any kind of partnership. Together they have created a beautiful family and a business designed for service. Whether you are an individual looking to create any powerful partnership in your life whether it is business/family/friend, or a couple looking to develop deeper levels of intimacy, they are here to help guide you.



Vita Behavioral Health Drug & Alcohol Rehab Treatment



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

Welcome to Our Family **Call 888-848-2234**

All PPO Insurance Accepted - Located in Van Nuys California

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

Box Ad HERE for just \$100 per Month -
Because when your budget is limited...
your exposure **SHOULDN'T BE!**

Altadena Recovery Center California Non-Profit

626.765.6905

SERVICES: Outpatient Alcohol & Drug Treatment, Domestic Violence, Parenting, Anger Management, Drug & Alcohol Testing.

We accept PPO & Private Pay

3025 N. Lincoln Ave., Altadena, California

www.AltadenaRecoveryCenter.org



COLOR BLIND

Better Care Within Reach

Affordable Upscale Premier Sober Living
And Addiction Recovery Housing in
Los Angeles & The San Fernando Valley

(818) 903-8440

• Intensive Outpatient Treatment Available
• A Professional Recording Studio On-Site!

ColorBlindRecovery.com

ROMEY'S RECOVERY HOUSES, LLC

**Sober Living Beds
for both Men & Women**

2132 N. Summit Ave.
Altadena, California, 91001

CALL TODAY!

626-534-2449

Jerome A. Mims

CELEBRATING OUR 50TH YEAR

Newly Renov
ATCENTER
Silver Lake Hills

1773 Griffith Park Blvd., L.A. Calif.

Hosting (over 40) 12-step fellowships from A-Z Mon-Sun. 7:30am to 10:pm. Plus Recovery Dharma M-F at noon. We also host special events. Free coffee. Literature for sale upstairs in the AT Cafe. Contact us at:

WWW.ATCENTERLA.ORG

Dee Baldus
818-742-1100



**Animal Transport,
Boarding
& Day Care**

itsddb@gmail.com

www.AnythingsPaws-able.com

 **Hazelden Betty Ford
Foundation**

Jeff Schlund
Outreach Manager

Cell 626-372-4550

Direct 760-423-6728

Toll Free 855-348-7018

JSchlund@hazeldenBettyFord.org

www.HazeldenBettyFord.org



Gratitude Turns What We Have Into Enough



GRATITUDE: *grat-i-tude - noun: the quality of being thankful; readiness to show appreciation for and to return kindness. “she expressed her gratitude to the committee for their support”*

GRATITUDE: *thankfulness, or gratefulness, from the Latin word gratus ‘pleasing, thankful’, is a feeling of appreciation felt by and/or similar positive response shown by the recipient of kindness, gifts, help, favors, or other types of generosity, towards the giver of such gifts.*

GRATITUDE: *is an emotion expressing appreciation for what one has. It is a recognition of value independent of monetary worth. Spontaneously generated from within, it is an affirmation of goodness. Research shows that people differ in the degree to which they are inclined to experience and express gratitude.*

THERE IS
always
SOMETHING TO BE
thankful for

Being thankful is a fundamental part of the holiday season, but it’s also a big part of living a sober life in addiction recovery. Gratitude is not only an essential part of sober living during the holidays, but all year long. In working the 12 steps, people in recovery learn the true meaning of gratitude as they experience a spiritual awakening in recovery, and work to apply it to their everyday lives.

What is Gratitude?

The definition of the word gratitude is “the quality of being thankful; readiness to show appreciation for, and to return kindness”. Being grateful is often a feeling many people in recovery experience as they approach Step 12, and begin carrying the message of recovery to other people who are struggling with addiction.

Practicing gratitude in your everyday life is more than just saying “thank you”, or being internally thankful for a life that is free from addiction. Practicing gratitude is using your behavior to be an example of a person whose actions are guided by the principles of the 12 steps, and then sharing that goodness with other people in your life.

Why is Gratitude Important in Recovery?

Gratitude isn’t just a nice thing to practice — it’s essential for long-term recovery. Being grateful reminds us that even when things go wrong, there are still plenty of things to be thankful for. Having a grateful mindset allows to take on challenges with a positive mindset, and instead of seeing relapse as a failure, we can see it as an opportunity to improve. Practicing gratitude also teaches us how to love and respect ourselves, which enables us to love and respect others as well.

Developing a mindset and behaviors that reflect gratitude is a skill, and it will take time to grow. If you’re new to recovery and you’d like to have more gratitude, here are nine practical ways to practice gratitude in recovery.

HOW TO PRACTICE GRATITUDE IN RECOVERY

1. Focus on what you have, rather than what you don’t have.

Practicing gratitude is all about being grateful and thankful for what you have. When you focus on all the things you don’t have, it creates an attitude of ungratefulness and fosters negative emotions like jealousy and anger. Negativity can be detrimental to your recovery and make a life in sobriety seem dark, empty, and lonely.

2. Ponder a recent life lesson you’ve learned.

Life is full of experiences and challenges, many of which can teach you valuable lessons. If you recently completed drug rehab, you most likely learned a few (if not many) valuable life lessons that changed you for the better. Reflecting on these life lessons and asking yourself what you’ve learned in the last week, month, or year is a great way to practice gratitude, and reflect on your own personal growth in recovery.

3. Make it a goal to give to others daily.

Practicing generosity is a big part of having gratitude. There are plenty of ways to be generous each and every day, but recognizing the opportunities that come your way takes effort and attention. For example, if someone from your AA group needs a place to stay for a week, opening up your home is a great way to be generous. Or if you see someone struggling to carry groceries to their car, the simple act of offering a helping hand can go a long way.

4. Focus on the best in others instead of the worst.

It's easy to become irritable, angry, and impatient when we focus on the worst qualities in others. Instead, focusing on the best qualities can help us maintain a positive attitude, develop patience, and be respectful of others, even when it's not easy.

5. Take an inventory of your life.

Regularly taking inventory of your life (Step 10) is essential to the continuation of personal growth in recovery. It's also a great way to assess whether or not you're lacking gratitude, and in which areas of your life you can improve. Taking an inventory of your life is difficult and requires courage, but it's an important stepping stone in the journey to developing a lifestyle that displays gratitude.

6. Start viewing challenges as opportunities.

Life will never be without challenges, sober or not, but viewing challenges as opportunities can help you establish self-efficacy (another important life skill in recovery) and resilience, while also working to overcome the victim mentality that is so common in addiction. Viewing difficult circumstances in this way will also help you avoid relapse, and deal with short-term lapses in a more positive and effective way.

Gratitude



7. Be kind to others.

Sadly, people in recovery are often notorious for being grumpy, but that stereotype doesn't have to be true for you. Being kind to loved ones, friends, and strangers, regardless of the type of day you're having, is an honorable way to live. It's also a testament to the powerful life transformation you've experienced as a sober individual. A little bit of kindness can make a big difference in someone else's life, and can melt away harbored feelings of anger, guilt, and sadness.

8. Take time to think about the things you're thankful for.

Setting aside just five minutes each day to think about the things you're thankful for, is an excellent way to maintain a positive mindset, combat feelings of depression and anxiety, and have more gratitude in recovery. Even if you're struggling through an exceptionally difficult life circumstance, there is always something to be thankful for. Sometimes all you need is a little reminder.

9. Consider something or someone you have now that you didn't have in your addiction.

Addiction strips away all the good things in life; health, happiness, contentment ... you name it. Taking a moment to think about something good you have now, can serve as a reminder of how far you've come since your addiction. Remembering the way your life was when you were addicted doesn't have to dredge up feelings of regret or sadness. Instead, it can improve your gratitude and remind you that the fight to stay sober is worth the effort.

Instead of focusing on material possessions this holiday season, these nine tips can help you practice gratitude in recovery, and learn how to be thankful and content with what you already have.

If you've recently gotten sober and you're struggling to apply the 12 steps to your daily life, regularly attending AA or NA meetings in your community will help you connect to a recovery community, and keep these principles at the top of your mind.

This article was re-printed from Eudaimonia Recovery Homes website, www.eudaimoniahomes.com. Eudaimonia Recovery Homes supports substance abuse recovery by providing intensive outpatient programs, individualized recovery services, and structured, safe, and clean sober living homes in Austin (TX), Houston (TX) and Colorado Springs (CO). (512) 580-3131.



**“CRI-Help didn't change my life,
CRI-Help gave me a life.” - Mary G.**

We are dedicated to providing affordable, effective treatment of addiction for individuals and their families. We are proud to offer a full continuum of addiction treatment options, including detoxification, residential, day treatment, outpatient and drug-free living homes at our facilities located in North Hollywood and East Los Angeles. Our treatment programs include the following services:

- Gender-specific groups
- Family support & education
- Co-occurring disorders treatment
- Grief counseling
- Individual & couples therapy
- Neurofeedback
- Intro to meditation & yoga
- Offsite 12-Step meetings

800-413-7660 • cri-help.org

CRI-Help is fully licensed and certified by the state of California and is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

**ADDICTS
HELPING
ADDICTS
SINCE 1971**



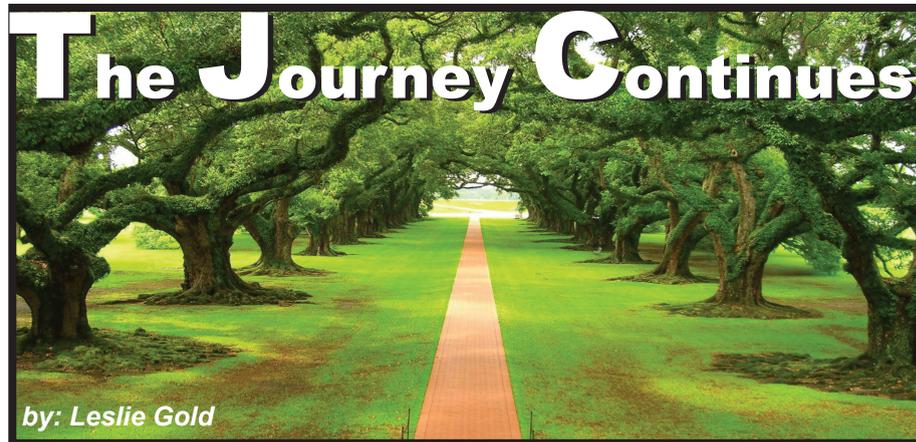
HOUSE OF HOPE

Eighth Annual

Talent SHOW

NOVEMBER 17, 2019
2:00 PM

James R Armstrong Theatre
3330 Civic Center Dr. | Torrance, CA 90503



by: Leslie Gold

OVERCOMING OBSTACLES: LESSONS OF THE LOCKED GATE

I was out on a run with a group of the newly sober, training for the LA Marathon. The unexpected happened. There was an obstacle in our path. I observed three different responses, three successful strategies for moving forward. The three ways people overcame this obstacle struck me as a metaphor for handling obstacles in recovery and in life. Here's what happened.

Members of the team were running, jogging, or walking, everyone going at their own pace. We were on a well-traveled bicycle path between a tall fence and a polluted waterway. The only safe way to go forward was to continue along the path. As the coach, I had started out with the fastest people, then slowed down to join those who were further back. A few miles into our route, we came across our obstacle, a locked gate. It should have been opened at that time of day, but it wasn't. What would the group do?

We stopped at the gate. Since this was an out and back run, and I hadn't seen anyone coming back, it seemed to me that those out in front had climbed over the gate and continued on. They had overcome the obstacle on their own.

As we stood in front of the locked gate and more team members approached, they all looked to me for guidance. It wasn't a particularly high gate, only about 5 feet. It was one that should have been open and which could be easily scaled, so I said "Let's climb over." I went first and encouraged the others to do so. One by one, team members made it over the gate, some quickly, others more slowly and deliberately. We gathered on the other side, waiting for each person to overcome this obstacle. Once everyone was together on the other side, we would continue our journey.

As I watched, I noticed one team member frozen in place. She wasn't getting ready to approach the gate. A look of fear passed across her face as we made eye contact. "I've never climbed a fence," she said, her voice trembling. "I don't know how. I'm scared. I don't think I can do it."

I reflected on what I've told my children many times. "It's okay to be scared. It's not okay to let that stop you from achieving your dream." (This of course assumes that they are pondering an activity that doesn't come with a high risk of serious injury or worse.) I reflected on a quote that sits on my desk, from Will Ferrell. "My fear of failure never approached in magnitude my fear of 'what if'. What if I never tried at all?"

Acknowledging her fear while offering hope and support, I responded. "No problem. We'll help you." I climbed back over the gate as did another team member, while the rest of the team stayed on the other side. As she approached the fence, we stood on either side of her, ready to catch her if she slipped. "Hold on here with your right hand. Put your left foot there. Shift your weight to your left foot and put your right foot here." Her teammates on the other side looked her in the eye and offered words of encouragement. As she crossed over the gate and began to climb down the other side, those teammates gathered protectively around her. The words of support kept coming as we continued to provide step by step instructions.

The look of fear on her face began to melt away. Her voice started to sound more confident. She was moving more quickly. She made it safely to the other side. With support from her team, she overcame her fears and the obstacle that had been in her way. Together, we continued on.

As I reflected on this incident, I saw it as a metaphor for overcoming obstacles. There are numerous strategies, and each person needs to choose what works best for them at the time.

1) If you feel confident that you can overcome the obstacle on your own, go ahead.
2) If you're not sure, look for a role model to guide you. You are not alone. People who have gone before you can teach you how they overcame similar obstacles and continued on their paths to success.

3) If you want to move forward, but you're scared, reach out to your support system. People who care about you will feel good when they have the opportunity to help you succeed. It's a win-win.

Life is full of challenges. Sometimes obstacles get in our way. We can all find ways to overcome them. When obstacles block your journey, what strategy works best for you?

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.



Jasmine Skin Care + Lash Studio

Put Your Best Face Forward



Dedicated to helping you erase the wreckage of your past.



Proud to Announce the NEW SALON LOCATION
5149 Whitsett Ave, Valley Village, California 91607

818.669.0333 • www.JazSkin.com

Email: sayhitojasmine@gmail.com

That Piano Lady Music Studio

- Private Lessons • Salon Performances
- Parties • Corporate Events
- Fund Raisers
- Weddings • Receptions & more...



818.319.2252
www.thatpianolady.com



SAFEGUARD THE FINANCES

When I first entered treatment and began my recovery in November 2002, and yes, again in April of 2006, the first safety measures for my husband to learn besides setting boundaries were to 'Safeguard The Finances.' Of course, I didn't like this very much as I had to turn over all control of money, including paying bills, releasing all things plastic, like credit cards, debit cards and access to the ATM. I also had to sign off the savings and checking accounts.

No, I did not like it one bit. But it is an important part of early recovery from this financially devastating addiction. Spouses, family, and friends many times don't understand they could be enabling the addict while not meaning to. They may not understand how when the gambling addict is lying, stealing, or saying anything just to get money to gamble with, and friends or family acquiesce, they are keeping them active in their addiction.

I visited my Aussie friend and counselor Sam who helps many problem gamblers and their families in Australia. Australia and many other countries also have a severe problem with gambling as the options and venues expand, many people are becoming addicted. They also have a large advocacy presence as it continues to grow just like here in States. Sam did a series and he gave me permission to share advice and tips about what to do when someone is asked by a recovering gambler to help and handle their finances for them.

Many areas and questions need to be discussed before you decide to help with the finances of a recovering gambler. Sam shares with us... **You've been asked to manage someone's money: now what?** If a friend has reached out to ask you to help them manage their money, you may be confused about why and don't quite know what to do. Asking a trusted friend or family member for help to handle money is a common strategy that many people use to stop or reduce their gambling. It is important for you to know that helping someone manage their finances can provide wonderful support and peace of mind for them if they are affected by problem gambling, but it can also add an extra dimension of difficulty to your relationship.

What do you need to consider before saying "yes, I will help you manage your money"? First: If the person has any debts, consider whether a financial counselor needs to be consulted. Next: Discuss how long you each expect you will have to manage the money. How will you both know that you are no longer needed and that your friend or relative is able to manage his or her finances alone? Be as specific as possible about what signs and indicators will make it clear that it is time for them to manage their finances on their own.

Make sure you talk about what their specific goals are in relation to gambling. Are they planning to slow their gambling or stop altogether? Make sure you have a talk about what they hope to achieve. Agree on what will happen if they are not taking the steps you have agreed upon to achieve these goals. Write down any agreements you make so the plan is completely clear to you both. Keep in mind, when you're helping out a partner, friend or relative, controlling access to their money might be stressful for you and cause strain in your relationship - especially if they continue to gamble or repeatedly break the agreement you have with them.

The next and last tip is very important: Have times scheduled for regular reviews of the plan so that you can discuss how it is working for both you and the recovering person. Helping someone manage their money can contribute greatly to breaking the cycle of gambling. Many people find it useful to have someone temporarily manage their money while they are trying to change their gambling habits. When it works, this is a fantastic strategy in early recovery and can help them "Quit To Win" and gain their lives, family, and trust back again.

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.

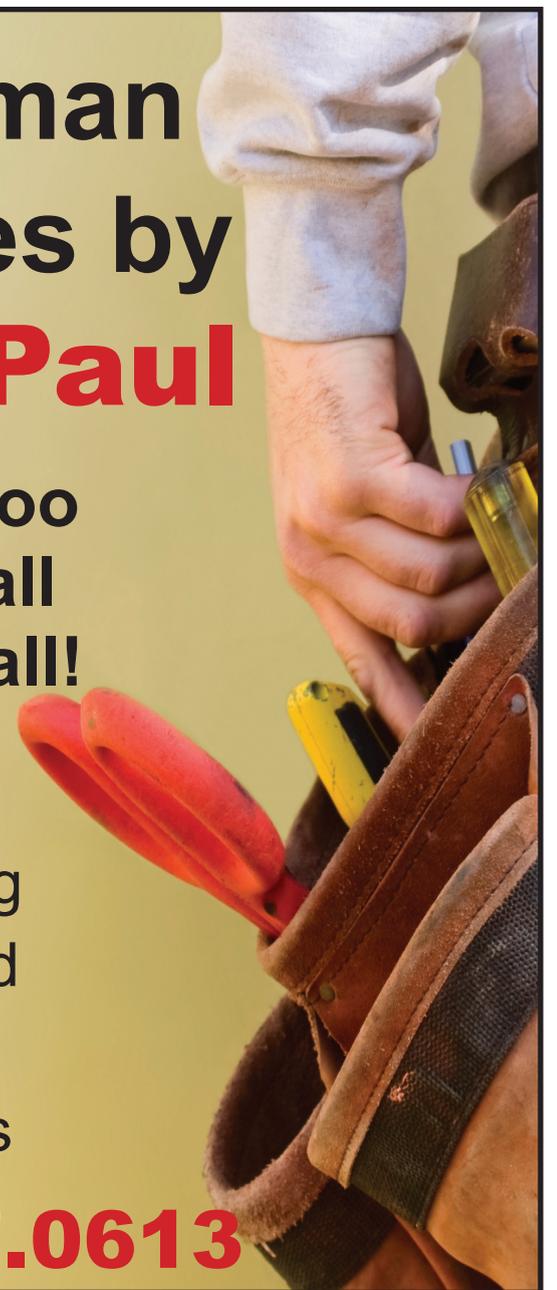


Handyman Services by John Paul

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

- Honest
- Hardworking
- Experienced
- Reliable
- Great prices

818.447.0613



www.SUNSHINESOBERLIVING.COM

Sunshine  step out of the darkness.

call 866.216.9789

An Atmosphere of Recovery to Launch a New Life.



Sunshine Sober Living, family owned & operated, long term structured sober living home located in Woodland Hills, California. We have dedicated our lives to fulfilling our sons dream of helping adults find freedom from addiction. We offer: 12-Step & House Meetings • Accountability Groups • Big Book Studies • Job Search & Career Direction Support Sessions & More!

In Memory of Robert Scott Goldberg his vision will light your way

CATALYST COMMUNITY SERVICES & SUPPORTIVE HOUSING




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 •

EMAIL: sergio@ccs.org

November Events

HAPPY CAMPERS THE 3RD STAUARDAY 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. ltrevor26@gmail.com

AT CENTER THANKSGIVING AND MORE: All are welcomed to join us for our free AT Center Thanksgiving Day Potluck. Nov. 28th 12p-3p. Please bring your favorite dish. To avoid lots of duplicate dishes or to lend a hand, please visit us at; www.atcenterla.org/happenings/11-28-thanksgiving-day-potluck/. In addition to your 40 plus 12-step meetings help support some of our newer offerings. Some held nowhere else in the nation except at the ATC. TRANS AA LA "What's the T?"-Fridays at 8:15pm. AA-Unidos en Sobriedad (LGBT)-Mondays at 8pm AA-Never Had A Legal Drink-Tuesdays at 8:15pm RD-Recovery Dharma (M-F) Noon 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 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.

THURSDAY NOVEMBER 28TH 2019: Radford Hall FREE Thanksgiving Dinner and Gratitude meeting. Dinner served at Radford Hall at noon and the meeting begins at 1pm. If you want to be of service there is a sign up sheet at the coffee bar at Radford Hall located at 13627 1/2 Victory Blvd., Van Nuys, CA. You are not alone!

THURSDAY NOVEMBER 28TH 2019: 26th and Broadway, Santa Monica, 10:30 am - 3:30 pm- Free Thanksgiving Dinner 2019 and a Meeting. 1458 26th Street, Santa Monica, California, 90404

SATURDAY DECEMBER 28TH 2019: 80 Years Later-Celebrating the First AA Meeting in Los Angeles, 6:00pm-9:00pm. Pacific Palisades Woman's Club, 905 Haverford Ave, Pacific Palisades, California 90272.

FRIDAY, JANUARY 31, 2020 TO SUNDAY, FEBRUARY 2, 2020: 45th Annual San FernandoValley A.A. Convention with Al-Anon & Alateen participation. Warner Center Marriott in Woodland Hills, California. www.sfvaaconvention.org

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

San Fernando Valley Central Office

16132 Sherman Way,
Van Nuys, California 91406

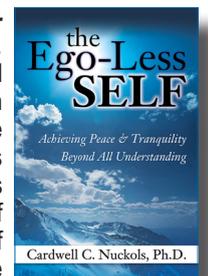
Telephone: 818-988-3001

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

VOLUNTEERS ARE ALWAYS NEEDED

Book, CD & Video Reviews

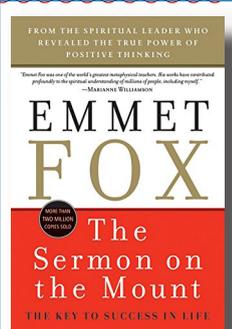
THE EGO-LESS SELF, Achieving Peace & Tranquility Beyond All Understanding. Author Cardwell C. Nuckols, published by Health Communications, Inc. This is a good book to help people see themselves as they really are. I feel that Mr. Nuckols is trying to help us see what is important in life, so that we can live a life where we not only love ourselves, but so much more important. we will like ourselves. As a society, we have become so use to ego-based emotions like misery, worry, fear and conflict that we believe these are the norm. This is not true. We were born to be happy and to love unconditionally, that is the gift of self. Cardwell helps us understand how we can return to a non-linear state of happiness and peace even when everything around us says that nothing is more important than ME.



This book is a journey of discovery and a return to the self. Cardwell gives us a close look at the notion of "spiritual transformation" by first showing the readers how the ego develops over time to cause suffering in our lives. Once the ego is stripped away, then the historical pathways to the self - heart, mind and action - can begin to work.

Cardwell has delved deeply into the study of many different religions and spiritual traditions and he has taken various paths within these religions and traditions. He came to realize that it is best to find a spiritual practice that you feel in sync with and immerse yourself deeply into it. Although he is a Christian and follows the lessons of the best teacher "Jesus", he wants us to know we do not need to be a Christian to learn valuable lessons from Jesus' teachings. This book can help you understand yourself, and perhaps give you a deeper understanding of yourself. I would recommend this book to all. Available at Amazon.com.

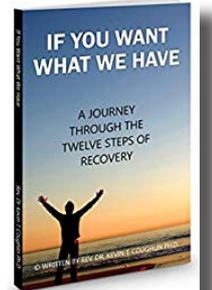
SERMON ON THE MOUNT The Key to Success in Life. Written by Emmett Fox. Published by HarperSanFrancisco.



The Sermon on the Mount is one of the most influential texts for AA literature. It is simple and appealing to those struggling for answers outside of traditional religion. The first AA's were also known to have gone to hear Fox's sermons after their meetings. The object of this book is to present the reader with a practical manual of spiritual development. The Sermon on the Mount is a collection of sayings and teachings of Jesus Christ, which emphasizes His moral teaching found in the Gospel of Matthew. It is the sermon that Jesus gave in Matthew 5-7. It is the most famous sermon He gave and probably the best known teachings of Jesus. Probably best know for "The Beatitudes". Simply beautiful teachings. This is one of my favorite books to re-read.

I read that "Jesus's sermon is meant to be memorized and to serve as a source for constant meditation". This book teaches us how to live a life that is dedicated to pleasing God. Free from hypocrisy and full of love and grace. It offers practical guidelines to people of all faiths who seek to bring health, happiness, and true prosperity into their lives, and the lives of others. A must read for anyone continuing to seek and grow in their relationship with their higher power. Available at Amazon.com. We reviewed this book in June of 2017.

IF YOU WANT WHAT I HAVE: A Journey Through the Twelve Steps of Recovery. Written by Reverend Dr. Kevin T. Coughlin PH.D. Published by KTC Publishing Phase IIC Coaching, LLC.



This is one of those work- books that helps readers to feel connected with the author, through his step by step openness of how to apply the 12 Steps and its principals spiritually to your daily life. Reverend Coughlin specializes in over a dozen different vocations, and he is well respected within the Christian and recovery community alike.

Reverend Coughlin helps guide us through possible obstacles that we may encounter, throughout our daily walk on the road of happy destiny. The correlation between the Bible and the 12 Steps is masterfully woven. Reverend Coughlin draws a faint line between the two, which compliments the closeness they share. The layout of this remarkable workbook is concise and enlightening with easy to understand diagrams, structured to bring to light what we as friends of Bill need and want.

This workbook is a must buy for those seeking spiritual instruction with easy applications that will help ensure one's knowledge of the 12 Step format. We need more illustrational books that are structured to help us walk the path of sobriety, with confidence, understanding and hope. We are blessed to have this workbook available. It is vastly needed in this time and age. Thank you Reverend Coughlin for hitting this one out of park!! 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.

Innovations in Recovery

20
SAN DIEGO

Hosted by Foundations Recovery Network

April, 6-9 | San Diego, CA

Join us at the Hotel del Coronado for four days of expert speakers and innovative, industry-leading presentations on the continuum of care in the behavioral healthcare and addiction treatment field.

Over 20 CE credits
will be available.

FRNEvents.com/IIR

Classified Ads

Classified Ads

HELP WANTED
RIDGEVIEW RANCH TREATMENT CENTER IS ACTIVELY HIRING FOR THE FOLLOWING POSITION: Certified Substance Abuse Counselors to provide individual and group therapy services to our clients. Minimum two years work experience in substance abuse field preferred. Please send resumes and cover letters to jobs@ridgeviewranchca.org

WANT A JOB IN RECOVERY? SHARE! IS HIRING. To apply, please send your resume and a cover letter detailing your passion for self-help support groups, your personal experience attending self-help support groups and why you want to work at SHARE! to: jobs@shareselfhelp.org. See more info at www.shareselfhelp.org. Under Programs/Jobs.

SOBER LIVINGS
12STEP SOBER LIVING.ORG: Sunland Area, men's, shared rooms, \$150 week / \$20 day. Phone, Cable, Internet, TV in every room and all the coffee you can drink! www.12StepSoberLiving.org. Joel & Lisa Moss (818) 293-2222.

ALCHEMY HOUSE SOBER LIVING is a structured and supportive heavy 12- step sober living home. Set up for adult and young adult men that have not been able to get sober in treatment or other environments and are willing to work all 12 steps in house! West Hollywood, California. Call (310) 562-2534.

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

COLOR BLIND: Better care within reach. Affordable, upscale, premier Sober Living in Los Angeles & the San Fernando Valley. Intensive outpatient treatment available, professional recording studio on-site! ColorBlindRecovery.com. (818) 903-8440.

SOBER LIVINGS
CHANDLER LODGE SOBER LIVING FOR MEN: non-profit, since 1960. We are not a lock down facility; we function as a recovery program of attraction. WITH: 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.ChandlerLodge.org.

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.

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.

ROMEY'S RECOVERY HOUSES, LLC: Sober Living Beds for both Men & Women. Altadena, California. (626) 534-2449.

MIRACLES IN ACTION SOBER LIVING: Sober Living at it's finest. We provide food and transportation to 12-step meetings. In Glendale, California. (818) 429-9103, www.MiraclesinAction.com

SOBER LIVINGS
SUNSHINE SOBER LIVING: family owned & operated, long term structured sober living home located in Woodland Hills, Calif.. We have dedicated our lives to fulfilling our sons dream of helping adults find freedom from addiction. We offer: 12-Step & House Meetings, Accountability Groups, Big Book Studies, Job Search & Career Direction Support Sessions & More! www.SunshineSoberLiving.com. (866) 216-9789.

SOBER LIVINGS
THE VESPER HOUSE! UNDER NEW MANAGEMENT: Are you ready to begin your NEW SOBER future TODAY? We are Southern California's Oldest Women's Sober living Home! Vesper House has been helping women who are in recovery for more than 65 years and is located in the San Fernando Valley. We offer semi-private rooms, parking, bus line access, Living room with cable TV, kitchen access/usage, on-site laundry, computers with high-speed Internet access, on site AA meeting for Clients, and much MUCH more! Located at 6301 Cahuenga Blvd., North Hollywood, CA. Vesper House is a Zero Tolerance Alcohol and Drug Sober Living Home! The weekly rent is \$130. Call for an us TODAY for further information and to set up an interview! (818) 769-3057.



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.

Email your classified ad to us at
info@keystorecoverynewspaper.com
\$40 for 25 words or less.



SOBER LIVING HOME FOR MEN
 Founded in 1949, Valley Lodge has provided a sober living environment for recovering alcoholics. Weekly rate, \$135, includes meals!
 Southern California's oldest Men's Sober living home!
 Welcome to the
VALLEY LODGE
CALL: 818.843.9270
 446 NORTH VARNEY ST. BURBANK, CA. 91502

The Cost for classified ads is \$40 for 25 words or less.
 .50 for each additional word. You can email, regular mail or call your ad into us.

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

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

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



Advertising Rates

Ad Sizes

	1x	3x	6x	12x
		ea.	ea.	ea.
Full Page	1,700	1,600	1,500	1,400
3/4 Page	1,400	1,350	1,300	1,275
1/2 Page	1,200	1,175	1,150	1,100
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
Banner	Each advertiser can only run once a year			
Business Box	\$100 flat rate			
Classified Ads	\$40 for 25 words or less Each additional word \$0.50			
<u>Additional Charges for</u>				
Full or spot Color				
Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)				

Full Page	10" width x 12" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
1/3 Page - Vertical	4.85" width x 9" height
1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
Front Cover Banner	10" width x 1.5 height

Materials & Deadlines

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: _____

Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400
Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406

THE PROGRAM OF INSPIRATION

THE NEED FOR STUDENTS TO HAVE
SUPPORT ON CAMPUS SEEMS TOO DAUNTING
FOR A NATIONWIDE SOLUTION.

IT IS NOT.
WE HAVE ONE.

ONE-ON-CAMPUS

GET ONE ON YOURS TODAY

ONE ON CAMPUS

EARLY INTERVENTION THROUGH
HUMAN CONNECTION™



INSPIRE@ONEONCAMPUS.COM
Social Media @oneoncampus



www.oneoncampus.com

A PROGRAM OF ONE RECOVERY a 501c3 nonprofit
888.852.2201



FREE Online
High School Equivalency Program

Enroll Now:
1-800-551-1300 x 3

- Free Online Assessments
- Free Online Tutoring for the GED, HiSET & TASC
- Funding for Test Fees
- Registration & All Required Documents
- Transportation to Test Centers Nationwide
- Résumé Preparation
- College Enrollment

www.childrenofthenight.org/wow

Creative Change Conferences

Recovering our Power

A conference for women

Inspired by: Ruth Bader Ginsburg.

Saturday, February 29, 2020

8:30 a.m. to 5:30 p.m. Annenberg Health Sciences
Building at Eisenhower

39000 Bob Hope Drive, Rancho Mirage

General admission: \$100 (includes lunch)

Student Rate \$50.00 Seven CE's, raffles, networking

Sign up on our website:

www.creativechangeconferences.com

A day for women to support and celebrate each other. The Beautiful Face of Recovery is a unique conference offering both speakers and experiential workshops that promote both professional and personal growth.

Speakers:



Mary Richardson



Louise Stanger



John Lee



Sparrow Goudey



Chandra Prehara



Mary Gordon



Kristina Padilla



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



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

Call Now
818.264.8545



www.HouseintheHills.org CCAPP

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



BEYOND EXCEPTIONAL treatment

This is our promise to you.

Start your healing journey in a
**private residential setting Located in
Walnut Acres area of Woodland Hills, California.**

A relaxing atmosphere, close to nature,
to reset your mind and body

THERE IS HOPE. CALL NOW

855-995-0808

End Your Addiction Today

We accept most insurance
www.harmonyplace.com

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

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



NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS

Voice. Vision. Leadership.



R BLVD



www.RichBlvd.com