

FREE



All 4 Ur ADDICTION RECOVERY

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Winter, 2015

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**Referral
Resource Guide**



LETTER FROM THE PUBLISHER

All 4 Ur Addiction Referral Recovery Guide was established in Stuart, Florida, by Jenny C. in 2013. The All 4 Ur Addiction Referral Recovery Guide is a resource magazine for those suffering from the cunning, baffling and powerful disease of addiction. Our publication provides not only information about the disease, but help in locating detox facilities, in and out patient treatment facilities, counseling services, life coaching and more. This directory includes available legal help, sober living facilities, and community services. We supply a list of resources to include free community services, transportation, sober events and activities and more. We offer assistance to family and friends affected by the disease as well.

Our founder and owner Jenny C. has worked in the health care industry for over 9 years, specifically Chemical Dependency for over 4 years. Her experience includes Peer counselor, Intake Coordinator, Admissions and Marketing at several different health departments and treatment centers over the last 9 years. She assisted in the development of a new treatment center on the Treasure Coast establishing the protocol for their Admissions and Business Development Departments. Her love for people and serving those in need has resulted in the development of All 4 Ur Addiction Referral Recovery Guide.

Jenny has experienced the pain of addiction in her own life and witnessed the devastation in her immediate family. She is dedicated to her own personal recovery and providing public services to those in need.

All 4 Ur Addiction Referral Recovery Guide takes great pride in our relationships. Every addict deals with specific issues, and every addict should be treated with compassion and care. Entering recovery is very taxing on the mind and body, but that should not be a deterrent. It is important that the right decision be made for the sake and well-being of the affected suffering addict.

To find quality addiction help in Florida, make sure you call professionals. All 4 Ur has great resources at hand to aid you in making a new beginning. We are a means to help you or a loved one find sobriety, and most importantly, happiness. Our mission for this monthly resource guide is to bring awareness and resources available to those suffering from addictions and their families who are affected by this disease.

If you have found this resource guide to be helpful, you may visit us online at www.All4UrAddiction.com

Sincerely,
Jenny
Publisher

info@All4UrAddiction.com



Jenny Clark
Publisher

Important Helplines

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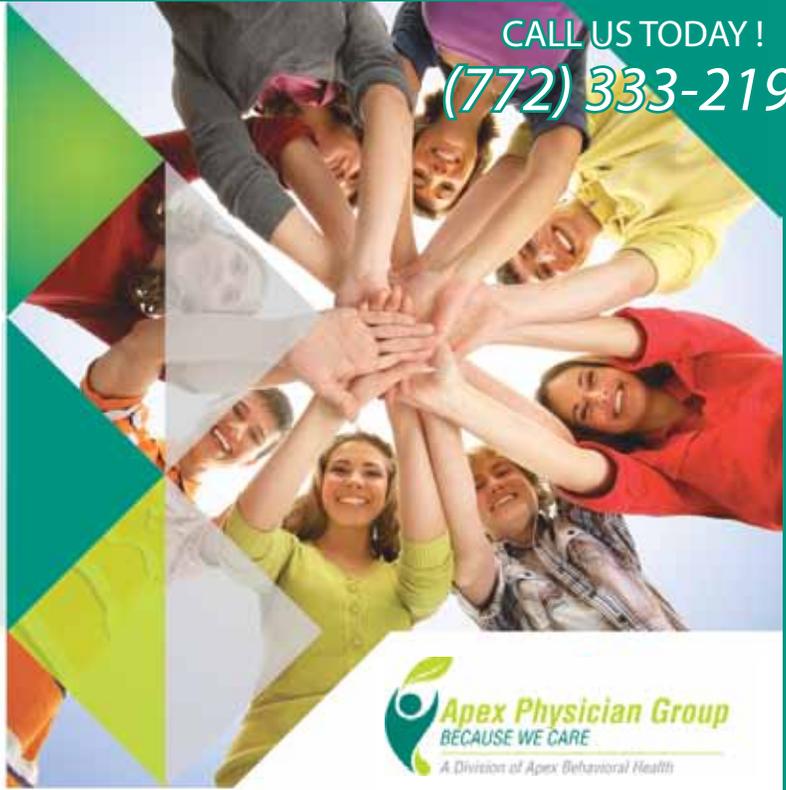
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Sex and Love Addicts Anonymous	210-828-7900	www.slaafws.org
211 Treasure Coast-211	211	www.treasurecoast.org
211 For Teenagers	211	www.teen211pbtc.org
Florida Abuse Hotline	800-962-2873	www.dcf.state.fl.us/programs/abuse/
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Community Coach in Martin County	772-283-1814	www.martinmpo.com
Strengthening Families	772-672-8640	www.castletc.org/castle-programs/strengthening-families
Student Assistance Program	772-467-3010	http://www.nhtcinc.org/children.html
Volunteers In Medicine	772-463-4128	www.volunteersinmedicine.org
House Of Hope Jensen Beach	772-225-1060	www.hohmartin.org
House Of Hope Stuart	772-286-4673	www.hohmartin.org
The Salvation Army Stuart	772-288-1471	www.salvationarmyusa.org
The Salvation Army ST. Lucie	772-464-4846	www.salvationarmyusa.org
Mustard Seed Ministries Fort Pierce	772-465-6021	www.mustardseeds.org
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LIFE ON LIFE'S TERMS

BY PAM HERMAN

When I got sober at age thirty-five, I truly had no idea that life had “terms”. I grew up in the 60’s, and what I took from that era was a belief system that sounded like “If it feels good do it.” So I spent many years of my life doing pretty much whatever I felt like doing, with whoever I felt like doing it with, as long as I felt like doing it, and when I did not feel like doing it any more I quit doing it. While I called myself a free spirit, I ended up in bondage. I had nothing to show for my life, and felt like committing suicide.

When I came to a 12 Step program, I started hearing people say things like “feelings aren’t facts” and “life on life’s terms.” As I sought answers to my problems I explored many spiritual and therapeutic paths. This exploration has taught me that this is a three-part world and we are three-part beings. We have a physical life, a soul life and a spirit life. Each one of these parts, these arenas of life is governed by “terms” that are spiritual principles. They are spiritual in the sense that they are not negotiable, it does not matter who we are, where we are or what we believe, the principles do not change. Failure to align our life with these principles will eventually result in sickness, injury and/or premature death. The physical arena is the outer life including our body. An example of a life governing spiritual principle for this arena is nutrition. We know a healthy body cannot be built on a foundation of chocolate, soda and French fries. If we try to and become sick we know it is not because of what other people are doing, or that we are being treated unfairly or because God is mad at us. To become healthy the only option is to improve my alignment with the principles.

The soul arena is the inner life. The soul includes our mind (thoughts), our emotions (feelings) and our will (choices). The spiritual principles behind the steps, Honesty, Hope, Faith, Courage, etc. are the principles that govern the health of our thoughts, feelings and choices. In the past I nourished my inner life primarily with fear, guilt and pride I became sick in my soul. I blamed others, believed life was unfair and if there was a God, He was mad at me. The 12 Step program taught me that to become healthy the only option was to improve my alignment with the principles.

The spiritual arena is the afterlife; the realm of God and what happens to us after we die. Unlike the other arenas the spiritual principles governing this arena are a matter of faith and people believe different things. This arena,

while critically important is beyond the scope of this discussion. Fortunately, the recognition of “a power greater than ourselves” and a willingness to begin to align my life with the spiritual principles in the other arenas, will result in dramatic improvements in my life.

The Twelve Steps have taught me tools to use to improve my alignment with all of the principles. Oh yes, it is definitely “progress not perfection”. Temptations are ever present but the use of a sponsor and supportive friends serve as guard rails to help hold me in alignment. When I do revert to old ways I am able to see my part, I am less likely to blame others and I know God is not mad at me.

Today I recognize that I brought most of my problems and pain on myself by my ignorance of the life governing spiritual principles that are the terms of life. Good companionship and a personal “higher power” have made this journey the most fulfilling, and sometimes even the most fun thing I have ever felt like doing, it’s called “Recovery.”

Pam Herman LCSW, CAP

WITS' END RESOURCES
When something's gotta change!

772-530-6146 / phjherman@gmail.com

Mental Health/ Addictions/ Co-occurring Disorders

Services Available

- Teaching Sessions
- Individual Process Sessions
- Therapeutic Process Groups
- Contract Services for Treatment Centers
- Continuing Education Units
- Speaking Engagements

GOAL SETTING FOR THE NEW YEAR

BY KARINA PRIEST, LMHC

What a great time to set goals for the new year!!! It is that time again to reassess our lives and set some new goals. The key with goal setting is that the goals need to be realistic. We often set ourselves up by setting goals we cannot accomplish. That's a for sure way to get frustrated and down. As the end of the year approaches, we can look at the goals we had for this year, and what we were able to accomplish so far. Some of the goals from last year may be the same for the new year. It's good to look at all different aspects of our lives when choosing our intentions for the new year. Here are some ideas for areas to look at: relationships, education, work, finances, health, spirituality, and fun. In the relationships area we can set goals in reference to friendships, as well as personal relationships, such as nurturing certain friendships while choosing to let go of others. We may want to meet a special someone, and that's realistic, while meeting a person, getting engaged, married and expecting a baby may be too much to ask for all in the new year. Examples of goals for education may be to start college or technical school, to go to school FT versus PT, to graduate if we are in the last year of school. Again, setting a goal to get a masters degree by the end of the year, when we never attended college is obviously not realistic. When we set goals that are unrealistic, we set ourselves up to fail. In terms of work, we may want to get a promotion, get a raise, or switch to a job we may like better. When it comes to finances, the goal may be to save an amount of money, to pay off debt, to become financially independent. In the area of health, we may set a goal about having a check up, going to the dentist, etc., or weight loss or gain, as needed. Praying daily may be the goal for spirituality, as well as attending church, or writing a daily gratitude list. Last but not least, how about a goal for the fun part of our life? That one may be about seeing our friends more often, playing a sport we like, going to the beach. The bottom line is that setting goals gives you something to look forward to and excited about, as long as your goals are realistic. Another part of the process is to check our goal list every month and see how we are doing in moving towards our goals. You may be surprised to find that some goals may be met sooner than expected, giving you the chance to concentrate in other areas. However you decide to go about it, you can make it fun and exciting by adding a collage of what the goals accomplished may look like, we call that a vision board.

I will be holding an end of year workshop to set goals/intentions for the new year, say goodbye to old goals, and create a vision board. If you are interested in attending, let me know. You may email me at karinapriest@gmail.com or text 561-329-4515.

Karina Priest, LMHC

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NEXT TIME BY MIKE K.

As I pull into the run down apt. complex I feel sick. My emotions are mixed: anger, apprehension and mostly, sadness. I am here to pick up by brother's belongings. He has, once again, become lost.

I meet with the owner of the halfway house who, of course, cannot refund the second week's rent money. The belongings sat there so of course, rent must be paid. The deposit is forfeited also but I had low expectations of retrieving that to begin with.

The young kid who was my brother's brief roommate comes down the stairs with a large black garbage bag and a colorful beach chair. My brother loves the sun and the beach. Kind of ironic that he so loves brightness and warmth but lives in a cold, dark life. I thank them both, load my brother's worldly possessions in the car and drive off. I am sad beyond belief. Just a week ago I was laughing with my brother and texting I love you's back and forth. Now I call his cell phone and an unknown male answers and claims to have no idea who Mike is, yet he now has possession of his phone, and the remaining minutes my mother lovingly paid for. Mike is back on the streets where he has lived the majority of his adult life.

I am overcome with guilt- what if, should I have, could I have, done more, less, something, anything???

My sister and I live such different lives. Nice houses, cars, good paying jobs. Why can't we save Mike?

I make the hour drive home, crying most of the way, unload Mike's possessions into the garage and go inside. I don't have the heart to go through the garbage bag that contains everything my 40 year old brother has in this world. Most of it was just purchased a month ago by my Mom and I when Mike was released from prison. A new start, he and we thought. One bus ride later, he is gone.

Later in the day, I open the bag. All the clothes were freshly washed and folded. His carton of cigarettes in there, only a couple of packs gone. He most certainly thought he'd be back. His two blue folders, which was all he had with him when we met his bus from prison, are in there. I open the first one and burst into tears again. There he has stashed three photos of my mom, sister and I. Behind them are letters from inmates that he wrote

to because he knew they had no one and wanted to make sure they got mail. Such a dichotomy. Mike, the crack addict/dealer and Mike the sort hearted, animal loving brother. Also in the folder are his poems. To read them is to understand the pull the drug has on him and the degradation he feels each time it wins. His novel he is writing is in there. The story of I Mike, his street name, who plans for one last hustle hustle and ends up living a clean, sober life. I believe that is Mike's biggest hope, but I don't know how he can do it. I wish I did. I would give anything, money, time, love, to save him but I know I can't do it. Each time he disappears we wonder will we see him alive again? If he dies, will anyone know to find us? How awful for him and us. All I do is cry and pray, maybe next time.



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Email us with any thoughts you may have
for improving our publication. We would love
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To get your event listed email us at info@all4uraddiction.com

All 4 Ur Addiction Recovery Guide, is not in any way associated with or endorses any events in any way. And as such, they do not accept responsibility or liability for any events.

Narcotics Anonymous Sunday Brunch
Sunday 12/21/2014 9:00 AM – 12:00 Noon
 At Jensen Beach Pavilion.
 Come and join for food, fun and fellowship

Alternatives Clubhouse Marathon Meetings
Wednesday 12/24/2014 10:00 PM –
Thursday 12/25/2014 12:00 Noon
 6964 Heritage Drive, Port St. Lucie
 Meetings every hour on the hour

Fellowship Hall Christmas Day Lunch
Thursday 12/25/2014 12:00 PM - 3:00 PM
 At Fellowship Hall Downtown Stuart.
 Come and join for food, fun and fellowship

Christmas AlcaThon
Wednesday 12/24/2014 - Thursday 12/25/2014
12:00 Noon - 12:00 Noon
 Triangle Club
 1369 Okeechobee Blvd., West Palm Beach

Fellowship Hall Marathon Meeting
Wednesday 12/31/2014 - 01/01/2015
 At Fellowship Hall, meetings every hour on the hour

Narcotics Anonymous Marathon Meeting
Wednesday 12/31/2014 - Thursday 01/01/2015
 More to be Revealed Group
 2199 SW Savona Avenue, Port St. Lucie

Narcotics Anonymous Annual Pancake Breakfast
Thursday 01/01/2015 9:00 AM - 12:00 Noon
 St. Mary's Episcopal Church, Stuart
 Sponsored by Clean & Crazy Group
 Speaker and Food

New Year's AlcaThon
Wednesday 12/31/2014 1:00 PM -
Thursday 01/01/2015 12:00 Noon
 Triangle Club

1369 Okeechobee Blvd., West Palm Beach

24th Annual Robert Martin's New Year's Spaghetti Dinner

Wednesday 12/31/2014 6:00 PM – 11:00 PM
 At Woman's Club of Stuart, 729 SE Ocean Blvd, Stuart
 Bring a dish and/or Donation. For more information
 call or text 772-634-7443

Serenity Weekend - Serenity on the Serengeti
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 For more information email:
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Rockers in Recovery Music Festival
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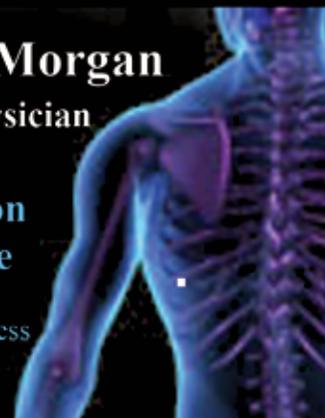
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David@watersedgerecovery.com

CHANGE HAPPENS

BY DEBRA A.

"Every new day is a chance to change your life" - Unknown

Most of us are impelled to better ourselves; to become what God would have us be. As we look back over our lives, we learn to trust the process of change that shapes our lives. We make peace with the fact that life is ever changing and despite outward appearances, always improving.

Over the years, I have noticed this progression in myself and I have seen it in others. First, our behavior, our circumstance, our situation calls for some adjustment and attention. The stages between that realization and the time we take action to change can take hours, days, weeks, or even years to transpire. Some of us proceed willing and others resist every step of the way.

Change often begins as a passing thought that lingers a little longer than the rest. A whisper of possibility calls from necessity, yet it at times it enters disguised as a choice. "Maybe I'll" surfaces fleetingly at first. A voice so soft we consider dismissing it.

Over time the frequency of thoughts and desires for change increase. The voice becomes louder and stronger. "Maybe I'll . . ." turns into "I guess I'd better .

We may not have the initiative to make changes when we first feel the stirrings within us.

We may try to convince ourselves we can endure a little longer, settle a little more, train ourselves to accept the unacceptable.

If we fail to take action, the pressure mounts. That inner voice calls with more force. A level of discomfort and even pain persists. Our response may sound more like, "I don't really know what to do, but surely I must do something."

Finally we acknowledge the urgency of the issue we are facing and the real necessity to change in order to get relief. Yes, we admit we have a problem and become open to what may take work better. Surrender opens large doors.

In terms of addiction the actions we take are critical. To replace our addictive behaviors with sobriety takes consistent effort and much support. It takes willingness to adjust to some measure of discomfort for the old must die to herald the new. We need commitment and faith.

The transition into recovery from chemical dependency is a major life change. No doubt it's near the top

of the charts in terms of the magnitude of shifts. In the 12 step program of recovery, the spirituality is the keel which steadies the ship as we navigate our lives.

At first the risk of returning to our unwanted behavior looms large in the background. The threat of relapse is ever present. Fortunately, at some point the threat is reduced. The promise of long term and contented sobriety happens if we do what is required of us.

We find over time our response to a personal crisis does not include entertaining a return to substance abuse for relief. We have a support system in place and resources available to help us maintain sobriety. We have a program of recovery to apply to our lives and recovery tools at our disposal.

Our belief in a Higher Power helps us to grow into the magnificent beings we are destined to be.

We realize a Benevolent Universe wants our highest and best. Our lesson is reinforced. Yes, we are safe and realize we are better off than before.

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BY JENNY CLARK, PUBLISHER



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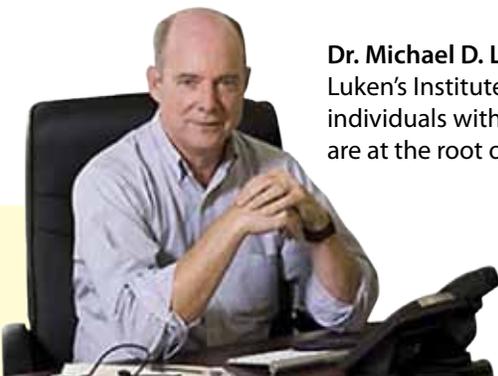
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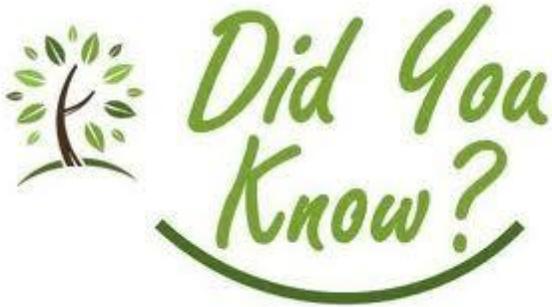


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☀ Palm Beach County Assistance Programs. Resources and programs that can assist you with bills and expenses. Contact them at 810 Datura Street, West Palm Beach, FL 33401. The main phone number is 561-355-4700. They have locations all throughout Palm Beach County or visit www.needhelppayingbills.com.

☀ The FACT program is designed for families, the FACT program offers transformational educational enrichment programs and positive mentoring for children and adults. Educational enrichment opportunities include workshops that address nutrition, relationship building, family finance, positive parenting and communication. All of our educational programs are free of charge to our participants. All day children's programs are available during the summer months so that adult guardians can fully participate in educational and job training programs. If you are interested in enrolling, please contact compassionfp@harvestfoodoutreach.org or call (772)468-8543, ext 223. <http://www.harvestfoodoutreach.org/>.

☀ Download the new Red Cross application to your phone. It provides lots of tips and resources. <http://www.redcross.org/prepare/mobile-apps>.

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☀ NAMI is the National Alliance of Mental Illness to support and encourage those who suffer from mental illness. To find meetings and support go to www.nami.org.

☀ Bridging the Gap is a service that provides a bridge between people reentering their communities from a detox, inpatient treatment or incarceration and their first AA or NA meeting. Both Fellowships offer this service for more information for NA go to www.naflorida.org or email bridgingthegap@naflorida.org. For AA you can also call your local intergroup office or by email at: BridgetheGap@District6aa.org or by phone at: (772)49SOBER..



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Treasure Coast Recovery is dedicated to providing those who struggle with drugs and alcohol a safe and supportive treatment environment. Our experience has proven that a stable structured environment is conducive for emotional and spiritual growth that leads to long term recovery.



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Starts Here
And Now.*



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- Knowledgeable Staff With A Combined 127 Years In Recovery
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- We Love Our Guest Until They Learn To Love Themselves
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