

# Transforming Lives One Day at a Time

Summer 2014



## Highlight

A person we are grateful for is Chi Hughes. Chi came to ACW once a week for almost 2 years to garden and teach gardening to ACW clients. Chi enlisted her friends: Nahum, Manny, Francisco to help dig, seed, pull weeds and work long hours to prepare the soil for ACW clients. Chi called her project: The Grow Project and had specific gardening and recovery themes for each of her sessions that opened and closed with the serenity prayer and included as little as 5 and as many as 20 women.

Chi and women planted and grew: strawberries, potatoes, onions, corn, greens, lettuce, squash, pumpkins, tomatoes, cabbage, cauliflower, aloe vera, rosemary, lavender, basil, cilantro, peppers, patience, pride, hope, nurturance, peace, respect, friendship. Chi's goal was to supplement the treatment process for women recovering from substance abuse by creating a micro-farming enterprise. The women loved it. They loved their time with Chi, they loved watching the garden grow and they loved eating the fresh fruits and vegetables. During one of Chi's sessions with the women they wrote a beautiful poem:



### WEEDS CHOKES THE FLOWERS

We are the flowers  
The weeds are the bad things inside of us  
Such as our behaviors  
Negative thinking  
The way we respond  
The fear  
Having no respect for ourselves

Weeds choke integrity,  
Faith  
Courage  
Being with our loved ones  
Chokes us from keeping God  
In our plans  
Chokes our spirit and being our real selves  
Weeds get in the way of living  
A prosperous life  
Our health, activities and our dignity

Now we have to understand  
That weeds must be pulled out  
By the root

So I have to dig very deep inside of me  
And get rid of the weed's roots, the core  
Which is the suffering, pain, shame, guilt,  
Resentments and other behaviors

Keep God in our plans  
And start to blossom and mold ourselves  
Into the beautiful flowers  
That we are truly meant

Does someone you know need help?

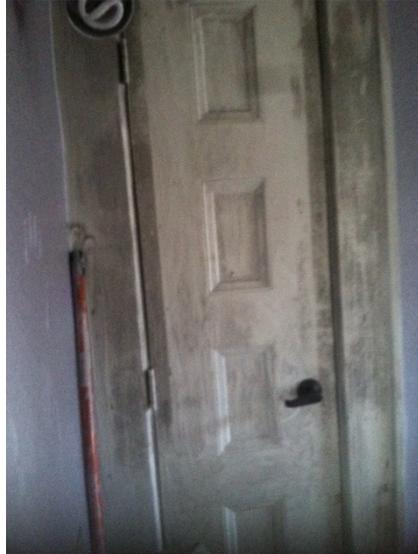
Have them call or e-mail ACW at 213.381.8500 or [info@acwla.org](mailto:info@acwla.org)

Please stay tuned for info on the ACW 40<sup>th</sup> Anniversary Year starting in Oct 2014 !!

## Fire 2<sup>nd</sup> floor Miracle House March 29, 2014

Fortunately no one was hurt. Our fire alarm and sprinklers went off immediately, and staff safely escorted all clients out of the house. The fire department came to ACW within 5 minutes. The damage from the fire was minimal, but the damage from the sprinklers was extensive ruining the carpet, walls, and ceilings in the kitchen, game room and dining room as well as the 2<sup>nd</sup> floor bedroom where the fire took place. If we hadn't maintained our fire alarm and sprinkler system the damage would have been much worse: someone could have been hurt,

and we could have lost ACW. Where then would we have sent our clients? Where would we refer future clients who would call for service? Please partner with us to restore and rebuild ACW so that we do not have to think of a world without ACW, a safe haven and a beacon of hope to the diverse women and youth we serve. Donations can be made online at: [www.alcoholismcenterforwomen.org](http://www.alcoholismcenterforwomen.org) or mailed to: ACW, 1147 South Alvarado Street, Los Angeles, CA 90006.



Examples of the damage

### Did you know...?

The Alcoholism Center for Women (ACW), located in Pico Union, an area with a high concentration of gang violence, poverty, drug selling, drug using, and homelessness, has been a substance abuse treatment facility for women for nearly four decades. We are celebrating our 40th anniversary in October 2014. Our residential treatment program, which was the first program on the West coast to serve women with shelter and substance abuse treatment, has grown into a sophisticated drug and alcohol State-certified licensed treatment facility, with a dynamic youth program.

Today there are more women with substance abuse and alcohol problems than in the past. Similarly there are more women veterans with drug/alcohol problems; more women are homeless; and more women are dealing with domestic violence.

Our gender-responsive programs work! Clients with 20, 30 and almost 40 years of sobriety come back to us for our alumni event to share their stories and inspire our clients and community.

In this challenging high-crime neighborhood, New Choices After School program for youth is a safe haven, and for many, a "second home". It's very

rewarding to see girls and boys flourish in our sober environment. At New Choices they get the support and tools needed to become responsible young adults, with improved grades, better family relationships, and finally able to imagine a bright future.

Please join us in transforming lives, one day at a time, by making a contribution to ACW's programs

### ACW needs...

- Teen Club
- TV and DVD Player
- Wii and Games
- DVDs, games, books
- Miracle House
- Living room furniture
- Dining room tables/chairs
- Water filtration system for kitchen sink
- Synder House
- Living room furniture
- Outside
- Chairs
- Plants, seeds, gardening tools
- Curriculum and Training
- White Boards