



## Nov. 2019 E-Newsletter

### Hello ACW Alumni, friends and family!

We are grateful for each one of you and for the upcoming holidays. We wish all of you a Happy Thanksgiving. Our residents are preparing a “grateful tree” of what they are grateful about, and our nutritionist and cooks are planning wonderful feasts for the Thanksgiving Holiday. Board and Staff are preparing for our 10<sup>th</sup> Annual Bring Hope Home event Thursday night December 5, 2019 at 6:30pm. The event will be inspirational, fun and festive. We will celebrate our recent graduates and our 45 years of providing critical life-saving, life transforming services. Dinner, inspirational speeches, facility tours and holiday cheer will warm your hearts (and tummies). Please see the event flyer, last page, or go to: [ACWbringhome.eventbrite.com](http://ACWbringhome.eventbrite.com).

ACW also recently celebrated our 45 years of service at Chado Tea House in Torrance, CA on Saturday October 19, 2019. Alumni, Barbara (alumni from the 1970s), Susan (alumni from the 1980s), Aquilah (alumni from the 1990s) and Charlotte and Barbara (alumni from the 2000s) spoke about what ACW was like in the decade they attended and how ACW changed their life. The founder’s sister, Carolyn Weathers, talked about how her sister came up with the need and proposal for a residential and outpatient treatment program solely for women that provided lesbians and all women a safe, understanding and healing environment. She also stated that while they were painting the Snyder House before they opened, a woman drove up and almost crashed into the house stating “I need help now.” Staff responded. They helped her and we have been helping women and their families ever since.



Carolyn Weathers



Board Members Matty & Lisa

Alumni Aquilah sang Orange Moon. It was so beautiful, many of us were moved to tears. Alumni Sunshine was an amazing MC. She shared ACW’s history for each of the decades and inspired us to care for ACW in the present and future for women who will need help. Board Member Lisa spoke about our need to continue to support ACW because ACW helps women and reunites families. The tea and food were wonderful and we all enjoyed watching or participating in the

hat competition! Most of all, it was wonderful to get together with all the alumni. We greatly appreciate all who attended and supported the event like former board



Celia & Cathy

members Dorien Grunbaum and Kylee Williams, PDM CPA Anthony Bozanic, McMillen Family Foundation Executive Director Merle Countryman and his wife Cathy, S.E.E.D. Family Director Caryn J. Hobbs and her family, Fred Brown Recovery Services' staff who are also ACW alumni, ACW's Master Gardener Silvia, and Bilingual Residential Counselor Cathy and her 96-year old mom.



Lorette

Herman

Funds raised from the event are supporting a new floor in the living room of the McMillen Family Foundation Miracle House living room. Please come see it on December 5 during our Bring Hope Home Event.

Speaking of Alumni...a recent alumnus, Diane, arranged for all the residents to visit MOCA and take a tour. Residents loved the outing and appreciated the peace inside the museum and all the beautiful art. Some of them didn't think they would enjoy going to a museum and then were surprised at how much they enjoyed it. Photos from the museum are posted on the 2<sup>nd</sup> floor of the McMillen Family Foundation Snyder House.

Outpatient Counselor Carrie arranged for a Country Hoedown Event. The parking lot was closed off and there were games, hot dogs, chili, lemonade, a watermelon eating competition and a one-man band. Royal Palms Recovery Home participants attended as did our outpatient and residential clients and local community policemen and women. Photos from the event are posted in the Miracle House and the Snyder House.

Halloween was very scary around ACW. Staff and clients dressed up and we were all laughing most of the day. Residents dressed up like Madea, a baby, a witch, a 1980s aerobics instructor, Beetlejuice, an elementary teacher and more. Staff created an ACW trivia treasure hunt. Residents went to different areas in both buildings, answered a question and then received candy or something special. We had a costume contest and a dance party. Residents were laughing so loud, people walking on the Alvarado sidewalks were looking to see what was happening. Photos are posted on the 2<sup>nd</sup> floor of the McMillen Family Foundation Snyder House.

Last but not least, Wanda Jewell, MSW, PhD, LCSW, Clinical Assistant Professor at USC's School of Social Work, brought her MSW students for an afternoon at ACW. Students ate pizza and shared a group with our residents. Both students and residents greatly enjoyed the interaction and encouragement they received from each other. "Never give up, you don't know you can do something until you try" were some of the students' statements. The residents were impressed with how down to earth the students were and how they struggled with thoughts and feelings of

inadequacy and how they pushed through to complete school assignments and one class at a time. The students were impressed with how well spoken and open and willing to share our residents are. The students enjoyed hearing about how our residents' lives have been changing since coming to ACW and how they are now dreaming positive futures to go to school, work and/or reunite with their families.

Over the next few months, ACW is planning wonderful holiday events for our residential and outpatient clients while continuing to provide services that transform lives one day at a time. We hope to see you at our December 5, 2019 Bring Hope Home event.

## ACW Welcomes New Staff



Lizette Bonilla, LMFT,  
Trauma/DV Therapist



Esmeralda Gallego,  
Bilingual Evening  
Outpatient Counselor



Lynn Mack, Residential  
Per Diem Counselor

## Client Corner

Resident AW: I came to ACW in August 2019. I now have so many tools for my life. I have learned to be patient, honest, open minded and accept that I am an alcoholic and powerless over alcohol. ACW has taught me how to deal with good criticism and bad. All the counselors are amazing here even Ms. Lorette. You all saved my life by giving me a chance on life. I am grateful

Outpatient KS: When I first came to group, I felt welcomed and not alone. I never talked about my feelings or triggers before. The counselors help me change the way I think to be more positive. I really enjoy coming to ACW.

Resident RD: My stay at ACW has been pleasant. I have come to enjoy the other women I have met and know that I will be friends with them for years to come. I love the structure of the program and the groups. They are real, raw and uncut. I leave each one learning something different about myself and realize things I have to work on. I couldn't have asked for a better counselor. Gina really cares about me and has my best interest. She calls me on my slip ups but she makes me feel safe. I am safe here.

Outpatient RDV: ACW has taught me that my behaviors have impacted other people. I am learning to be sober not only physically but emotionally and then I can control myself better. I am putting my past, in my past and am building tools for a positive future. I am grateful for ACW, Ms. Carrie and Ms. Espanola because they have changed my life to a whole new exchange where I can be me.

Resident TA: I have learned to control my temper and how to talk to people. I was shy but now I can talk positively with people. I am proud of myself that I stuck with the program and I extended to stay an additional month. I help in different areas at ACW and I love it. I am getting skills that I can take with me when I leave. My counselor Sandra has taught me a lot and I like talking with therapist Liz. I would recommend girls to come here. I love ACW. I am going to ACW Outpatient when I am finished with residential. I am walking out a different person then when I came in. the judge and my probation officer are proud of me. Thank you ACW.

Resident MA: ACW has been a refuge for me. For the first time I have peace and tranquility. I know that God wanted me here. I am getting so many tools here. The counselors share so much strength and wisdom with us. I am grateful for Counselors: Suzanna, Charlene and Charlotte. We see every day that a life of sobriety is possible. I am so grateful for the warm food and roof over my head so that I can focus on healing. This really is the miracle house. I now have the opportunity to get my son back. The judge has seen all my hard work and now the door is open for me to see my son. I am forever grateful for ACW for helping me with the judge and everything else that it has taught me.

Outpatient JN: Este programa ACW es muy importante para mi por las siguientes razones: 1. Salvo mi vida. 2. Para vivir una vida sana sin adiccion. 3. Para restuarar la relacion con mi hijo. Este programa mea enseñado que si no cambio voy a regresar ala carcel o voy a morir en la calle. Muchas gracias a mi consejera Jessica por todos sus consejos y esto muy feliz de aber encontrado ACW.

## Want to Support ACW?

### Purchase a Commemorative Brick:

Last summer we installed commemorative bricks right in front of the McMillen Family Foundation Miracle House. The bricks look beautiful and are meaningful. Our goal is to have all the concrete in front of the Miracle House changed to commemorative bricks.

Consider purchasing a brick or purchasing a 2<sup>nd</sup> brick. Our next brick installation will be in the spring of 2020. Go to: [www.bricksrus.com/order/acw](http://www.bricksrus.com/order/acw) or email [info@acwla.org](mailto:info@acwla.org) for more information.



### Purchase ACW's Post Cards.

Our beautiful postcards are a great way to communicate with friends and support ACW.

- 1 for \$1.50
- 5 for \$5.00
- 15 for \$10.00
- 30 for \$20.00.



## Do you Shop at Ralphs?

If you do please sign up to have a percentage of your purchases go to ACW. Just go online at [www.ralphs.com](http://www.ralphs.com), click on "Sign In", enter your email address and password, click on Your Name, click on Edit Community Contributions then complete the information with your new organization number.

## Financial Contributions

Please consider becoming an ongoing ACW donor. Donating is simple: Go to our website: [www.alcoholismcenterforwomen.org/donate](http://www.alcoholismcenterforwomen.org/donate) to make an online donation or mail your donation to: ACW Donations, 1147 South Alvarado Street, Los Angeles, CA 90006.

## ACW Needs

1. Are you an ACW Alumni? If so, and you want to sponsor any of our women, or come with your ACW sisters and give a panel talk to our residents, call 213.381.8500 or e-mail [info@acwla.org](mailto:info@acwla.org) and speak with any of the counselors.
2. Positive inspiring DVDs or Blu-ray movies.
3. Workout/Exercise DVDs or Blu-ray discs
4. Backpacks and large purses

## About ACW

Aimed at moving patients from addiction to wellness, ACW's program structure, tools and pathway provide a holistic approach to mental and physical wellbeing. Please see our website for more information ([www.alcoholismcenterforwomen.org](http://www.alcoholismcenterforwomen.org)) and like us on Facebook ([www.facebook.com/alcoholismcenterforwomen](http://www.facebook.com/alcoholismcenterforwomen)).



## Questions? Need Help?

For questions and enrollment please contact: [info@acwla.org](mailto:info@acwla.org) or call:  
(213) 381-8500  
1147 South Alvarado St, Los Angeles CA 90006  
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[www.alcoholismcenterforwomen.org](http://www.alcoholismcenterforwomen.org)

