



Sept. 2019 E-Newsletter

Greetings from ACW!

We hope you all had a wonderful summer. We are enjoying our new flooring in the McMillen Family Foundation Miracle House breezeway and the new stairway in the McMillen Family Foundation Synder House.

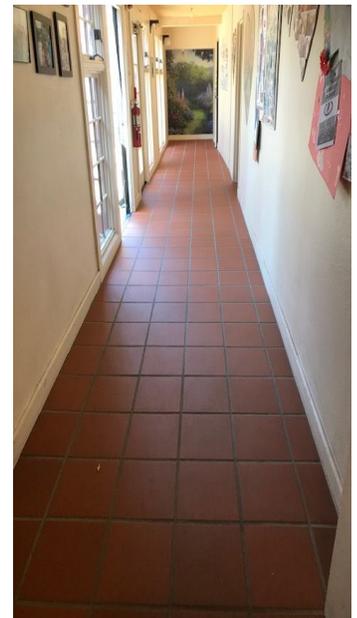
We have added lots of art to inspire and smile. We hope you will come and visit to see all the changes (pictures start at page 3 of this newsletter).

We also offered great staff trainings this past year (Seeking Safety, Trauma Informed Care, IMPACT safety, Moral Reconciliation Therapy and Human Trafficking) to ensure our staff have the best training to serve our clients with excellence and compassion. We have an outstanding staff team.

We continue to have fantastic audits. Once again, 88 cents out of every dollar given to ACW goes to services which means we have very little overhead expenses.

Did you know we provide: Yoga Therapy; Music Therapy; Nutrition; Art Therapy; Parenting; and Comedy? We also provide the traditional in-depth treatment groups such as: relapse prevention; anger management; seeking safety; healthy relationships; breaking negative thinking; MRT; Women's Health and addiction; and more. You would think ACW was one of the high-priced for-profit facilities the stars go to! We believe that our clients deserve the best therefore, we work hard for them to have all the opportunities to enhance their chances of long-term sobriety.

We are grateful to the foundation support we receive from LA Cares, The Orange County Community Fund, The Ebell Foundation, The McMillen Family Foundation, The Green Foundation and The Rose Hills Foundation. We could not provide the depth and breadth of services we need to without their support.



Get Ready, Get Set, and Mark Your Calendars!

ACW is turning 45! We will start celebrating ACW's 45th anniversary at Chado Tea House in Torrance, CA on Saturday October 19, 2019 from 3pm-5pm. We will honor alumni from each of the decades, give prizes for the best tea hat, and videotape alumni talking about their experiences. We will show those stories at our Bring Hope Home event at ACW on Thursday December 5, 2019 from 6:30pm to 9:30pm where we will continue to celebrate ACW's 45 years of service. More information is available at: <http://alcoholismcenterforwomen.org/event/45th-anniversary-celebraion>. If you have questions about the events, call (213) 381-8515 or e-mail: info@acwla.org.

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 2nd brick. Our next brick installation will be in the spring of 2020. Go to: www.bricksrus.com/order/acw or email 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, or 30 for \$20.00. Please see the selection on the last page of this newsletter, and call (213) 381-8515 to order.

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, 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 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 give a panel talk to our residents, call 213.381.8500 or e-mail info@acwla.org.
2. Positive inspiring DVDs or Blu-ray movies.
3. Workout/Exercise DVDs or Blu-ray discs
4. Personal Care Items
5. Notebooks

Client Corner

Anonymous Outpatient Client:

ACW helped me to learn to have fun sober by getting up and getting out versus numbing out. ACW is a safe haven, cradling and guiding me through my ups and downs, highs and lows. I have watched women transform before my eyes. ACW is a sacred place of healing –not rudimentary more like a college level of recovery versus elementary school. We dive deep here at ACW.

Outpatient NT:

Catch it, check it, change it. Feelings, facts, options. The mind is a disgraceful sad thing to waste. Protect, nurture, nourish, care for and provide for your mind. Wisdom is knowledge applied.

Resident TB:

We have to understand that recovery takes time because we are basically reprogramming our minds and way of life. We don't change overnight. We have to give ourselves time to change. We can do it. ACW is here to help. Thank you ACW.



Resident BP:

When I first came to ACW I had no other option. I had hit rock bottom. My family was tired of watching me waste my life, get high and almost kill myself day in and day out. I really did not want to go to treatment. I had so many reservations about coming to ACW. I wanted to leave but after a few minutes, I realized I needed to be here. I realized I did have a problem and the staff and the program could help me. I want to live and get better. Getting better is so uncontrollably amazing, I can't believe I have waited so long. I have a life and wants and needs and feelings. I am so grateful for every moment here and getting to know myself. I am a good person to others always but now I really know I am a good person in and out because I am getting in touch with my inner self. Thank God for ACW. I now know that I can have emotions and I want to be sober. I can actually live and grow and not just be a waste of space. I love life because I am at ACW. Happy tears.



Outpatient Anonymous Client:

ACW is an excellent place for women in need of help to recover from addictions. ACW helped me stay sober, get coping skills and tools, identify why I started using, know my triggers, and not tolerate being in toxic environments. I am worth something and I am not going to be bullied or abused. ACW helped me to understand that I am in charge of my life and my happiness and I want to live and be happy so I am going to keep coming to ACW to get help.



Resident DDP:

My best thinking got me drunk/high. If I don't listen to my sober sisters and ACW staff, that is what I will be doing –thinking and then getting drunk and high. It's simple: I have to give treatment a chance and stop making excuses or reasons why I need to change procedures. That is not easy but I don't want to stay in my negative thinking patterns and obsessive compulsive self-centered ways. I don't want to be a slave to my mind and drugs. If I am not patient I will risk the consequence of regression, jail, institutions, losing my family and friends and



ultimately death. I have to give treatment a chance. I want to live. Thank you ACW for helping me live.

Residential Anonymous client:

No more cutting. No more drugs. No more abuse. Thank you ACW. I no longer want those things and am planning on never doing them again.

Outpatient VP:

I have so many emotions. I am so glad that ACW nurtures, loves and accepts us when we are such a mess! I have made so many bad choices when I think of them I get depressed but ACW counselors help me to plan for the future and have tools to not repeat what I have done in the past so that I can have a different outcome. I am planning on going to college when I leave ACW. I want to be sober and pursue learning and with ACW's help –I believe I can do that.



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) and like us on Facebook (www.facebook.com/alcoholismcenterforwomen).

Questions? Need Help?

For questions and enrollment please contact: info@acwla.org or call: (213) 381-8500
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ACW Postcards

