

TogetherAZ

NOVEMBER 2019

Inspiring Success on the Road to Recovery

A Trauma-Informed Approach to Addiction: *Integrating the Mind, Body, and Spirit*

By Lorie Sirola, LPC, Clinical Director, and
Cari Vanderby, MBA, Director of Business Development
Calvary Healing Center

A life lived with a sense of belonging and purpose will bring empowerment to an individual. At its core, this belief has the ability to transcend one's life from merely existing, to fully living. This notion of finding meaning may resonate with many who are struggling with addiction. Getting to that moment of clarity though takes time; strategically dissecting psychological elements that are so enmeshed in one's thinking is tricky business. What is understood now is that trauma and healing from it plays an important role; not just in helping a person maintain abstinence, but also in helping them truly live in recovery. Toward that end, at Calvary Healing Center, we welcome the opportunity to help those seeking help heal the whole person. We specialize in addiction treatment by incorporating the mind, body, and spirit into long-term recovery.

Trauma is present for all those struggling with this disease; whether it led them to seek substances or arose from the consequences of their use (even letting go of the relationship with a substance can be traumatic). "We have identified trauma as the common component among patients struggling with addiction. Not only is this important to address, but we must do our part to assist in the healing process if we want to provide the best opportunity for sustained recovery," Ramsen Kasha, CEO of Calvary Healing Center.

There are many tools used to help care for trauma and not any one tool works best for all people in all situations. We have learned that



"The Drum Circle is an ancient form of experiential therapy. The goal is to use rhythm, which promotes both self-expression and healing. This rhythm promotes a sacred space to channel emotions and be present in both mind and body."

having the ability and access to a variety of interventions is what allows us to personalize a client's care. This has led to the inclusion of a variety of methods, from the well-known Eye Movement Desensitization and Reprocessing (EMDR) and Reiki, to lesser commonly offered ones like Sand Tray, TRE (Trauma Release Exercises) and ART (Accelerated Resolution Therapy). We have even identified the benefit of using certain interventions in group format when they are more traditionally thought of in an individual setting.

Sand Tray Therapy



The healing power of Sand Tray Therapy has evoked clients and staff alike to approach trauma from the subconscious level. Guided by a trained clinician, clients are invited to build a scene and share their world with miniature figurines in a personal sand tray. While this may seem elementary to outsiders unfamiliar with this modality, it truly

offers an innovative approach to adults struggling with immense trauma. It provides clients the ability to express emotions in another way, and not rely strictly on talk therapy. Sand Tray Therapy is offered both individually or in a group setting, which is less common in the treatment world. We have seen that using Sand Tray in a group setting often leads to the group participating in both identifying themes and supporting their peers as they begin to process deep seated emotions tied to their experiences.

Symptoms and emotional distress due to unresolved traumatic memories can arise at any time. Group EMDR is a safe and efficient way to process and heal. EMDR, in individual sessions, is still one of the leading trauma modalities. In a group session, healing happens together by drawing out disturbances, and tapping in calm. This allows clients to focus inward and truly be present to feel their emotions.

Trauma Release Exercises

TRE is a modality that often is considered in residential and partial hospitalization programs. These exercises assist the body in releasing deep muscular patterns of stress, tension and trauma. The exercises safely activate a natural reflex mechanism of shaking or vibrating that releases muscular ten-

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Publisher's Note

By Barbara Nicholson-Brown
barb@togetheraz.com

Grateful

Thanksgiving is just a few weeks away — and we are openly grateful and thankful as we celebrate our families, friends, the food we eat, and blessings in our lives. Which got me to thinking..... how grateful am I the other 364 days of the year?

It depends on where my focus and attention is. Admittedly, sometimes I'm not as grateful as I need to be, and when I'm not grateful I'm not very gracious. Little things can send my mind spinning sometimes, and when I make the choice to tag along with 'my' thinking I can easily dig a hole of fear and pity and jump right in. Thankfully, through the years of practicing a fairly easy and powerful program of living, I'm always given a hand up and out of there. But no one reads my thoughts, so I have to ask for help.

Whether or not I see it, life is perfect as it is...which means I accept what is, and that's not always easy. Just being still and quiet is all that's needed to center my thinking and get out of myself.

Everything I have or am today is because I opened my eyes and heart to a life in recovery. I'm thankful, blessed and honored to walk this path with you — very grateful, and never alone. Happy Thanksgiving.

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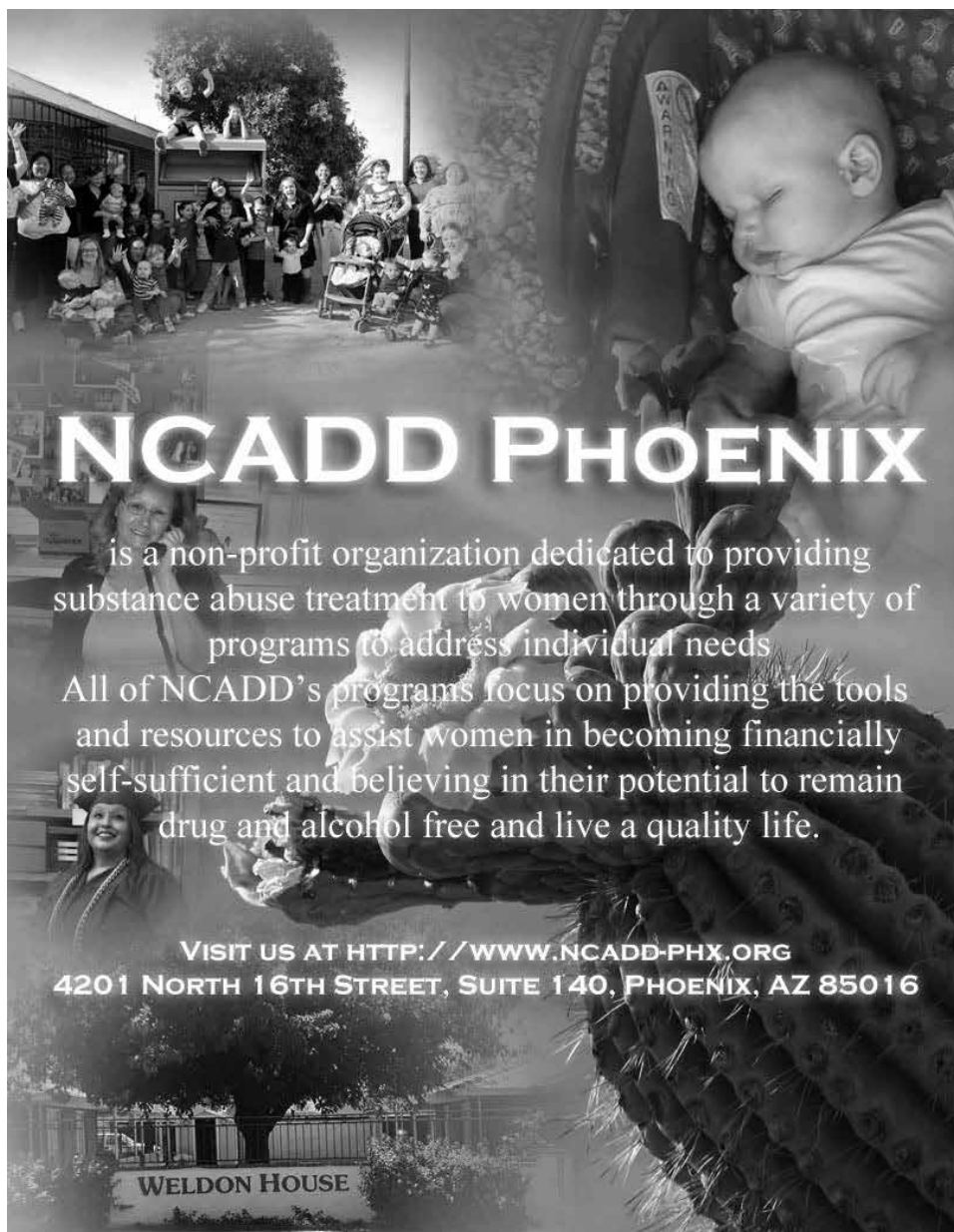


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Coping with Cravings and Triggers

By Scottsdale Recovery Center

One of the most challenging parts of recovery comes after treatment. You will be in touch with the society that once influenced you into a certain addiction. Your sobriety depends on how you're able to handle your surroundings, trying your best to avoid triggers/cravings. Let's check why cravings exist and how you can better manage them during recovery.

What are triggers?

Triggers are social, environmental, or emotional stimuli that could remind a person of their past situations with addiction. Triggers, when activated, may result in cravings. There are internal and external triggers to watch out for. Failure to address these triggers can cause a relapse.

Internal Triggers

Internal triggers revolve around our emotions, thoughts, and feelings. It is the inability to accept uncertainty, and internal triggers are harder to resolve because you have to battle with yourself. Listed below are some factors that may trigger a relapse.

Depressing Feelings

Negative feelings such as anxiety can cause a massive emotional imbalance in a person that can lead to depression.

Positive Feelings

Although, being happy is not bad, the context of why are you happy is important. For example, you are in a celebratory state where alcohol and other addictive substances are present. This environment might bring about memories you may associate with past experiences with your addiction. Remind yourself those positive feelings will only result in self-destructive ways. Even, being bored can trigger a relapse, make sure to fill up your days with productive activities.

External Triggers

External triggers include people, places, and situations. Create a plan to change the cycle of everyday life.

People

Being thrown into the world as a renewed person, choose your companions wisely. Someone closest to you before may give you the most reason to relapse, it is best to avoid them as much as possible and be open to others who can help you with your journey.

Places

Certain places bring back memories that you must avoid. A place that is calm and relaxing is better for you.

Situation

Situations like parties are a bad idea for a recovering addict. They do nothing but reinforce and encourage past behaviors. It is advisable to decline and not attend parties. Right now, your main goal is to help yourself in recovery.

Make yourself a priority

Acknowledge your worth as a person by prioritizing yourself, it is one of the most fulfilling aspects of recovery. Do something you want, eat something you want, something that will make you happy and satisfied, anything but substances.

Be Healthy

Being healthy requires a person to be physically, mentally and emotionally fit. Exercising releases endorphins that allow a person to be happy. This is a great way to fight stress which is one of the biggest factors in relapse. Start a balanced diet, eating nutritious food and staying healthy. All these things are great ways to be healthy in sobriety.

Limit your stress

Understandably, stress is everywhere, but limiting it will help you with your cravings. Cravings exist when you feel stress because most addicts will use a substance in order to deal with stress. Limiting stress and finding new ways to deal with stress can allow a person to live a fulfilling sober life.

Speak to someone

Communication is essential for anyone who needs help. Talk to someone who supports you and assures you that you can make it. Having someone who believes in you will give a boost to your mentality. Talk to your therapist, who undoubtedly knows how to handle anything that is going on with you.

Think about the consequences

If you start craving substances again, think about the consequences of your actions. Is it worth it? Is it something to be proud of? Surely, it's not worth it, so reevaluate your actions.

*Scottsdale Recovery Center and Arizona Addiction Recovery Centers created by Cohn Media, LLC.
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Clean Record, Bright Future

Recovery is more than just treating your addiction to drugs or alcohol. Recovery includes detoxing from negative emotions, bad choices, and mistakes that can stem from a physical addiction. It is common for individuals who are going through the recovery process to have a criminal record. A criminal record can feel disabling since a record does not just disappear. A criminal record can keep you from obtaining a loan for a new car, applying for a new job, or even make it impossible to own or rent housing. We believe along with recovering physically and emotionally — you should also be able to receive a second, third, or even fourth chance in the eyes of the law. The Clean Slate Sobriety workshop is for just that, to allow you to clean your record and find a fresh start.

What is Clean Slate Sobriety?

Clean Slate Sobriety is a workshop designed to help those in recovery with a criminal history clear their record and find a fresh start.

The workshop begins with an overview on criminal law in Arizona with a special emphasis on drug and alcohol related offenses. This is followed by a guided group exercise to help participants brainstorm and identify supporting reasons to have criminal courts set-aside or "expunge" their records and restore their rights.

Finally, we walkthrough and review your personal case with step-by-step assurance in addressing pending case problems or completing necessary forms, paperwork, and set-aside motion for past convictions.

Workshops last between 1.5 to 2 hours with time for general questions and answers related to criminal law and how to work through pending cases available.

Who Presents the Workshop?

Criminal defense attorney Robert F. Gruler is the founding partner of R&R Law Group, a criminal defense and personal injury firm located in Scottsdale and serving all of Arizona.

Founded in 2014, Robert and his partner Ryan W. Cummings have built a team that has helped thousands of people facing criminal charges. In 2016, Robert and his family experienced a tragic loss as a result of the opiate and suicide crisis spreading throughout the United States and the world. Shortly thereafter, Robert came to terms with his own history of alcoholism and decided to make a change in his life.

Today, he is actively involved in AA, sponsoring those searching for a better way and using his background in criminal law to continue to be of service to others seeking to break free from their past. Robert is licensed to practice law in the State of Arizona, California, the Federal Court for the District of Arizona and the United State Supreme Court.

Contact R&R Law Group to learn about the next available workshop. The Clean Slate Sobriety workshop is a pro- bono service provided by R&R Law Group. For more information call 480-400-1355 and visit www.rrlawaz.com

THANKS GIVING

By Dina Evan, PhD

Thanksgiving. What does it mean to you? We seldom think about so many of the things for which we can be thankful. For instance, it never occurred to me to be thankful for the air I breathe until it became hard to breathe. I am thankful now! I never thought about being grateful I could charge around a shopping mall or chase my grandkids in the park, until I couldn't. For most of my years it never occurred to me to be grateful I was not in pain until I was. I am thankful now when I'm not.

As you get older I think you become more grateful for sweet things like the phone call from your granddaughter at night to make sure you are okay or the friends who call from California just to check on you, oh and yes, and the Carmel Delight ice cream in the freezer.

The thing I am most thankful for this year is my life time, seventy-seven years of teachable moments, quantum leaping, bruises and broken hearts and utter delight in the slap-up-side the head spiritual realizations.

This life has been a potpourri of precious moments, both difficult and joyful. Don't miss any of them by being checked out, too busy or focused on the things you can't take with you.

Your greatest gifts are those moments that teach you something and show you who you really are because that is what you will take with you to your next life.

So this holiday, just pause and think about the real gifts in your life for which you can be incredibly thankful, gifts such as:

- The people who truly love you without reservation or judgment.



- The people who show up when you really need them without you even asking.
- The people in program who speak the truth and give you the courage to do the same.
- The moments when you realized you were not really being who you are.
- The moments when you realized you were being who you really are.
- The times you told excruciating truths *kindly*, without caring how you looked or how it sounded.
- That precious moment when you realized you could and were making a real difference in someone's life.
- The moment you knew what you came here to do and realized you were doing it, or were in the midst of taking your first step toward that purpose.
- The moment you realized the things most important in your life couldn't be bought, worked hard for, found at Macy's, or in your stock portfolio. They are sitting across the table from you.
- The day you realized that being the teacher was less important than being the student.
- The truth that we never really lose anyone, whether here or passed to the beyond, we keep each other safely carried in our hearts.

Thanksgiving is a great time for little ritual of giving thanks. Write down all the things you are grateful for that you cannot put in a bag, buy at a store or purchase with a credit card — in other words, those things that create the tapestry of your soul and life experience here. Then take them outside and burn them, letting your gratitude rise in the smoke up to the sky to whatever, to whomever you perceive spirit or your higher power as you understand him

or her to be, or no one at all — just be in the gratitude for all the things you can, and will, take with you when you leave here.

No matter how old you are, there is so much to be grateful about. Mellody Beattie says "Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." Think about that.

When you are feeling sad or worried about something and you take a minute to breathe and look for something for which you feel grateful, your energy is changed. We like to name three things that we are grateful for with each member for family. You'd be as surprised as each person is, to know that sometimes people have no idea we feel that way and knowing that is a gift.



Dr. Dina is a Marriage, Family, and Child Therapist and Consciousness Counselor. She has presented nationwide seminars and workshops, written several books and created meditation CDs for couples, individual and mental health professionals. She has also won national acclaim as a human rights advocate. Visit www.drдинаevan.com or call her at 602 571-8228.

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“We have identified trauma as the common component among patients struggling with addiction. We must do our part to assist in the healing process if we want to provide the best opportunity for sustained recovery.” — Ramsen Kasha, CEO of Calvary Healing Center

sion, while calming down the nervous system. Yoga, Reiki, and mindfulness are also modalities that are used to help reduce triggers and emotional wounding, thus reducing the need to self-medicate with drugs and alcohol. A newer method we have begun to employ is using TRE for some of the clients who are in our detoxification unit. People who are detoxifying can range from those that just need to sleep and not move much to others who, although their bodies are healing, find that their minds are spinning. This is often accompanied by thoughts tied to the behaviors that led them into treatment. Introducing TRE at the point of detoxification services for the clients who are physically capable has been well received by the clients. It helps them begin the process of healing the whole self earlier in their care than normal.

Somatic Experience Therapy

Somatic Experience therapy (SE) is delivered in an individual session as an alternative therapy aimed at relieving the symptoms of post-traumatic stress and other mental and physical trauma-related health problems. This is accomplished by focusing on the client's perceived body sensations. The trained therapist and the client will hold space for one another, and practice grounding and body sensations awareness. Aside from tapping into these theories that stem from the mental health world, we also can learn


from more ancient and sometimes spiritual-based methods. The Drum Circle, an ancient form of experiential therapy, is always a favorite of clients. The goal is to use rhythm, which promotes both self-expression and healing. This rhythm promotes a sacred space to channel emotions and be present in both mind and body.

Addiction is a powerful disease of the mind, body and spirit. With a trauma informed approach, empowering clients to find healing and regain purpose in life is attainable. As professionals, we must strive to meet clients where they're at, and offer a practical solution to treating addiction.

About Calvary Healing Center

Calvary Healing Center has been a leader in the field since 1964, offering a full continuum of care in a safe, compassionate environment. Calvary's affordable, proven treatment programs address the practical, physical and spiritual aspects of addiction, setting the stage for long-term recovery. All counselors are master's level, state licensed therapists, and Calvary's treatment team consists of caring, compassionate staff that present an ideal environment for breaking the bondage of dependency.


For more information about Calvary Healing Center's full continuum of treatment, visit www.calvarycenter.com, or call 602-264-1030.




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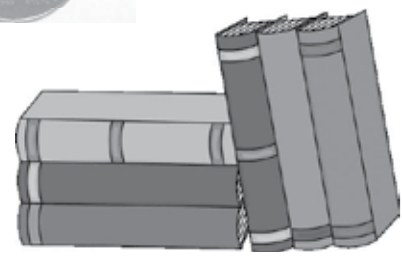
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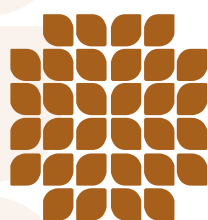
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Aunt Rita’s Foundation Launches New Ongoing Statewide HIV Testing Initiative with Arizona Department of Health Services

‘Get Tested AZ’ now at 116 Walgreens, Albertsons/Safeway, Sonora Quest Laboratories

Aunt Rita’s Foundation in partnership with the Arizona Department of Health Services, launches **Get Tested AZ**, an ongoing HIV testing initiative throughout Arizona increasing the accessibility for free HIV testing locations to 116 through collaborations with Sonora Quest Laboratories, Walgreens and Albertsons/Safeway pharmacies. Free HIV test vouchers are available to Arizonan’s over 18 years old who have not received an HIV test in the last 12 months. To receive a voucher, log onto **GetTestedAZ.org** complete the request form and chose the best testing location. Questions? Call Aunt Rita’s Foundation HIVAZ Connect hotline at 602-903-1221.

Testing locations will be available across the state in Greater Phoenix, Greater Tucson, Prescott, Flagstaff, Kingman, Yuma, Lake Havasu City, and smaller communities. There are different protocols for the testing sites. Sonora Quest Laboratories is the only testing facility that takes a blood draw which gives the patient a confirmatory test result in 3-4 days either by email or through their secure patient results portal at SonoraQuest.com. HIV tests at Walgreens and Albertsons/Safeway pharmacies is a 20-minute rapid test and results are delivered in person and if positive, they will refer to Aunt Rita’s Foundation to receive a voucher for a confirmatory test at Sonora Quest Laboratories.

What happens after test results are in?

Aunt Rita’s Foundation has made it a priority for people getting tested to be informed about additional services available to them, especially to those who test positive for the HIV virus. A positive test results in mandatory reporting to the Arizona Department of Health Services who will contact Aunt Rita’s Foundation to reach out to the client and help them connect them with service providers.

- Persons testing negative will be referred to Arizona’s free mail-order condom service, as well as being connected to PrEP providers. PrEP, a pre-exposure prophylaxis, is a one-pill daily medication and powerful tool in HIV prevention efforts that is 96% effective in preventing the transmission of HIV. PrEP is covered by insurance, including AHCCCS.
- Persons testing positive will be linked into medical care either through the individual’s existing insurance or through statewide Ryan White programs that provide medical, pharmaceutical, and case management support for persons living with HIV. HIV treatment has never been better, with multiple single pill daily regimens that have proven to be very effective reducing viral loads to undetectable levels, and in turn preventing the transmission of HIV to others while the patient is on treatment.

“This HIV testing initiative is consistent with Aunt Rita’s goal to normalize HIV testing and complements our existing home HIV test kit initiative promoted at [MysteryKit.org](#),” said Glen Spencer, Executive Director of Aunt Rita’s Foundation. “By offering testing locations at 116 locations throughout Arizona at three trusted names in healthcare we hope to achieve our goal to have 90% of all HIV positive persons tested and connected into medical care.”

In Arizona, 15% of all HIV positive individuals are not aware of their status, which represents a public health problem for the continued spread of the virus. The CDC recommends that every U.S. adult be tested at least once for HIV, and that at-risk individuals be tested on a regular basis. Persons who are sexually active or sharing needles for injection drug use should be tested at least annually. This new program supports the overall goal of the Arizona Department of Health Services to have 90% of all HIV positive persons in Arizona tested and identified, as well as President Trump’s goal to end HIV by 2030.

HIV FAST FACTS:

- HIV is 100% preventable using condoms, PrEP, and effective treatment of people living with HIV.
- HIV is 100% treatable with numerous well-tolerated HIV medications available, and 8 regimens that are one pill daily.
- 15% of HIV positive Arizonans are not aware of their status. Currently there are 18,000 HIV statewide infections and an additional 3,000 don’t know they are positive.
- 40% of all new HIV infections in Arizona are among young persons between the ages of 13 and 29.
- In 2017, 768 persons in Arizona were newly diagnosed with HIV.
- In 2019 Maricopa County was identified by the CDC as one of 48 counties nationwide with unusually high HIV infection rates. There are 3,007 counties in the U.S.
- In Arizona 85% of new HIV infections result from men who have sex with men.
- African Americans are SIX times more likely than whites to become HIV positive in Arizona; Hispanics and Native Americans are THREE times more likely.
- The worst HIV status is “unknown,” and the CDC recommends all Americans be HIV tested once.
- HIV treatment after diagnosis can lead to an undetectable viral load in 60 days or less.
- HIV positive persons with an undetectable viral load cannot transmit HIV to others, a concept known as undetectable = untransmittable, or U=U.

About Aunt Rita’s Foundation:

Aunt Rita’s Foundation promotes HIV awareness and education throughout Arizona throughout its websites [HIVAZ.org](#), a one-stop database for the diverse services and resources to develop, enhance or expand a healthcare strategy, and in Spanish [HIVAZ.org](#). These sites provide complete directories of HIV service providers throughout the state. Aunt Rita’s also offers free HIV testing through at home HIV test kits, **MysteryKit.org**, **Spanish MiPaquete.org**, and **Get-TestedAZ.org** at 116 locations in Walgreens, Sonora Quest and Albertsons/Safeway pharmacies in Arizona. Aunt Rita’s is also providing grant funding to 13 nonprofit partners in Maricopa County. Since 2005 Aunt Rita’s has granted over \$2 million dollars to its partner agencies in Central Arizona. For more information visit [www.auntritas.org](#) or call 602-882-8675.



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RESOURCES

ACT Counseling	602-569-4328
AZ Center for Change	602-253-8488
AZ. Dept. of Health	602-364-2086
AzRHA	602-421-8066
Building Blocks-BBC	602-626-8112
Chandler Valley Hope	480-899-3335
Choices Network	602-222-9444
Cornerstone Healing Center	480-653-8618
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Desert Drug Dog	602-908-2042
Fit FOUR Recovery	480) 828-7867
Governor’s Office of Youth, Faith & Family	602-542-4043
Hunkapi Programs	480- 393-0870

Lafrontera -EMPACT	800-273-8255
River Source	480-827-0322
TERROS Health	602-685-6000
VIVRE	480- 389-4779

Therapists/Interventionists

Dr. Marlo Archer	480-705-5007
Carey Davidson	928-308-0831
Dr. Dina Evan	602-997-1200
Dr. Dan Glick	480-614-5622
Bobbe McGinley	602-569-4328
Julian Pickens, EdD, LISAC	480-491-1554

TUCSON

ACA	aca-arizona.org
Alcoholics Anonymous	520-624-4183
Al-Anon	520-323-2229
Amity Foundation	520-749-5980
Anger Management	520-887-7079
Behavioral Awareness Center	520 629 9126
Center For Life Skills Development	520-229-6220
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
The Mark Youth & Family Care Campus	520-326-6182
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Recovery in Motion	520-975-2141
Sex/Love Addicts Anonymous	520-792-6450
Sex Addicts Anonymous	520-745-0775
Sierra Tucson	800-842-4487
Sonora Behavioral Health	520-829-1012
Suicide Prevention	520-323-9372
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559

Are you a resource?
Send your request by email to
barb@togetheraz.com

If you or a loved one are facing a crisis, we encourage you to call for professional guidance. Every moment counts.

Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
Tucson Al-Anon Information	520-323-2229
Adult Children of Alcoholics	aca-arizona.org
Arizona Addiction	602-737-1619
Bipolar Wellness	602-274-0068
Child Abuse Hotline – Support & Information	800-422-4453
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-385-8454
Crisis Help Line – For Any Kind of Crisis	800-233-4357
Crisis Text Line	Text HOME to 741741
Crystal Meth Anonymous	602-235-0955
Debtors Anonymous	(800) 421-2383
Domestic Violence	800-799-SAFE
Families Anonymous	602-647-5800
Gamblers Anonymous	602-266-9784
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Marijuana Anonymous	800-766-6779
NDMDA Depression Hotline – Support Group	800-826-3632
Narcotics Anonymous/Phoenix	480-897-4636
Narcotics Anonymous/Casa Grande	520-426-0121
Narcotics Anonymous/Flagstaff	928-255-4655
Narcotics Anonymous/Prescott	928-458-7488
Narcotics Anonymous/Tucson	520-881-8381
Nar-Anon Family Groups	(800) 477-6291
National Youth Crisis Hotline	800-448-4663
NCADD	602-264-6214
Overeaters Anonymous	602-234-1195
PAL (Parents of Addicted Loved Ones)	480-300-4712
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
Sexual Assault Hotline (24/7, English & Spanish)	800-223-5001
Sex/Love Addicts	602-337-7117
Sex/Love Addicts	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Sober Living AZ	602-737-2458
Suicide Hotline	800-254-HELP
US Suicide Prevention Lifeline	800-273-8255



Together AZ

www.togetheraz.com
602-684-1136
Email: barb@togetheraz.com

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Events & Support Groups

Nov 09 —9:00 am - 12:00 pm—AC Williams Granite Creek Park, Prescott Valley, Arizona 86314, Prescott Valley, United States Prescott Out of the Darkness Walk 2019. When you walk in the Out of the Darkness Walks, you join the effort with hundreds of thousands of people to raise awareness and funds that allow the American Foundation for Suicide Prevention (AFSP) to invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss.

NOV 12- PCS Professional Networking Lunch- 3302 N. Miller Road, Scottsdale. RSVP to pcs@pcsearle.com.

Rising Phoenix Wellness Services—MARA (Medication-Assisted Recovery Anonymous) group. Tues 5:30-6:30 pm, 7807 E. Greenway Rd. Suite #5, Scottsdale, **480-427-2290**

LGBTQ - IOP Program. Specialty program designed to meet the mental health and substance abuse, treatment needs of the LGBTQ+ population. Mon., Tues., Thurs. 6:00-9:00 p.m. Transportation available. **602-952-3939/602-952-3907.Valley Hospital,** 3550 E.Pinchot Ave. Phoenix. **valleyhospital-phoenix.com**

DOORWAYS—Outpatient mental health treatment center providing individual counseling and psychiatric services for teens, young adults ages 13-25 and their families. Groups provided exclusively for 13-18 year old’s - Skills groups (DBT 101 and De-Stress) 1x per week, along with 4 Intensive Outpatient Programs (IOP’s) 3x per week - Anxiety IOP, DBT IOP, Eating Disorder IOP and Substance Use IOP. **602-997-2880** or info@doorwaysarizona.com.

SIERRA TUCSON—Alumni Group. Scottsdale, Tues., 6:00- 7:00 p.m.Valley Presbyterian Church. 6947 E. Mc-Donald Drive, Paradise Valley. 480-991-4267. Counseling Center (Parlor Room). Rob L. **602-339-4244/** stscottsdalealumni@gmail.com.

SIERRA TUCSON—Continuing Care Groups—Phoenix. Thurs. —Resident Alumni. PCS, 3302 N. Miller, Scottsdale. 5:30—7:00 p.m. email: Courtney.Martinez@SierraTucson.com.

FAMILY RECOVERY GROUP—Facilitator, Brough Stewart, LPC. 5:30-7:30 p.m. Designed to help begin/continue family recovery. **Meadows Outpatient Center,** 19120 N. Pima Rd., Ste. 125, Scottsdale. **602-740-8403**

TUCSON SLAA—Sex and Love Addicts Anonymous (S.L.A.A.) University Medical Center - Room “E” - Sunday 10:00am Step Meeting, St. Phillip’s Church - La Parroquia - Mesquite Room. Mon. 6:00pm Book/ The Journal Meeting, Streams in the Desert Lutheran Church-5360 E. Pima St. (West of Craycroft, south side of Pima) Meeting Room A, Wed. 6:30pm Women’s Meeting, St. Phillip’s Church La Parroquia - Mesquite Wednesday 7:00 pm Men’s Meeting, Our Savior’s Lutheran Church East Activity Building, enter from north parking lot off Mabel St. Friday 6:00pm Discussion meeting. Call **520-261-SLAA(7522)**E: tucsonslaa@gmail.com. www.tucsonslaa.org

VALLEY HOSPITAL—IOP for Chemical Dependency/ Co-Occuring. Mon.,Tues., Thurs. 6:00-9:00 p.m. **602-952-3939.** 3550 E. Pinchot Ave., Phoenix. valleyhospital-phoenix.com

Open Hearts Counseling Services Women’s Therapeutic Group for Partners of Sex Addicts. Comfort, strength and hope while exploring intimacy issues. Cynthia A. Criss, LPC, CSAT 602-677-3557.

FAMILIES ANONYMOUS—12 step program for family members of addicts. Scottsdale Sun. 4:00 p.m., 10427 N. Scottsdale Rd., N. Scottsdale Fellowship 480-225-1555 /602-647-5800

NICOTINE ANONYMOUS—Phoenix Sat., 5-6:00 p.m. Our Saviour’s Lutheran Church, 1212 E. Glendale Ave., Glendale, Sun., 9:15-10:15 a.m. Fellowship Hall, 8910 N. 43rd Ave. 480-990-3860 - nicotine-anonymous.org

CHRONIC PAIN SUFFERERS —“Harvesting Support for Chronic Pain,” 3rd Sat. of month, 12-1:00 p.m. Harvest of Tempe, 710 W. Elliot Rd., Suite 103, Tempe. 480-246-7029.

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Jewish Alcoholics, Addicts, Families, Friends. 1st / 3rd Wed., 7:30 p.m. Ina Levine Jewish Community Campus, 2nd floor. 12701 N. Scottsdale Rd. **602-971-1234 ext. 280.**

COSA-12-step recovery program for those whose lives have been affected by another person’s compulsive sexual behavior) Thurs. 11:00 a.m. 2210 W. Southern Ave. Mesa. **602-793-4120.**

LIVING GRACE SUPPORT—Christ centered approach for individuals and families affected by mental illness. Oasis Community Church, 15014 N. 56th St. Scottsdale. 602-494-9557. 2nd & 4th Tuesday 6-8 p.m.

WOMEN for SOBRIETY —womenforsobriety.org. Sat. 10-11:30 a.m. All Saints of the Desert Episcopal Church-9502 W. Hutton Drive. Sun City. Christy 602-316-5136.

CO-ANON FAMILY SUPPORT—Message of hope and personal recovery to family and friends of someone who is addicted to cocaine or other substances. “Off the Roller Coaster” Thurs., 6:30-7:45 p.m., 2121 S. Rural Rd., Tempe. Our Lady of Mount Carmel Church. Donna 602-697-9550 /Maggie 480-567-8002.

ACOA Thurs., 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. www.aca.arizona.org

ACA. Tucson. Wed. 5:30-7:00 p.m Streams In the Desert Church 5360 E. Pima Street. West of Craycroft, Tucson. Room A. Michael 520-419-6723.

OA—12 Step program for addictions to food, food behaviors. 520-733-0880 or www.oasouthernaz.org.

PILLS ANONYMOUS—Glendale, Tues. 7-8:00 pm. HealthSouth Rehab 13460 N. 67th Ave. Rosalie 602-540-2540. Mesa Tues. 7-8:00 pm, St. Matthew United Methodist Church. 2540 W. Baseline. B-14. Jim, 480-813-3406. Meggan 480-603-8892. Scottsdale, Wed. 5:30-6:30 pm, N. Scottsdale Fellowship, 10427 N. Scottsdale Rd., Rm 3. Tom N. 602-290-0998. Phoenix, Thurs. 7-8:00 pm. First Mennonite Church 1612 W. Northern. Marc 623-217-9495, Pam 602-944-0834, Janice 602-909-8937.

GA—Christ the Redeemer Lutheran Church, 8801 N. 43rd Ave. Sunday, Spanish 7:00-9:00 p.m. Good Shepherd Lutheran Church, 3040 N 7th Ave. Sunday, English 6:00-8:00 p.m. 5010 E. Shea Blvd., Ste. D-202, Sue F. 602-349-0372

SAA — www.saa-phoenix.org 602-735-1681 or 520-745-0775.

Valley Hope Alumni Support. Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tues. 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open.

SPECIAL NEEDS —AA Meetings. Cynthia SN/AC Coordinator 480-946-1384, E: Mike at mphaes@mac.com

SLAA—Sex and Love Addict Anonymous 602-337-7117. slaa-arizona.org

GAM-ANON: Sun. 7:30 p.m. Desert Cross Lutheran Church, 8600 S. McClintock, Tempe. Mon. 7:30 p.m., Cross in the Desert Church, 12835 N. 32nd St., Phoenix, Tues. 7:00 p.m., First Christian Church, 6750 N. 7th Ave., Phoenix, Tues. 7:15 p.m. Desert Cross Lutheran Church, Education Building, 8600 S. McClintock, Tempe, Thurs. 7:30 p.m.

DEBTORS ANONYMOUS—Mon., 7-8:00 p.m., St. Phillip’s Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 p.m., University Medical Center, 1501 N. Campbell. 520-570-7990, www.arizonada.org.

EATING DISORDER SUPPORT GROUPS— PHX— Monday 7:00 p.m. 2927 E. Campbell Dr. Ste. 104, (Mt. View Christian Church). Jen (602) 316-7799 or edaphoenix@gmail.com. Wed. 7:00 p.m. Liberation Center, 650 N. 6th Ave, Phoenix. (cross street McKinley). Jennifer (602) 316-7799. Tempe—Thursday 6:30 p.m. Big Book/5:30 - 6:30 p.m. Steps to the Solution.

Mountain View Retirement Village, 7900 N. La Canada Drive, Tucson. leeverholly@gmail.com. Thurs. 5:30 - 6:30 p.m. EDA Big Book Step Study. Mountain View Retirement Village, 7900 N. La Canada Drive, Tucson. (203) 592-7742 / leeverholly@gmail.com. Wickenburg—Wed. 7:15 p.m. and Sunday 7:45 p.m. (N,D/ SP,O,) Capri PHP program. (928) 684-9594 or (800) 845-2211.Yuma —Wed. @ 5:00 - 6:00 p.m. 3970 W. 24th St. Ste. 206 Yuma. Alyssa (928) 920-0008 or email 2014yumae.d.a@gmail.com.

CRYSTAL METH ANONYMOUS www.cmaaz.org or 602-235-0955. Tues. and Thurs. Stepping Stone Place, 1311 N. 14th St. Phoenix.

GODDESSESS & KACHINAS Philosophical, spiritual, religious 12 step, 12 Tradition/12 Promises support group. 480-203-6518.

AA,NA,CA,CMA,ACA, ALANON - Would you like to start a meeting? The Northwest Alano Club would like to help. **Free rent and coffee for the first 4 meetings!** 3120 W. Curtis Rd. Tucson (520) 293-2929

SEND EVENT OR SUPPORT GROUP INFO:
barb@togetheraz.com
Deadline 20th of month prior to printing.

STAY INFORMED
Sign up for our e-newsletter at
info@togetheraz.com or
barb@togetheraz.com

Why Attend a Support Group?



Support Groups Alleviate Isolation

It’s common for people in early recovery to feel isolated. Family and friends can offer some measure of support but sometimes they can’t fully relate. Connecting with others, hearing their stories, and sharing similar experiences can be extremely helpful in breaking through feelings of isolation.

A Safe Place To Share

Support groups of all kinds share a similar mantra: *What’s said in the group stays in the group.* This can be invaluable to those who are hesitant to speak freely — especially about negative feelings— because they’re worried about judgement, gossip, or discrimination. Within the safety of support groups, participants can share their frustrations about doctors, medication side effects, family and friends, and the personal difficulties they face dealing with mental health issues every day.

Support Groups Offer Unique Insights

Group members often share coping strategies based on firsthand experience and offer realistic feedback unburdened by professional decorum.

Support Groups Benefit Support Systems

Many mental health support groups offer corresponding groups for family and friends to have their own place to share concerns and frustrations. These offshoot groups also help family and friends to learn more about mental illness and treatment, as well as how to confront the stigma surrounding mental illness, thus allowing them to be more involved in their loved recovery plan.



By Alan Cohen

On March 9, 2015, pilot Andre Borschberg lifted his experimental aircraft Solar Impulse 2 from the Abu Dhabi runway. His bold plan: to fly a fully solar-powered airplane around the entire globe without using a drop of fossil fuel.

In the stirring documentary, *The Impossible Flight*, we ride the roller coaster of challenges and triumphs that characterized Solar Impulse 2's epic journey. While the inventors planned to make the trip in 12 legs at an airspeed of 45 miles per hour, the fragile craft was continually thwarted by rough weather and equipment malfunctions.

The toughest moment came when the lightweight vessel was set to fly its longest leg over the Pacific Ocean from Japan to Hawaii—a grueling 5-day trek through adverse weather systems. The pilot had to sit in a fixed position for almost the entire trip, with the exception of occasional 20-minute power naps. As the flight neared the midway point of no return, the team's on-ground meteorologists and engineers sadly concluded the weather ahead was too dangerous, and feverishly urged the pilot to turn back. But the pilot refused. "I have a very good feeling we can do it," he replied, and pressed on. After two more harrowing days threading the needle between storms, Borschberg landed safely in Honolulu. SI2 later went on to return to its starting point, 504 days after its departure.

Two different people live in your mind

One is an engineer calculating odds and risks according to known science. The other is the voice of passion, intention, and spirit, prone to take leaps of faith beyond known science. Both are important. Science helps us understand and maneuver the world we know. Our sense of vision and adventure propels us to go beyond the world we know, into more exciting dimensions. The engineer measures probabilities. The spirit is motivated by possibilities. We must honor the engineers who designed the brilliant aircraft that could break records; but if it were up to the engineers alone, the airplane would have turned back and the records would not have been broken. Something within the pilot said, "I can and I will," which ultimately achieved the goal.

The journey to success is like a train ride powered by a steam engine. The tracks guide the train to its chosen destination. The steam propels the train forward. The tracks represent the earthy calculations to stay goal-focused. The steam is the passion to reach the goal. If you have tracks but no steam, the train will not get anywhere. If you have steam but no tracks, the train will bounce around helter-skelter and crash or do damage. To reach your goal, you need steam and tracks.

It is said, "the purpose of life is not to arrive safely at death." Some people spend their lives playing it safe, never launching out into new, exciting, and possibly dangerous territory. In the process they squash and lose their passion; each year they become a little less alive. Benjamin Franklin said, "Most people die at age 25, but they are not buried until age 75." Franklin was one of a small group of people who founded a nation on the radical idea that citizens could make choices for themselves rather than letting a monarch control their lives.

While we now take democracy for granted, at that time every country was ruled by a king, emperor, or czar. It took a huge leap of faith to

establish the first modern democracy. The founding fathers considered their project a great experiment. They had the courage to boldly go.

Thomas Jefferson penned the first draft of the Declaration of Independence when he was just 30 years of age. He could have said, "I'm too young, too inexperienced. This project is bigger than me." But the vision of a free nation was greater than his personal doubts. He pushed on, and initiated one of the most important documents in human history.

When the Wright Brothers flew the first airplane at Kitty Hawk in 1904, the distance of that flight was shorter than the wingspan of a modern 747 jumbo jet. If you had told anyone that year that a man would walk on the moon only 65 years later, less than one lifetime, you would have been called crazy. But passion moves people to do things that reason would never approve.

At this moment you have a vision to do something you have never done before. You have a book, song, relationship, seminar, or business calling to you from your womb of creativity. A voice within you shouts, "You can and must do this!" while another chides, "Turn back before it's too late." When making your choice, you stand at the same midway point where the pilot of Solar Impulse 2 found himself in that historic journey. That project encountered tremendous adversity, but its innovators persevered until the dream became a reality.

So will you persevere until you fulfill your destiny. Somehow, some when, you will look back on your adventure and recognize it was spirit-guided. At that point the engineer and the visionary within you will give each other an exuberant high-five and congratulate each other, "Well done!"

Alan Cohen is the bestselling author of *A Course in Miracles Made Easy*. Join Alan and musician Karen Drucker in Hawaii, December 1-6, for an extraordinary retreat, "A Course in Miracles: the Easy Path." For more information about this program, Alan's Holistic Life Coach Training beginning January 1, his books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.



Practicing yoga in recovery is a tool that works in many ways to enhance recovery from whatever ails you. Do you know what it is? There are different yoga disciplines, practices and goals. The postures in yoga are designed to keep the body fit and to still the mind through meditation. Yoga poses may help you open your mind to new possibilities. It empowers you physically and mentally. Also, yoga may give you the physical tools to use towards your recovery. Yoga can be one of the healthy activities in your recovery journey from addiction.

Here are tips how yoga can help Enhance Physical Strength

We don't think strength workout when we think about yoga. Actually, yoga creates functional strength that can be translated to everyday activity such as bending over, sitting, lifting or standing.

Build Confidence

Do you want confidence? Do you want to be a magnet for wonderful people and good things? Part of confidence is liking who you really are, and by practicing yoga you will build this love to yourself and your body. By the mere fact that you go to a yoga class it shows that you care about yourself and that sends a positive message to your brain and the rest of the organs.

Rid Toxins in your Body

By different twists, folds and sweating yoga poses help get rid of toxins in your body. By practicing yoga poses the cells in your body will be richer in oxygen, and nutrition will be carried out to them smoothly.

Calm an active Mind

Meditation is another aspect of yoga. By meditating you learn to calm and quiet the chatter in your mind. Letting the thoughts freeze at will. It is a form of mental cleanse or a reset. Keep the phones and other devices away from you when you meditate.

Increase Awareness

By breathing, which is a very important component of yoga, you become more aware. You may concentrate your awareness on your body, or your feelings at a given moment. Give yourself a moment to focus on your senses through breathing in and out.



Teen Challenge is Arizona's Faith-Based SOLUTION TO THE DRUG EPIDEMIC

With heroin addiction at epidemic proportions and drug abuse at an all time high, Teen Challenge is seeing results with an 86% success rate!

We can help!

PHOENIX TEEN CHALLENGE (Male 18+) 602-271-4084	HOME OF HOPE (Female 18+) Women or Women with Children Casa Grande, Arizona 520-836-5030	SPRINGBOARD Home for Adolescent Girls (Female 12-17) Tucson, Arizona 520-887-8773	PREVENTION  THINK ABOUT IT* To schedule a Drug Prevention Presentation for your group or school, contact the Public Relations office at 602-271-4084
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