

Connecting Hope. Building Recovery. Saving Lives.

NorthSight Recovery was created by a team who had seen, up close, the weight that substance use and mental health challenges place on individuals, families, and entire communities. They also saw something else: a healthcare system that too often fragments care, overlooks dignity, and leaves people to navigate recovery alone. Convinced that care could—and should—be different, they set out to build a place where healing, humanity, and connection come first.

On March 6, 2022, NorthSight Recovery opened its doors with a clear mission: to offer an accessible, inclusive, and compassionate space where people can safely rebuild their lives. Since then, the organization has grown rapidly across the valley, serving people from all backgrounds with respect, flexibility, and unwavering support.

Addiction and mental health challenges do not discriminate, and neither should treatment. NorthSight’s programs are flexible, individualized, and culturally responsive, designed to meet people where they are in their recovery. Whether someone is navigating problematic substance use co-occurring mental health conditions, unresolved trauma, housing instability, employment difficulties, or legal challenges, the NorthSight team walks beside them, not ahead of them, and never in judgment.



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"Treatment and housing work hand-in-hand"

Lasting recovery requires more than symptom reduction. It means healing trauma, building life and coping skills, strengthening community connections, and creating safe, structured environments where people can grow. Through recovery housing, treatment services, and an integrated care model, members receive continuous support as they move toward long-term independence.

The NorthSight difference

A people-first culture. A commitment to hope. A belief in what’s possible.

“Treatment and housing work hand-in-hand.” At NorthSight, they are intentionally designed to do exactly that.

A Different Kind of Recovery Ecosystem

NorthSight Recovery’s model is intentionally designed around real-world complexity:

- Substance use and mental health conditions occurring together
- Instability in housing, income, and employment
- Legal involvement and justice system pressures
- Trauma histories and medical comorbidities

Instead of asking individuals to fit into rigid, one-dimensional programs, we align services around their actual needs. Treatment, housing, and workforce development happen in parallel—not in isolation—creating a seamless journey from crisis stabilization to long-term independence.

Our integrated recovery ecosystem includes:

- Intensive Outpatient Programming (IOP) with psychiatric and therapeutic support
- Level 3 and Level 2 Recovery Housing that is structured, accountable, and recovery-oriented
- Outpatient Services for sustained support as individuals step into work, school, and family life

Connecting Hope continued page 6

Finding Balance in a Divided World

Ramsen Kasha, MS, MBA, LPC
Chief Clinical Officer, Sahara Wellness Center

The holidays are often described as a season of connection, gratitude, and celebration. But it also brings a different emotional landscape that can be shaped by tense family dynamics, nonstop news updates, and a general sense that the world is more divided than ever. That kind of atmosphere can take a toll on anyone. For people in recovery, it can add stress that makes it harder to stay centered and grounded.

Fortunately, even when the world feels chaotic, it is still possible to protect sobriety and peace of mind. This season can become an opportunity to strengthen recovery rather than strain it.

Reducing Emotional Overload From News and Social Media

We are exposed to more information than ever before. Political arguments, breaking news, and an endless scroll of opinions can leave you feeling anxious, angry, or simply exhausted. For people in recovery, that emotional overload can show up as irritability, restlessness, or an urge to check out.



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Publisher's Note

By Barbara Nicholson-Brown

“Don’t Leave before the Miracle”

My life has purpose and meaning because I am part of the ever-growing community of recovery and mental health advocates. We speak openly about our experiences without shame, and, if we are judged, that burden is not ours to carry.

Each time our stories are heard, we chip away at the silence and stigma. We cut through fear, which can show anyone who is struggling, (friends and families included), the importance of knowing — you are not alone.

We are not meant to be islands; we are here to connect, build relationships, help each other, and heal. Knowing we can face life's many challenges together provides a strong foundation for building a healthy life moving forward.

Through the years, from my very first steps to the present day, I have met amazing people on this path— a community of men and women I consider family. They welcomed me with open arms and constant support. I will continue to pay it forward, because there is no truer way to live. Because for any addict or alcoholic, each day sober truly is a miracle! And I am not leaving!

I want to extend my sincerest gratitude to all our contributors and advertisers for another remarkable year. Your invaluable support, words of wisdom and experience enable Together AZ to continue inspiring hope and bring recovery resources to our community. It is truly an honor to collaborate with such compassionate professionals and organizations. Together, we are making a significant impact. Happiest of holidays my friends.

Barb

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In gratitude and memory of
William B. Brown, Jr.

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The views and opinions presented in articles are those of the individual authors

Content is for informational purposes only. Seek professional help for addiction related issues.



**28.1 MILLION ADULTS
HAD ALCOHOL USE DISORDER IN 2023**

Source: NIAAA

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Daria, Meadows Alum



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Spotlight *A Conversation with Jaime Vinck*

The Rehab Playbook is a practical guide for recovery and treatment. Was demystifying the rehabilitation process for readers a key motivator?

The motivation for this book was two fold. First, we know that only 1 out of 10 people who need addiction treatment get help. I wrote the book to reach the other 9. How? By looking at treatment from the inside out, drawing on my 20 years of experience doing the work. Part of this *'pulling back the curtain'* is introducing those who are struggling to those who are doing the work. I've always felt that if they could meet my colleagues who clearly dedicate their lives to the healing of others, some of the fear might dissipate. We are all wounded healers and treatment is a no judgment zone.

What are the biggest barriers to receiving addiction treatment today? Are the primary obstacles stigma, shame, fear, financial limitations, or a combination of factors?

All of the above! We have come a long way since COVID in reducing the stigma for seeking help, however, it still exists. There are so many layers to the fear. Everything from facing our demons to finding the financial, personal and professional resources to make it happen—to fear of the unknown. What goes on behind those walls anyway?

There is still so much confusion out there. The other factor that I find extremely frustrating and makes me a bit angry is the negativity addiction treatment gets. A recent book actually called *Rehab – An American Scandal* portrays us in the worst possible light. As The Playbook describes, there are good guys and bad guys in every profession. There are far more good than bad in the work we do. I have a healthy fear that if someone who is struggling reads the “Scandal” book—they will talk themselves out of seeking help. It feels like fear mongering to me. Truth of the matter is — many people out there get better every day and there is reason to hope!

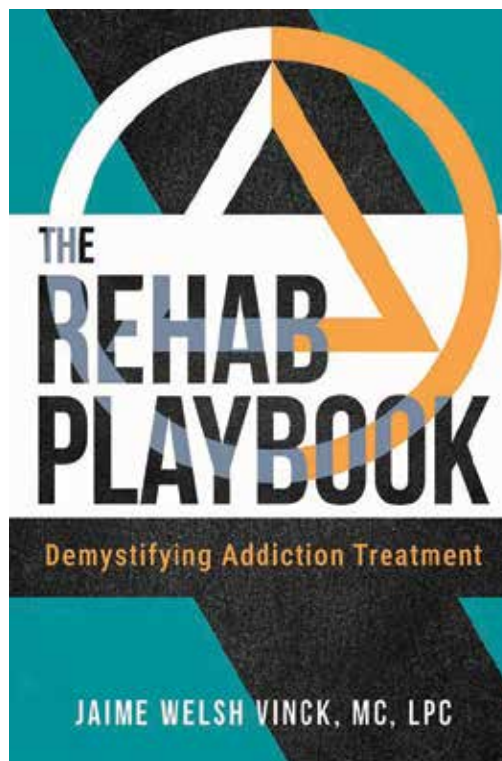
For individuals who want to get clean and sober but have limited financial resources, what are your most practical recommendations for finding accessible support and treatment options?

One of the beautiful things about the Affordable Care Act is that it made SUD Treatment a mandated covered benefit for commercial insurance — like any other health condition. Someone can get fine treatment using commercial insurance. There are solid programs that accept Medicaid, Medicare and VA benefits. There are also charitable organizations such as 10,000 Beds and Til Valhalla for Veterans that help connect folks with treatment.

The chapter "Family Matters" addresses the profound impact destructive behaviors has on the family and friends of an addict. Why is supporting the entire network around an individual with addiction—not just the person receiving treatment—so critically important?

I learned years ago that addiction is a family disease. The one who goes to treatment “the identified patient” can't be the only one to change. So often I would see someone have a beautiful treatment experience and then go home to the same dysfunction and be completely derailed. It's also important that the loved ones learn about the neurobiology of addiction and that first of all, it's not about them, and second, their loved one can't “just stop”. It's about providing the much-needed support and education, as well as allowing a safe space for loved ones and patients to share their own regrets, resentments and appreciations. When writing *The Rehab Playbook* — I knew it was important to design a section that would speak to the loved ones “Fans and Families” and what they were feeling. Families and loved ones deserve hope and healing as well!

With so much information available online, and most treatment facilities having an online presence, what is your advice for researching and vetting facilities to find the best fit, beyond relying on top Google search results or an attractive website?



There is SO much information out there through Google search and now Open AI. I spend a great deal of time on The Playbook clarifying what good treatment looks like, and where/how to find it! It's tricky because so often folks are looking for treatment when they are in crisis and will take the first most reasonable option available. Becoming a student of addiction and treatment BEFORE the crisis, was another goal of The Playbook. I go so far as providing suggested questions and to whom to make the best decision.

What is your hope for the future for the recovery industry?

Expanded access to high quality, equitable and affordable care. Achieving this outcome is contingent upon the consistent delivery of ethical, measurement-based treatment across all levels of care. I also hope and pray that we can work collaboratively to convince payers to reimburse at rates that allow us to meet rising costs, and to have influence over public policy on both State and

Federal levels so that we don't lose the ground that we have made over the past several years. I also would like to see more diversity in our leadership in the recovery industry, so that our leaders reflect our patient populations.

The Rehab Playbook is available at <https://www.amazon.com>.

Jaime Vinck, MC, LPC, is President of Meadows Behavioral Healthcare, leading programs that help individuals and families heal. Recognized as one of Arizona's Most Influential Women, she also serves as Vice Chair of the National Association of Addiction Treatment Providers.

For help or more information, visit www.themeadows.com or call 866-244-4949.



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Holiday Traditions:

Why Keeping Them Going is Good for Your Mental Health

By Amy Tilley, PsyD

Think about your favorite holiday activity. Is it decorating the Christmas tree, baking cookies with all the icing and sprinkles? Do you enjoy singing Christmas carols or having all your family and friends over for a fun evening playing board games and white elephant gift exchanges? Maybe you and your family travelled over the holidays. What was important to you? What feelings do those memories invoke?



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Traditions play an important role in our lives, especially at this time of year.

When we have full calendars and are trying to find a spare moment to pause and take a breath from the hustle and bustle of the holiday season, holiday traditions can be a reminder of fond memories of the past and give us a sense of structure and routine to the busyness of the holidays.

There are many benefits to carrying on traditions and starting new ones with new friends and growing families:

Stability, Grounding, and Connection

Traditions can foster stronger connections with our loved ones, give us a sense of grounding, and can create shared memories with the important people in our lives. The world around us can be chaotic. Having a sense of stability and being around loved ones reduces stress and provides comfort. Traditions also provide a social identity and belonging, as many of these are shared experiences with family and friends.

Emotional Wellness

Traditions typically invoke positive memories of nostalgia and provide us with happy memories of simpler times. This provides stress reduction and a mood booster, releasing those feel-good endorphins! They can also be a mindful experience, as traditions help us be engaged at one thing at a time and be present for that special moment.

When Old Traditions Change

As the years pass by, your family and friends' circle changes and grows. Traditions may need to be adapted and evolve to meet the needs of you and everyone around you. This is not always a negative experience, if done with care and thoughtfulness. Moving to another state, children growing up and starting their own family, or the loss of a loved one are major changes that may require traditions as old as time to look a little bit different this year, going forward. Be gentle on yourself, as you may experience a sense of loss with the changing of a long-held custom.

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Starting New Traditions

If you want to start a new tradition with your family or friends, do it! This can benefit your mental wellbeing and foster new connections and creativity for you and your support network. Identify what you and your family cherish most about the holiday season.

Do you love being together? Do you have a charity you always support in December? Do you enjoy traveling to a new place and making new experiences and memories together? Decide as a family what is most important and brainstorm ideas that are in line with your values.

Once you have identified the ideas, put them into action! Maybe you:

- **Start up a neighborhood toy drive for a local shelter.**
- **Have a crafting and game night with friends.**
- **Go on a winter hike and play in the snow!**

Pick a date on the calendar and stick to it. The more consistent you are from the beginning, the more likely you are to make the tradition become an annual event. The more you share about what you are doing, the likelihood of it continuing also increases. Start small and pick one thing to try this holiday season.

Involve your children! They are a vital part of keeping traditions alive for years to come. Explain the meaning of what you are doing so that they understand the value of the activity. Sharing memories of age-old traditions helps children feel connected to the past and get to know family members who may no longer be with us.

What will you do this holiday season to keep your traditions alive and well...or will you start a new one altogether? Do something that is meaningful for you and your family and invokes all the feel-good memories you deserve!

Amy Tilley, PsyD, has 20 years in the mental health and addiction recovery field. Her clinical interests include working with young adults and adults diagnosed with co-occurring conditions.

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Connecting Hope from page 1

- Workforce Readiness and Vocational Development to build financial stability and purpose
This is not “housing plus treatment.” It is a unified system of care designed to reduce readmissions, avoid unnecessary inpatient and crisis utilization, and produce measurable improvements in quality of life.

Leadership

Led by CEO Jeremy Bloom, NorthSight Recovery’s Executive Leadership Team brings more than 148 years of combined experience in behavioral health, clinical care, operations, housing, and organizational development. Jeremy’s vision is simple and ambitious: invest in people, strengthen programs, and expand a recovery ecosystem that truly transforms lives. From clinical services to housing, operations, and administrative support, every leader is committed to building a supportive, mission-driven culture where staff, partners, and members can thrive.

The People Who Make the Mission Real

NorthSight Recovery’s impact is made possible by a diverse, dedicated team who show up every day with courage, empathy, and unwavering belief in the people we serve. From clinical staff and housing teams to navigators, case managers, and administrative professionals, our team brings heart, expertise, and resilience to some of the most meaningful work in healthcare. They are the ones who turn our mission into daily action, creating safe spaces, building trust, and walking beside individuals as they rebuild their lives.

Integrated Services. Real-World Impact

Our continuum of care is designed for accessibility, flexibility, and clinical integrity.

Intensive Outpatient Program (IOP)

- Minimum of 9+ hours per week of structured therapeutic services
- Psychiatric care, medication management, and ongoing clinical evaluation
- Evidence-based group, individual, and family therapy
- Integrated with Level 3 housing to provide safety, structure, and 24/7 support

Recovery Housing (Level 3 & Level 2)

- Level 3: On-site staffed, highly structured environments emphasizing accountability, safety, and stabilization
- Level 2: Peer-managed environments supporting growing independence and self-management
- Both levels are firmly anchored in recovery principles, routine, and community

Outpatient Services

- 1–3 sessions per week tailored to stage of change and level of need
- Individual, group, and family therapy
- Case management, care coordination, and ongoing support

Additional Services

- Medication-Assisted Treatment (MAT)/MOUD
- Trauma-informed and trauma-specific treatment interventions
- Psychological testing and assessment
- Telehealth to enhance access and convenience
- Vocational and workforce readiness programming

The result: a cohesive experience that holds space for both clinical complexity and real-life responsibilities.

Our Brand Values: C.H.I.P.

NorthSight Recovery’s culture and operations are grounded in four core values we call CHIP:

Connection—We build authentic relationships—between staff, members, families, and community partners. Connection is not a tagline; it is the infrastructure for trust, adherence, and long-term recovery.

Hope—We lead with hope, especially when people cannot yet see it for themselves. Hope, paired with structure and accountability, changes trajectories.

Innovation—We challenge the status quo of behavioral healthcare. From integrated housing models to data-informed program design, we pursue solutions that are practical, scalable, and responsive to community needs.

Professional Development and Growth—We invest in the growth of our team and our members. For staff, this means training, supervision, and advancement pathways. For members, it means building the skills, confidence, and capacity to live independently and thrive.

These values are not aspirational, they drive hiring, training, program design, and partnerships.

Building the Future Workforce

NorthSight Recovery is an Approved Clerkship and Practicum Site, partnering with Midwestern University, Northern Arizona University, and



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Let's Build What's Next—Together

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Gordon C. James Public Relations (GCJPR), a veteran and family-owned and operated agency based in Arizona, is proud to celebrate 35 years of delivering trusted communications, strategic counsel, and award-winning public relations services to clients across the state and nation.



(Back row L to R) Garrett Otto, Katelyn Hardt, Lisa James, Jessica Parsons
(Front row L to R) Amanda James, Gordon James, Lisa Owens, Trisha Anthony Submitted Photo

Gordon James officially opened his agency on Dec. 1, 1990, after serving in the administration of President George H. W. Bush. Working from a small communal office on the third floor of the Old Ebbitt Grill building in Washington, D.C., he arrived with five legal-sized boxes of schedules and papers from the White House, expecting days of work to unpack. By noon, everything was shelved and GCJPR was open for business.

His first assignment was serving as the White House liaison for Arnold Schwarzenegger during the “Great American Workout” on the South Lawn. In the years that followed, James opened the firm’s Phoenix location in 1993. He continued to serve at the national level, including under President George W. Bush, where he orchestrated eight White House Easter Egg Rolls and spent five months in Iraq during the return to sovereignty, all while growing the firm and expanding services for clients nationwide.

“This milestone is deeply meaningful to me, not only as a business owner but as a family,” said Founder and President Gordon James. “I never imagined that 35 years later we’d still be in business and helping so many organizations with local and national recognition.”

For 35 years, GCJPR has earned a reputation for excellence in earned media, media training, public affairs, crisis communications, event management, and expanded social media services for nonprofits, small businesses, and corporate clients.

Over the years, GCJPR has earned numerous Copper Anvil awards, one of the highest honors in public relations, including Agency of the Year in 2024. The agency’s work has helped nonprofits expand their reach, and supported companies as they launched initiatives that continue to shape Arizona’s business, community, and public affairs landscape.

“Building this agency alongside Gordon has been one of the greatest adventures of my life,” said Lisa James. “Our kids grew up doing homework in our offices while we prepped clients, now our 2-year-old granddaughter walks these hallways. It’s always been a family endeavor. Then, during the 2008 recession and COVID in 2020, the outlook was uncertain, but we doubled down. That’s been the key to our resilience. We work hard, and we focus on impeccable service.” *Learn more at www.gcjpr.com*

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Finding Balance from page 1

Setting boundaries around media is not about avoiding reality but about protecting your mental bandwidth. Consider choosing specific times to check the news rather than keeping a constant feed rolling. Curate your social media to follow accounts that support your wellbeing, and mute ones that do not. Pair news-checking with a grounding habit, like a short walk, a stretch break, or a deep-breathing exercise. These small shifts help keep your system regulated so you are not running on adrenaline all day.

• Recognizing When Stress Reignites Old Patterns

When everything feels heated or uncertain, your body registers that as a threat. Stress rises, tension builds, and it becomes harder to access calm, rational thinking. In recovery, this can stir up familiar impulses like wanting to escape or withdraw.

A useful tool in these moments is simply noticing what is happening. A quick check-in like, “What am I feeling right now?” or “Is this pressure coming from the situation or from old stuff resurfacing?” can disrupt automatic reactions. When you slow things down, you give yourself room to choose healthier responses. Reaching out to a trusted support friend, using breathing techniques, or taking a few minutes for quiet reflection can help reset your emotional balance.

• Protecting Your Peace

Holiday gatherings bring together people with different perspectives, and not everyone has the same skill for navigating differences respectfully. You may find yourself in situations where the conversation steers into territory that feels tense or triggering.

It is okay to protect your peace. You can set limits without creating conflict. Simple phrases like, “Let’s talk about something lighter,” or “I’d rather not get into that today,” can redirect a conversation without escalating. If things still heat up, stepping outside or taking a break is a legitimate form of self-care. The goal is not to convince anyone of anything, but to support your own stability and sobriety.

• Returning to Your Recovery Values

When the world feels chaotic, recovery values become more important. They act as anchors; steady, reliable, and personal. Values like honesty, patience, compassion, integrity, and connection are not influenced by news cycles or other’s opinions. They are yours.

"The world right now can feel heavy, divided, and emotionally charged...protect your serenity, your emotional health, and your sense of balance."



Reconnect with them. Beginning or ending your day with simple intentions like, “**Today I’m focusing on patience,**” or “**I want to show up with integrity,**” can guide your actions. Connect with your support network, attend a meeting, or take time for reflection or prayer. This grounding helps you stay aligned with who you are, rather than getting pulled off center by external noise.

• Focusing on What You Can Control

In polarized times, it is easy to feel powerless. But recovery teaches a different lesson: the most meaningful changes happen through small, steady daily actions.

You may not be able to control the conversations around you, the news, or what someone posts online. You can control how you care for yourself. Prioritizing rest, keeping appointments, planning for potentially stressful gatherings, and maintaining structure to your days all support emotional stability. Even a short gratitude list or a few moments of mindfulness can make a noticeable difference in how grounded you feel.

• Creating Small Spaces of Calm and Safety

When the world feels unpredictable, creating pockets of peace becomes essential. These do not have to be elaborate, just intentional. Maybe it is a corner of your home that feels cozy and uncluttered, a calming playlist you return to, or a weekly coffee date with someone who understands your recovery journey. These “micro-environments” give you a place to reset and reconnect with yourself.

• Embracing Serenity

Recovery happens in real life, not in a vacuum. The world right now can feel heavy, divided, and emotionally charged. But you do not have to absorb that energy. You can protect your serenity, your emotional health, and your sense of balance.

By setting boundaries, staying connected to your values, and focusing on the small, steady actions that support you, you can move through polarizing times with clarity and strength creating a space where peace, presence, and growth are always possible.

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Twinkle, Twinkle Little Star 2025

An Evening of Hope and Healing

On November 1, Hushabye Nursery hosted its annual Twinkle, Twinkle Little Star celebration, a beautiful night under the stars that brought together supporters, partners, and families to honor the power of healing and hope. Hosted by Kyle Unfug, the event radiated warmth, compassion, and community from the moment guests arrived. The evening’s setting reflected the love and purpose at the heart of Hushabye’s mission, creating a space where stories of resilience could shine.



Carly Burton, Cyndi Simmons, Teresa Kelly, Michelle Smith, Erin Jones, Becky Doyle, Shauna Anderson, Tara Sundem

Before the program began, guests enjoyed live music from Old Town Love, whose acoustic performance set the perfect tone for the night. Their soulful melodies created a welcoming and uplifting atmosphere as attendees gathered to connect and celebrate.

Founder and CEO Tara Sundem shared heartfelt words of gratitude, reflecting on how far Hushabye has come and the community that continues to stand behind it. She thanked attendees for their belief in the mission and their role in helping babies and parents heal together. Her message captured the essence of the night: hope grows when people come together in love and purpose.

Auctioneer Leticia Frye brought her signature energy and charisma to the live auction, sparking enthusiasm and generosity throughout the room. Guests responded with overwhelming support, helping Hushabye surpass its fundraising goal for the evening. Each contribution will directly sustain programs that provide specialized care for infants experiencing withdrawal and wraparound support for parents working toward recovery.

One of the most touching moments came when a Hushabye mom celebrating 11 months in recovery attended the event with her young son, Jeremiah. She bravely shared her story of renewal and strength, describing how Hushabye’s care helped her rebuild her life and bond with her child. Her story was a living example of the evening’s theme—a celebration of healing, courage, and second chances.



The PCS Intensive Treatment Program offers a unique and powerful solution to those individuals, couples and families trying to break through the barriers holding them back from fully enjoying their lives. Clients who seek our program are generally experiencing crises in their lives, feel stuck in their current therapy, desire to move more quickly through their issues, or are simply unfulfilled with one or two hours a week of therapy.

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A powerful performance by Tawni, a Hushabye mom and case manager, joined by Betsy Gantz, Hushabye’s Philanthropy & Creative Outreach Advisor. Together, they shared a heartfelt message of transformation and hope through song, embodying the strength and healing that define Hushabye Nursery. Their performance drew both tears and applause, serving as a poignant reminder that recovery is possible when compassion surrounds families.

As the night came to a close, the sky glittered above a community united in compassion. Twinkle, Twinkle Little Star 2025 was more than a fundraiser. It was a heartfelt celebration of the lives transformed through Hushabye Nursery’s work and a reminder that every act of generosity lights the way for families finding hope and healing. Learn more at hushabyenursery.org

Pregnant and Struggling with Substance Use?



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Returning to Rest:

Reclaiming Ourselves and Communities During the Holiday

By Julia Karrys at AZ Holistic Approach

This time of year often arrives with a familiar intensity. Many of us—therapists, helpers, and anyone in a caregiving role—watch our calendars fill and our clients strain under the weight of family dynamics, overspending, grief, travel stress, and over commitment. What should be a season of ease and connection can quickly become one marked by cancellations, rearranged schedules, fluctuating pay, and an increasing emotional load. The holidays promise rest, togetherness, and generosity, yet for many, they bring pressure, imbalance, and fatigue.

So how do we return to what this season is meant to be? How do we reclaim rest when everything around us becomes busier and louder? And why is rest—not just physical downtime, but steady, realistic restoration—so essential for the health of both ourselves and our communities?

Rest isn't a luxury or a reward; it's part of how we stay human. For many people, especially during the holiday season, obligation and expectation aren't things we can simply set aside. Work ramps up, caregiving demands grow, and family or cultural roles continue whether we feel ready for them or not. Rest, then, isn't about stepping away from responsibility—it's about finding ways to stay connected to ourselves in the middle of what's required.

When we're stretched thin, constantly moving, or caring for others, it becomes harder to notice our own signals—fatigue, tension, irritability, or just the sense that we're at our limit. We end up reacting out of pressure or exhaustion instead of responding with the steadiness we'd prefer. Rest helps us slow down enough to check in with ourselves, even briefly. It gives us a clearer sense of what we can genuinely take on and what might push us beyond our capacity. That matters—not because we're striving for a perfect balance, but because knowing ourselves helps us show up in ways that are sustainable and honest.

With rest we show up with clarity instead of resentment, with intention instead of obligation. It doesn't require a retreat or hours of free time; often it's a matter of small, consistent moments—pausing for one deep breath before returning a call, taking a quiet minute in the car before walking inside, choosing the simpler option when everything feels complex. These small pauses create just enough space to keep us from running on empty, and they add up.



iStock Credit:ronniechua

Rest can help counter the holiday season's tendency to pull us away from our natural rhythms. Shorter days invite slowness, yet life often demands the opposite. Our bodies ask for warmth and introspection, but the world asks for errands, gatherings, and deadlines. Reconnecting with ourselves helps us return to our own pace, even briefly. It helps us notice the difference between what is ours to carry and what is simply seasonal noise.

Practicing this kind of rest does not require stepping outside the realities of our lives; it simply asks us to participate in them with a bit more awareness and compassion. Here are a few grounded ways to stay rooted while still caring for those around us:

Let rest be relational

Rest doesn't have to be alone time. It can be found in shared silence, a gentle conversation, or a slow walk with someone we trust. Community care doesn't require grand gestures; it often looks like being present with one another in simple, steady ways. When we're connected to ourselves, we connect more authentically to others, and that shared groundedness becomes a form of mutual rest.

Honor your natural rhythms where you can.

If your body asks for slower mornings, allow them when possible. If you need a few extra minutes between clients or more spaciousness between commitments, give yourself permission to adjust what you can. Rest isn't indulgence—it's basic maintenance. Even small adjustments support your nervous system and help you show up for your responsibilities with more steadiness.

Redefine giving

Giving doesn't always mean doing more. Sometimes the most meaningful offering is presence, attentiveness, or a moment of calm in the middle of chaos. We serve our communities best when we give from a place that isn't completely depleted. The holidays don't require perfection; they require honesty about what we can realistically offer.

Ultimately, rest is a return—to ourselves, to our relationships, to the parts of us that know how to move gently and wisely even in busy seasons. When we reconnect inwardly, our ability to care outwardly becomes clearer and more sustainable. This season invites us to practice that kind of connection—not more doing, but deeper attunement to what helps us stay grounded and human.

When we care for ourselves in these small, real ways, we strengthen the care we extend to our communities. Rest, then, is not a retreat from responsibility—it is the root of it.

For more information: www.azholisticapproach.com- 602-529-1967

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From the Mat

Finding Steady Ground through Community During the Holidays

By Alexandra Daffner

December can feel like a mixed bag for a lot of people in recovery. There's the excitement of the holidays, but there can also be pressure, expectations, and old emotional patterns that tend to resurface. The holidays don't show up the same way for everyone, and that's okay.

During the holiday season we need grounding, consistency, and community. And that is exactly what we aim to create at Spiritually Fit Co-Op—whether someone is brand new to recovery or has years under their belt.



Submitted photo

"Students tell us during this month, rolling out their mat is a saving grace. A class becomes an anchor point in a season that can otherwise feel overwhelming."

In active addiction, December often felt unsteady or unpredictable. Plans were hard to follow through on, emotions ran high, and coping skills were limited. In recovery, things shift—not because everything magically gets easier, but because we now have tools that actually support us. At our studio, those tools look like mindful movement, focusing on the breath, and connection with familiar students and teachers. Simply having a safe place to land when the world feels loud can make all the difference.

Many of our students tell us that during this month, rolling out their mat is a saving grace. A class becomes an anchor point in a season that can otherwise feel overwhelming. The fellowship formed in the studio—people greeting each other, checking in, laughing before class, or staying after to talk—is just as important as the yoga itself. Community is one of the most powerful recovery tools we have, and December tends to highlight that.

New traditions evolve in recovery. Some of our students create new routines during the holiday season: attending a weekly sound bath for grounding, a yoga class with a recovery friend, or joining one of our community events instead of going to environments that feel triggering.

Recovery gives us permission to choose what supports our mental and emotional health. We know this month can often bring up loneliness, stress, or grief. That's why we encourage people to lean into support—meetings, therapy, yoga classes; sometimes just being in a room with others who understand is enough to shift the day.

Our hope is that the studio and the fellowship within it continue to be steady ground during a season that can feel anything but steady. No pressure, no perfection—just a safe space to breathe, move, and stay connected, one day at a time.

Visit <https://spirituallyfitco-op.com/for class schedules>. See you on the mat!



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Sober Holiday Tips



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For some people in recovery, especially those who are newer, holiday time can be difficult, stressful, even triggering. You don't have to let unfulfilled expectations, family dynamics, or anything else threaten your recovery. What's needed is a bit of thought and preparation. Here are a few ideas for keeping you safe and sober this season.

- Create a plan for events you'll attend, including when to arrive, when to leave.
- Bring your own beverages, waters, sodas, ice teas.
- Be choosey— You don't have to go to every holiday party.
- Keep in touch with your support system.
- Take care of yourself. Eat well, get enough sleep, and exercise.
- Create new traditions: If old traditions involved drinking, this is the year to create new ones that support your new way of living.
- Have an escape plan. It's OK to leave a gathering if you're uncomfortable.
- Know what your triggers are and how to avoid or counteract them.
- Remember staying sober during the holidays is about more than just saying no to alcohol. It's about honoring your health and sobriety first.
- Remind yourself every morning how good it feels to be sober.
- Keep your expectations realistic, so you don't set yourself up for an emotional letdown.
- Plan activities that get your body moving. Exercise increases the production of endorphins, which are brain chemicals that can improve your mood.
- Limit the amount of time you spend with anyone who makes you uncomfortable.
- If you're traveling, go to meetings wherever you are, home or out of town.
- Stay in touch with sober friends.
- Give thanks.
- Plan a coffee and dessert date with sober friends and be sure to invite newcomers so they feel included this time of year.



You're In the Soup!

By Sharon Youngblood

In describing what her experience with trauma is, a friend says, “It’s like you are out on a beautiful blue sky calm water day in a sailboat, feeling good and enjoying the experience. All of a sudden, the boom comes around, smacks your blindside and you’re in the water — you don’t know what happened, but you’re swimming for your life! Instincts take over. Your heart is beating fast, breath is labored, and the emotions you are feeling are being stored in your nervous system with no conscious knowledge on your part.

Reactions to Trauma

Trauma reactions happen just this way— bam— you are in it! All of us have family members, friends, neighbors, and maybe ourselves as well, who exhibit behavior that seems to come out of nowhere and appears baffling. Crisis negotiators talk in a calming voice trying to de-escalate or regulate a trauma situation. Whether one person or a crowd, the goal is to regulate emotions so we can move forward. We can learn from these experiences. All trauma survivors experience being “in the soup” before and during trauma recovery. Next time we are observing another person in that situation we might try cutting the other person some slack on the judgement continuum— they may be having a trauma meltdown.

Currently there is a lot of information about simple and complex trauma, but we want to look at a small piece — how do we identify when we are unregulated (*Our nervous system is over-active or frozen in the moment*) and how do we regulate ourselves once we realize it?

Before we get too far into it, a few basic definitions will help. Simple trauma is a one-time event such as an automobile accident— traumatizing but the trauma is not happening over and over again. Complex trauma is trauma that comes from many sources, i.e., sexual abuse, physical and/or emotional abuse and neglect, and many other forms of abuse that are repeated over a period of time, i.e., many sources of trauma in one individual. Regulation of the two types of trauma are the same but healing complex will obviously be of longer duration.

To heal is to touch with love that which has been previously touched by fear
— Stephen Levine

Both therapists and trauma informed coaches are competent to explain PolyVagal Theory and to explain to clients how it works with trauma recovery. Most clients self identify with trauma once they see the widely accepted “Legacy of Trauma” behaviors widely available in print and being presented by professionals. It is a relief for most people to get this information that has puzzled them sometimes for decades. They easily understand what it means

to be unregulated, i.e., having frozen behavior or being angry and aggressive, etc. It is relatively straightforward to understand that being unregulated has characteristics that differ from person to person, but most have experienced a racing pulse, agitated and other symptoms of being unregulated and the ensuing behavior. But how on earth do they regulate these responses? Most report forgetting to use the tools or thinking they are too simple to possibly work.

Practice, Practice, Practice

The answer is, “People with trauma need to learn how to regulate and practice what they learn.” It is not intuitive, it takes practice. The tools are simple, but like any habit that has never been established it takes perseverance and practice. Just as most people brush their teeth every morning, drink their favorite beverage, and other activities every morning, regulating the nervous system is a habit that needs to be learned and incorporated as part of a protocol. Many people have various protocols for their habits, i.e. to go running one dresses for the weather, puts on sunscreen, tennis shoes, and so on. It’s no different to develop and implement the habit of practicing daily protocols for toning or exercising the Vagus Nerve.

The most common thing my clients say after they describe a meltdown and I ask them, “*What tools did you use to try and regulate your nervous system*,” is, “Oh, I forgot to do that. I talked with my sister about it, then I talked with my best friend. I felt well enough to go to sleep.” That was all fine but the Vagus Nerve was no more regulated than before the upset so not much was gained in the area of long term coping. Besides hours of wear and tear on the body and especially the nervous system did incalculable damage to the body of the person who was upset for hours. When we work to follow a daily protocol, we shut the upset down much quicker which results in less stress for the mind and body. If this becomes a habit, life becomes more gentle, more fun and more productive. It takes time and support but it is a habit with big payoffs.

For more information about topics discussed contact me and I'll send you some additional bibliographies and articles. Sharon Youngblood Trauma Informed Coach, Speaker, Consultant Email sharonyoungblood7@gmail.com

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RecoverMe: Substance Use and Mental Health

Substance use and mental health are deeply connected. Throughout your recovery, taking care of your mental health while improving your relationship with drugs and/or alcohol makes setbacks less likely and improves your mind, body, and overall wellbeing.

The Connection Between Substance Use and Mental Health

Millions of young adults are living with mental health or substance use conditions, and many are living with both. It’s important to understand how substance use and mental health are connected and how improving one positively impacts the other.

Substance use and mental health conditions may be connected because:

Certain drugs or alcohol can cause people to experience symptoms of a mental health condition.

Mental health challenges can sometimes lead to alcohol or drug use, as some people with a mental health condition may misuse these substances as a form of self-medication.

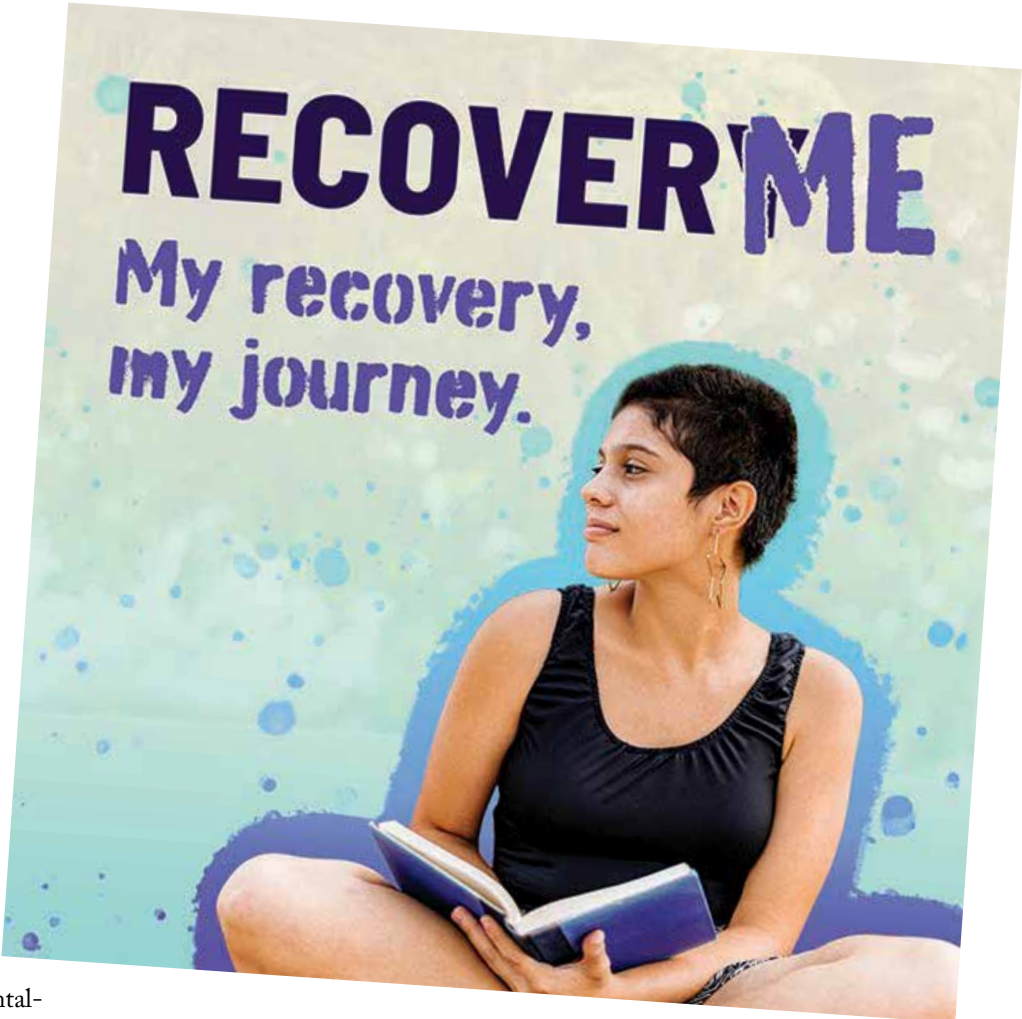
Substance use and mental health conditions share some underlying causes, including brain chemistry, genetics, stress, or trauma.

Learn more about substance use and mental health. (<https://www.samhsa.gov/mental-health/what-is-mental-health/conditions/co-occurring-disorders>)

Signs of a Mental Health Condition

Sometimes it’s hard to tell if you’re experiencing normal stress or experiencing bigger mental health challenges. Some early signs that you may be experiencing a mental health condition include:

- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Having low or no energy
- Feeling numb or like nothing matters



- Having persistent thoughts and memories you can't get out of your head
- Thinking of harming yourself or others

Learn more about the signs that you may need help. <https://www.samhsa.gov/mental-health/what-is-mental-health/how-to-talk/young-people>

Recovery is Possible for Everyone

Substance use and mental health conditions are like any other medical condition that requires treatment and support. Taking steps to improve your mental health as part of your recovery journey reduces setbacks and helps you reach your goals. Get regular support for your substance use and mental health challenges and find what works for you. (SAMSHA.gov)

New Beginnings at Pinchot Gardens: A Sanctuary for Healing and Hope

In the heart of Phoenix, a quiet revolution in recovery is taking place. At Pinchot Gardens, a 53-unit gated residential facility operated by Terros Health, women facing the challenges of substance use disorder are finding not just treatment—but transformation.

This unique program serves women, pregnant women, and mothers with children, offering a safe, supportive environment where healing begins and hope is restored. In just the past two months, three babies have been born sober, a testament to the power of compassionate care and the resilience of the women who call Pinchot Gardens home.

Partnering with **Hushabye Nursery**, Pinchot Gardens provides specialized support for newborns experiencing Neonatal Opioid Withdrawal Syndrome (NOWS). This collaboration ensures that both mother and baby receive the care they need during a critical time, laying the foundation for a healthy start and a sober future.

Inside the gates, the atmosphere is one of dignity and empowerment. Residents receive intensive, supervised treatment tailored to their individual needs. Services include:

- Individual and group counseling
- Primary and psychiatric care
- On-site child care
- Parenting and life skills classes
- Culinary education
- Family-style dining
- Laundry and daily living support

Every aspect of the program is designed to foster stability, growth, and community. The goal is not just sobriety—but reintegration as active, productive members of society.

“Pinchot Gardens is more than a treatment center,” says Lori Jones, MS, LPC, Director of the facility. “It’s a place where women reclaim their lives, reconnect with their children, and rediscover their strength.”

For those seeking a fresh start, Pinchot Gardens offers a path forward. Referrals can be made by contacting WomensResidential@terroshealth.org



**Serenity House,
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**HERJourney: Empowered Women,
Empowered Lives Program**



Prioritize Your Wellness & Recovery, Starting Today
call 623-748-7633 or email serenityhouse828@gmail.com



Community Living Environment
A safe, sober home where women can focus on reentry and their healing journey.



Designed for Women
Women must be 25+ years of age or older, referred from a treatment program or justice-impacted status and sober for 60 days.



Empowered Women: Wellness & Success
Women are encouraged to engage with 12-step and wellness/recovery programs to build community and accountability.



Be Invested - Stay Engaged
Designed to support women in their journey, helping them take the critical steps toward a healthy and self-sufficient life.

Commit to work a personalized recovery wellness plan through the HERJourney: Empowered Women Program.

Program Fees:

The HERJourney program at the Serenity House offers a private room (when available) at \$225 per week and shared rooms at \$200 per week. These fees cover housing, Wi-Fi, utilities, and access to on-site laundry amenities.

- We are recovery centered.
- We live victoriously.
- We live according to the visions of the future and are not stuck in the past.
- We Decree It!

Website: www.decreconsult.com/serenity-house
Email: serenityhouse828@gmail.com

The Guiding Principles of Recovery

Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery. A person’s recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members.

The process of recovery is highly personal and occurs via many pathways. It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches. Recovery is characterized by continual growth and improvement in one’s health and wellness and managing setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.

The Four Major Dimensions of Recovery

HEALTH — Overcoming or managing one’s disease(s) or symptoms – for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medication if one has an addiction problem- and for everyone in recovery making informed, healthy choices that support physical and emotional well-being

HOME — Having a stable and safe place to live

PURPOSE — Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society

COMMUNITY — Having relationships and social networks that provide support, friendship, love, and hope.

(Source: www.samhsa.gov/mental-health/children-and-families/young-adults)

Mobilize Recovery Wins Big at the 2025 Anthem Awards

Seven awards, including Small Nonprofit of the Year, highlight the power of people, partnerships, and lived experience driving the recovery movement.

Mobilize Recovery is honored to announce that we’ve been recognized across seven categories at this year’s Anthem Awards, including being named the 2025 Small Nonprofit of the Year.



The Small Nonprofit of the Year distinction is awarded to the most successful small nonprofit across all categories in this year’s competition, and it reflects the work of thousands of people who power this movement every day. From local leaders and community organizers to our national partners and volunteers, this recognition belongs to everyone in the recovery movement.

Alongside the Small Nonprofit of the Year Award, our Mobilize Recovery Across America 2024 Bus Tour received six additional honors:

- **Gold Winner — Health: Campaign – Non-Profit**
- **Gold Winner — Health: Special Projects**
- **Silver Winner — Health: Special Projects**
- **Silver Winner — Health: National Awareness Campaign**
- **Silver Winner — Health: Community Event**
- **Anthem Community Voice — Health: Campaign – Non-Profit**

Our 2024 national bus tour brought people together in communities nationwide to advance connection, access to support, and lifesaving resources. Receiving top honors across multiple categories underscores the power of collective action and the impact of a movement led by people with lived experience.

A Recognized Force for Impact

The Anthem Awards, founded by The Webby Awards, honor purpose-driven work from across the globe. This year’s competition saw more than 2,000 submissions from 42 countries, and winners represent a new benchmark for creative, community-centered impact.

“This has been a challenging year for the impact sector, but the Winners of the 5th Annual Anthem Awards have shown their resilience and continued commitment to a better tomorrow,” said Anthem Awards General Manager, Patricia McLoughlin. “This year’s winners are a source of hope, and I am excited to celebrate their work with the world today.”

These honors place Mobilize Recovery alongside other influential organizations, advocates, and collaborators recognized at the 2025 Anthem Awards, including AARP, Google, Paris Hilton, Vincent Stanley (Patagonia), Frances Tiafoe, Sabrina Carpenter x PLUS1, Andrew Garfield and Sesame Workshop, and more, all of whom are raising the bar for mission-driven, purpose-centered work worldwide. We’re proud to stand among them as part of a global community working toward meaningful change.

Mobilize Recovery being named Small Nonprofit of the Year is especially meaningful—it reinforces that a lean organization with a big mission can drive national change when we work together with compassion, courage, and purpose.

We’re deeply grateful to the Anthem Awards for recognizing our work, and even more grateful to the Mobilize Recovery network for making it possible. Every story shared, mile traveled, resource distributed, partnership formed, and conversation sparked helped turn this project into an award-winning national effort for health, hope, and connection.

We're thrilled to celebrate this moment, and can't wait to continue building a stronger, more compassionate, recovery-ready future—together. Visit www.mobilizerecovery.org.

Worried About Your Friend?

If you've noticed someone in your life showing signs of a mental or substance use disorder, the first thing you should do is talk to them. It's not an easy conversation, but it could be exactly the encouragement they need to seek help.

By using one of these conversation starters, you can open the door to a judgment-free zone where they'll feel valued, supported, and listened to.

I've been worried about you. I've noticed you've (been drinking a lot, been using drugs, seemed down lately, etc.). Can we talk about what's going on?

I care about you and want to make sure you're okay. If you ever think about harming yourself, you know you can come to me, right?

If you don't feel comfortable talking to me, is there someone else you'd prefer to talk to, like your parents, siblings or someone else who cares about you?

Do you know someone who's had an experience like yours? If you don't, I can help you find someone to talk to.

It seems like you are going through a difficult time. Is there anything I can do to help?

I want to be here for you. Do you want to talk about it?

You can make a big difference simply by letting your friend know you're there. Remind your friend that asking for help is a normal part of life and they can find support at SAMHSA.gov/young-adults or call 1-800-662-HELP (4357) for treatment referral.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

In an Emergency :
911

Resources & Support

:
Suicide Crisis
988

Recovery Partners — Contributors

ACT Counseling & Education	602-569-4328	actcounseling.com
AZ Women’s Recovery Center (AWRC)	602-264-6214	azwomensrecoverycenter.org
Aurora Behavioral Health	877-870-7012	auroraarizona.com
Axiom Care	602-782-9500	axiomcareofaz.com
Birches Health	833-483-3838	bircheshealth.com
CBI, Inc.	877-931-9142	communitybridgesinc.org
Copper Springs	480-418-4367	coppersprings.com
The Crossroads	602-263-5242	thecrossroadsinc.org
DaVinci Consulting Services	480-606-8602	davinciconsultingservices.com
Denova	602-230-7373	denova.com
Desert Star Addiction Recovery Center	520-638-6000	desertstarARC.com
Dr. Marlo Archer	480-705-5007	DrMarlo.com
Gifts Anon	480-483-6006	
Hushabye Nursery	480-628-7500	hushabyenursery.org
The Meadows Behavioral Health	800-632-3697	meadowsBH.com
Mens Teen Challenge	520-792-1790	tcaz.org
Mercy Care 800-631-1314	602-222-9444	mercycazeaz.org
NotMYKid	602-652-0163	notmykid.org
NorthSight Recovery	833-787-9718	northsightrecovery.com
Psychological Counseling Services (PCS)	480-947-5739	pcsintensive.com
Rachel Rubenstein	480-994-9773	RubensteinCounseling.Services
Revive Recovery Center	480-405-5396	reviverecoverycenters.com
Scottsdale Providence	480-210-1734	scottsdaleprovidence.com
Scottsdale Recovery Center	888-663-7847	scottsdalerecovery.com
Sharon Youngblood	520-331-1483	
Sierra Tucson	800-842-4487	sierratucson.com
Spiritually Fit- Co-op	602-809-0854	spirituallyfitco-op.com
Brough Stewart, MC, LPC, NCC	602-316-3197	
Steps to Recovery/Konnect	928-649-0077	konnectwellness.org
Valley Hospital	602-952-3939	valleyhospital-phoenix.com
Via Linda Behavioral Hospital	480-476-7210	vialindabehavioral.com
Virtue Recovery Center	866-338-6977	virtuerecoverysuncitywest.com
Teen Challenge AZ	602-708-9475	tcaz.org

Additional Resources

AZ. Dept. of Health	602-364-2086
AZ Holistic Approach Counseling	602-529-1967
Arizona Opioid Assistance Helpline	888-688-4222
Eric’s House	855-894-5658
Desert Drug Dog	602-908-2042
Hunkapi Programs	480-393-0870
Kid in the Corner	kidinthecorner.org
EMPACT/La Frontera	800-273-8255
I Am Teen Strong	480-396-2409
Mental Health Center of America	602-704-2345
PAL Parents of Addicted Loved Ones	palgroup.org
Recovery Café	480-530-7090
TERROS Health	602-685-6000

<u>TUCSON</u>	
ACA	aca-arizona.org
AA	520-624-4183
Al-Anon Info Service	520-323-2229
Anger Management	520-887-7079
Behavioral Awareness Center	520 629 9126
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cornerstone Behavioral Health	520-222-8268
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Recovery in Motion	520-975-2141
Sex Addicts Anonymous	520-745-0775
Sierra Tucson	800-842-4487
Suicide Prevention	520-323-9372
Teen Challenge	888-352-4940
The Mark Youth and Family Care	520-326-6182
Workaholics Anonymous	520-403-3559

EDA Meetings

Sat. 10:30 am New Freedom Meeting —
Pigeon Coop .4415 S Rural Rd, Ste 8, Tempe
AZ. Step and big book study.

Thur. 7:00 P.M.
New Happiness Meeting
Crossroads
2103 E Southern, Tempe. Rotating format-
Step, Topic, Big Book, Speaker.

Refuge Recovery
Wednesday, 6:00-7:00 pm, Red Tree
Meditation Center, 1234 E 16th St. Tucson
Saturday, 5:00- 6:30 pm,*Palo Verde room*
Saint Philip’s in the Hills Episcopal Church.
4440 N Campbell Ave., Tucson

Helplines

Alcoholics Anonymous (AA)	602-264-1341
Al-Anon	602-249-1257
Tucson Al-Anon Information	520-323-2229
Adult Children of Alcoholics (ACA)	aca-arizona.org
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
Fentanyl Anonymous	520-338-9307
Food Addicts food addicts.org	435-764-1461
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
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 Tucson	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Teen Life Line	800-248-8336

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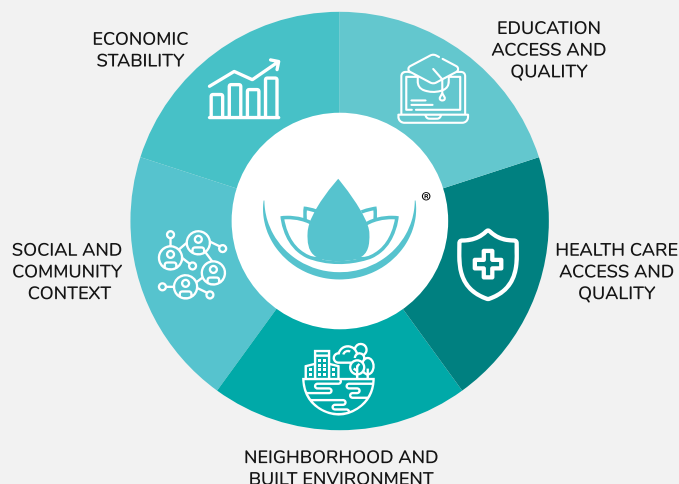
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