



4th Quarter 2016

Director's Message

Greetings Family and Friends,

What another year of phenomenal recovery in action and healing of habits, thoughts and dysfunctions. I must confess I am proud to be a part of such a compassionate organization. My hat's off to an awesome Board of Directors namely Lifestyles Chairman, Mark, Vice-Chair, Paul, Secretary, Chris, Treasurer, Eddie and Activity Coordinator, Elisha. This warm-hearted group of people meet monthly to keep the business of Lifestyles running smoothly and offer suggestions as well as financial support. Thank you, guys you are the best!



The Lifestyles Recovery Center, Inc. could not exist without an awesome community and beyond of people who understand the needs of the underserved and are willing to share encouraging words and financial resources to keep the doors of Lifestyles open. Your contributions are needed and much appreciated. Lifestyles thanks the City of Paso Robles for financial assistance in providing material to thirty individuals struggling with Relapse Prevention and the United Methodist Church of Atascadero for their consistent contributions. Also a big thanks to McGourty Associates for providing and maintaining the Lifestyles website. Amazingly the rest of our budget is met by dedicated people in the communities, yes, you. On behalf of the recovering community, thank you!

*Karolyn L.
Executive*



*London
Director*

Lifestyles is Broadening Community Support with Relapse Prevention Program

Lifestyles Recovery Center is offering Relapse Prevention classes and materials to thirty low-income individuals. You can sign up in the Lifestyles facility or call (805) 238-2290. Applicants must sign up and interview to determine eligibility. Interviewing now. Class to start January 18, 2017. Space is limited to 30, sign up now.



Partnership with Paso Robles Joint Unified School District has Outstanding Results!

Last year, we announced a partnership with PRJUSD to assist students in grades 6 -12 with anger management counseling and drug and alcohol counseling called *KEYS* (Keeping Every Youth Sober). In the past year, more than 35 students have taken advantage of the opportunities to receive counseling here at our Lifestyles Recovery facility, away from their school campus and in a nonjudgmental environment. According to PRJUSD lead counselor, Jennifer Clayton, "The partnership with Lifestyles Recovery has been a much-needed and great addition in our efforts to ensure every student will have success."

Currently, there are two groups for anger management taking place -- one group for students who are 10 - 12 years old and the other for students aged 13 - 17 years old. The

new KEYS program has had an average of 8 students participating in each group.

Annual Benefit Barbeque in the Park Was Great Success!

Lifestyles hosted our annual Benefit BBQ in the City Park of Paso Robles on Saturday, August 6. Thank you all for your wonderful support for this event. It brought in \$2851 which makes a giant difference in our ability to serve our community!



Financial Health Heading into 2017

Lifestyles Recovery Center, Inc. expanded its operation in 2016 by moving into a larger facility, and adding more groups and additional programs. This is made possible in a large part by the support that has been received from you! Even with the additional expenses of moving, Lifestyles will close 2016 within budget of \$26,060 (not including the fully reimbursed Grizzly and Relapse Prevention Program expenses). The budget for calendar year 2017 will be formulated on January 9, 2017 and we are confident that your continued support will insure continued success in providing needed services to our community.

Board of Directors

Karolyn London – Executive Director
Mark Rehfield – Chairman
Paul Press – Vice Chairman
Eddie London – Treasurer / CFO
Chris Iversen - Secretary
Elisha Hinojosa – Activities Coordinator

Recovery Group Schedule

Monday–Friday 12:00 noon Narcotics Anonymous

Monday	5:30 PM	Women
Tuesday	5:30 PM	Men's Stag
	7:30 PM	Young People in Recovery
Wednesday	7:30 PM	Narcotics Anonymous
Thursday	5:30 PM	Women in Recovery
	7:30 PM	Narcotics Anonymous
Friday	7:00 PM	Narcotics Anonymous
	9:30 PM	Candlelight Meeting
Saturday	7:30 PM	Narcotics Anonymous

Currently accepting Youth Anger Management sign ups (age 13-17). Call (805) 238-2290 or visit the Lifestyles facility to sign up.

Individual counseling by Appointment

Mission Statement

Lifestyles is to provide a safe place for people seeking recovery from substance abuse. Classes are also conducted that deal with emotional well-being, self-esteem, and HIV prevention.

Lifestyles Support

Lifestyles Recovery Center's goal is to serve the underserved in our community. This is done minimal cost to those who need our service. The support of the community is necessary to insure that these services continue. Donations and volunteers make this possible. Lifestyles Recovery Center is a California based 501c nonprofit corporation. The corporation solicits and gratefully accepts any and all donations to further its mission. Any donation is fully deductible as a charitable contribution for state and federal tax purposes. Volunteers are always needed and welcomed at the Center. You can make a secure web donation with **PayPal™** or send a check to

Lifestyles Recovery Center
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If you would like your newsletter delivered electronically rather than by postal mail please let us know! Either write to us at the address listed above or send an email to us at info@lifestylesrecoverycenter.org.