

Tom Watt—The Buffettman



Tom Watt, known to his loyal following as “The Buffettman,” has been entertaining his audiences around the U.S. and Canada, Caribbean Islands and the Bahamas for more than 18 years. Not only does his show celebrate the music and spirit of the Jimmy Buffett concert experience, but “Come Monday,” you will feel like you had “Changes In Latitudes, Changes in Attitudes” all because you enjoyed the Caribbean sounds of the Buffettman and his band—the Fruitcakes.

His show features a wide range of fan favorites such as “Margaretville” and “Fins,” plus Buffett concert staples like “Brown Eyed Girl,” “Uncle John’s Band,” and, of course, “A Pirate Looks at 40.”

Even if you are not a true “Parrothead,” spend a little island time and chances are you’ll soon be one! So set your course for Ace’s on Saturday, March 21st and catch the Fruitcakes with Tom Watt live in concert. It really is paradise! Cheeseburgers optional!



ACRP is a 501(c)(3) tax-exempt organization.

You won't want to miss this

Event Schedule:

Doors open at 6:00 PM

Happy Hour from 7:00 to 8:00 PM

The Fruitcakes with Tom Watt

take the stage

from 8:00 to 11:00 PM.



Prizes:

“Best Dressed Tourist”

You know those tacky tourists with white legs and black knee-high socks, zinc oxide on the nose and matching Hawaiian print shirts and swimming trunks.

“Best Parrot Head Hat”

Calling all Parrot Heads!
Will you have the wildest hat of the evening?

“Best Decorated Table”

Will you have the fanciest reserved table?



Contests:

Join in the Hula Hoop and Limbo contests for fun prizes!



And if you get hungry...

There will be Cheeseburgers, Hot Dogs, Walking Tacos, and other munchies for sale.

ACRP's 15th Annual

Buffettman Beach Party

Saturday
March 21, 2020

Ace's

316 Chestnut Street
Johnstown

Doors Open at 6:00 PM

Come celebrate Spring
with ACRP and the
Buffettman!



Dear Friends,

It will be 15 years that we have been enjoying the Buffettman Beach Party fundraiser. This event provides a year's worth of activities for children in our summer treatment programs, soccer leagues and supports educational adventures and sporting events. All proceeds from this fundraiser directly benefit ACRP clients and families. Please consider purchasing tickets or a corporate package—your support is greatly appreciated. For more information on the programs and services of ACRP, please visit our website at www.acrpkids.org or Facebook.

Sincerely,
Frank J. Janakovic
Executive Director

Take a Trip to Margaritaville Without Leaving the Area!



Please consider a donation...



A gift of your organization's product(s) and/or merchandise or a cash donation is welcome and appreciated

OR...

Reserve your admission tickets by completing the attached form. Tickets are \$20 per person (\$25 at the door)



Please Consider a Sponsorship



"Parrot" dise....\$1,000

- Full Page Ad in Program (5"W x 8"L)
- Recognition in Slideshow
- Recognition at Event
- 10 Admission Tickets
- Reserved Table



Margaritaville...\$550

- 1/2 Page Ad in Program (5"W x 4"L)
- Recognition at Event
- 10 Admission Tickets
- Reserved Table



Cheeseburger....\$325

- 1/4 Page Ad in Program (5"W x 2"- 3/4"L)
- Recognition at Event
- 10 Admission Tickets
- Reserved Table



Barefoot.....\$200

- 10 Admission Tickets
- Reserved Table

Reserved Tables are Available, but Seating is Limited.

No food or beverages are permitted to be brought into Ace's.

Remember.... It's for the kids. All proceeds benefit disadvantaged youth and families in our area.

Registration Form

Sponsor/Name _____

Contact Person: _____

Address: _____

Phone: _____

Email: _____

Sponsorship:

_____ "Parrot" dise (\$1,000)

_____ Margaritaville (\$550)

_____ Cheeseburger (\$325)

_____ Barefoot (\$200)

Ads:

_____ 1/4 Page (\$25) _____ 3/4 Page (\$75)

_____ 1/2 Page (\$50) _____ Full Page (\$100)

Donation:

Other donation: _____

Tickets Sales:

_____ Tickets @ \$20 = \$ _____ (\$25 at the door)

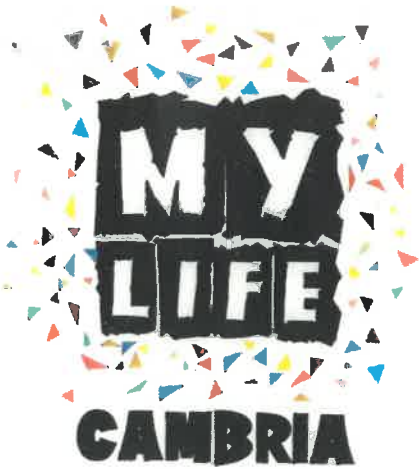
*****All guests MUST be at least 21 years old.*****

Please make checks payable to ACRP, and return with this form to:
ACRP, 131 Market St., Johnstown, PA 15901

Contact DeAnn Cardarella
535-2277 (Ext. 3004)
(dcardarella@acrpkids.org)
or Brenda Lawhead (blawhead@acrpkids.org)
for further information.

NATIONAL SCHOOL
BREAKFAST WEEK
MARCH 2-6, 2020





March 10, 2020

4:00 – 7:00 p.m.

Join us to cook Dinner, play team building games, and talk about stigma and suicide. If this is your first meeting, you couldn't pick a better one!



**First Presbyterian Church
309 Lincoln St
Johnstown, Pa 15901**

**Come to the door on
Lincoln St, there will be a
MY LIFE sign. Buzz for
entry!**

If you can't come at 4 to cook with us, just let us know you are planning to attend at 5 p.m. and we will count you in for dinner! Bring your friends!

MY LIFE empowers youth ages 13-23 to use their experiences and voices to create positive change for themselves, other youth, and their communities. MY LIFE meetings feature inspirational speakers, uplifting entertainment, fun activities, free food and information on a variety of topics important to youth.



For more information, get on the mailing list, and to RSVP, contact:

Heidi Niebauer at 814-961-0687 / NiebauerH@MagellanHealth.com
www.Facebook.com/MYLIFEyouth

Magellan
HEALTHCARE SM

Youth Calendar—March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat								
1 Kayak Roll Clinic— Learn to Kayak safely in a Pool! 4:30-6p @ YMCA (Contact Dan)	2 LGBTQIA Adolescent Support Group (12-19) @Victim Services 4-5p (Contact Stephanie)	3	4	5	6 Open Mic Night @ Flood City Café! 7-10pm (Contact Café for questions)	7 NatureWorks @BottleWorks 10-2p Interactive Activities INSIDE! FREE! (Contact BottleWorks for questions)								
8 Kayak Roll Clinic— Learn to Kayak safely in a Pool! 4:30-6p @ YMCA (Contact Dan)	9	10 MY LIFE –(Come @ 4 if you want to cook!) 4-7pm @ First Presbyterian Church (Contact Heidi)	11 Anime Club @ Highland Library ages 14+ only Sister to Sister Tea @YWCA 5-7p (Contact H4J)	12 Teen Reading Lounge @ Library—5:30-7p— Contact Joyce for the book! - “Love” by Matt de la Pena	13 Open Mic Night @ Flood City Café! 7-10pm (Contact Café for questions)	14								
15	16 LGBTQIA Adolescent Support Group (12-19) @Victim Services 4-5p (Contact Stephanie)	17	18	19	20 Open Mic Night @ Flood City Café! 7-10pm (Contact Café for questions)	21 Open Game Day for Teens! @ Library 10-4p Snacks provided! (Contact Joyce)								
22	23	24 Money Management Workshop Ages 13- 21 @ Library Register by March 19—Call H4J!	25 Anime Club @ Highland Library ages 14+ only (Contact Highland Library for more info)	26 Teen Reading Lounge @ Library—5:30-7p— Contact Joyce for the book! - “Love” by Matt de la Pena	27 Open Mic Night @ Flood City Café! 7-10pm (Contact Café for questions)	28								
29	30 LGBTQIA Adolescent Support Group (12-19) @Victim Services 4-5p (Contact Stephanie)	<p style="text-align: center;">We have the best youth partners! Please contact us for more info!</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> MY LIFE Heidi Niebauer (814) 961-0687 niebauerh@magellanhealth.com </td> <td style="vertical-align: top;"> Hope 4 Johnstown (H4J) Sylvia Carr (814) 525-5632 elect5228@hotmail.com </td> <td style="vertical-align: top;"> Cambria County Library Joyce Homan (814) 536-5131 x212 homanj@cclsys.org </td> <td style="vertical-align: top;"> Victim Services Stephanie Rex (814) 288-4961 srex@cambriasomersetvs.org </td> </tr> <tr> <td style="vertical-align: top;"> Flood City Café Kristy Speigle Hagan (814) 254-4005 staff@floodcitycafe.com </td> <td style="vertical-align: top;"> BottleWorks (814) 525-2020 bwinfo@bottleworks.org </td> <td style="vertical-align: top;"> Highland Library (814) 266-5610 highland@cclsys.org </td> <td style="vertical-align: top;"> Go Outside And Live (G.O.A.L.) Dan Miller (814) 233-1464 gootsideandlivenow@gmail.com </td> </tr> </table>					MY LIFE Heidi Niebauer (814) 961-0687 niebauerh@magellanhealth.com	Hope 4 Johnstown (H4J) Sylvia Carr (814) 525-5632 elect5228@hotmail.com	Cambria County Library Joyce Homan (814) 536-5131 x212 homanj@cclsys.org	Victim Services Stephanie Rex (814) 288-4961 srex@cambriasomersetvs.org	Flood City Café Kristy Speigle Hagan (814) 254-4005 staff@floodcitycafe.com	BottleWorks (814) 525-2020 bwinfo@bottleworks.org	Highland Library (814) 266-5610 highland@cclsys.org	Go Outside And Live (G.O.A.L.) Dan Miller (814) 233-1464 gootsideandlivenow@gmail.com
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April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 Teen Reading Lounge @ Library—5:30-7p— Contact Joyce for the book!	10	11
12	13	14 MY LIFE —(Come @ 4 if you want to cook!) 4-7pm @ First Presbyterian Church (Contact Heidi)	15	16	17	18
19	20	21	22	23 Teen Reading Lounge @ Library—5:30-7p— Contact Joyce for the book!	24	25
26	27	28	29	30		

CASA Spring 2020 Volunteer Training



You can change a child's story.

“Children with CASA volunteers spend 7.5 months less in foster care, experience fewer out of home placements, and have significantly improved educational performance.”

CASA Volunteers are everyday people and come from all walks of life and backgrounds. CASA volunteers complete 30 hours of training to prepare them to navigate courtroom procedure, social services, the juvenile justice system and the special needs of abused and neglected children. Volunteers complete 3 hours of online work each week and attend a 3 hour in person class each week for 5 weeks in order to complete the National Court Appointed Special Advocate training.

In Person Class Schedule:

04/22—6:00pm-9:00pm

04/29—6:00pm-9:00pm

05/06—6:00pm-9:00pm

05/13—6:00pm-9:00pm

05/20—6:00pm-9:00pm

Contact us today for an interview!

Tyler Smay

Advocate Supervisor

tsmay@beginningsinc.org



Liz McGregor

Program Director

lmcgregor@beginningsinc.org

814-539-1919 // fb.com/CASABeginnings // www.beginningsinc.org

INDEPENDENCE INSIDER

NEW FACES AT AUCP



Lisa Calabro
Team AmeriHealth &
PA Health and Wellness



Patty Wilson
Team UPMC



Kevin Beem
Team AmeriHealth



Lexy Brewer
Team PA Health & Wellness



Alexa Overdorff
Team PA Health & Wellness

HIGHMARK WALK UPDATE

We are entering into the second month of the Highmark Walk campaign. We need your help to make 2020 another successful year.

Make an impact in three easy steps:

1. Register as a walker OR a virtual walker.
2. Recruit team members.
3. Fundraise!

Pittsburgh Walk

- Saturday, May 9th, 2020 at Stage AE in Pittsburgh
- Direct link to register/donate: <http://hcf.convio.net/aucppgh>
- Goals: 5 teams / 30 walkers / \$2,500

Laurel Highlands Walk

- Saturday, June 6, 2020 at the Altoona Curve Stadium in Altoona
- Direct link to register/donate: <http://hcf.convio.net/aucplh>
- Goals: 10 teams / 75 walkers / \$5,000



STAFF HIGHLIGHT - HOLLIE ORRIS

Our March Staff Highlight is Hollie Orris, a Lead AmeriHealth Coordinator serving our nursing home participants in Cambria and Somerset counties. She has been with AUCP for 2 years working out of the Johnstown office. Hollie graduated from Mount Aloysius College with a bachelor's degree in Criminal Justice.

One thing you will quickly learn about Hollie is that she loves dogs, especially her own. Pictured below are her two rescue dogs: a German shepherd named Max (2) and a shepherd collie mix named Bowzer (9). Hollie enjoys reading, everything Harry Potter, spending time with her friends, and shopping and going on bus trips with her mom. She and her boyfriend like taking weekend trips, going to trivia, and trying new restaurants.

In her free time, she manages fundraisers to help raise money for the St. Michael Fire Hall. Hollie is also on AUCP's Fundraising committee where she contributes her time and talents to raising money for our Community Fund.

Her favorite things about working at AUCP are her coworkers and being able to assist our participants in living their best lives. The most challenging part of her position is that everyday is different, and sometimes you can't provide an answer to the participants right away. If she weren't a Service Coordinator, Hollie would like to work as a Vet Tech.

Hollie always works hard and goes out of her way to help others. We are thankful to have her as part of our team.



AUCP is hiring Service Coordinator positions in the following counties: Allegheny, Lawrence, Cumberland, Dauphin, Huntingdon, Centre, and Mercer. Visit our website to apply www.scalucp.org/careers/.

LOCAL HAPPENINGS



Blair County, PA

Please note: Some of the events listed below are not free; we recommend reaching out to the locations to see if there is a cost to attend.

2 - Poems & Jokes & Stories Oh My | *Altoona Area Public Library* | 1-2pm

6 - Uncork the Alleghenies | *Blair County Convention Center*

6 - Into the Woods | *Mishler Theatre* | 7:30pm

6-8 - Easter Extravaganza Gift & Craft Expo | *Logan Valley Mall*

7 - Curve Fest | *Altoona Curve* | 10 am - 1 pm

7 - Altoona Wine & Shine Boat Expo | *Blair County Convention Center* | 10 am

8 - Toy Train Swap Meet | *Blair County Convention Center* | 9 am - 2 pm

9 - Messy Monday | *Altoona Area Public Library* | 9:30 - 10:30 am

13-14 - The Glass Slipper Project | *Logan Valley Mall*

15 - Shamrock Bingo | *Jaffa Shrine* | 12:30 pm

17 & 31 - Magical Garden | *Altoona Area Public Library* | 9:30 am

21 - Steam into the Cove | *Everett Railroad Co* | 1-4 pm

21 - Family Train Ride | *Everett Railroad Co*

27 - Exploring the Night Sky w/ Lasers | *Fort Roberdeau Historic Site*

28-29 - Find the Easter Bunny Underground | *Lincoln Caverns*

NATIONAL NUTRITION MONTH

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, they invite everyone to focus on the importance of making informed food choices, developing sound eating and physical activity habits.

Eating right doesn't have to be complicated. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need without too many calories. Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein foods.

Consider the following tips to help you get started on your way to eating right:

- Make half your plate fruits and vegetables
- Make at least half your grains whole
- Switch to fat-free or low-fat milk, yogurt and cheese
- Vary your protein choices
- Limit sodium, solid fats and added sugars
- Enjoy your food but be mindful of portion sizes
- Be physically active your way
- Consult a registered dietitian nutritionist



Get more information and see how you can be involved:
<https://sm.eatright.org/NNMinfo>

NATIONAL SLEEP AWARENESS WEEK

Sleep Awareness Week is **March 1-7, 2020**. This annual event, created by the National Sleep Foundation, seeks to promote better sleep as a way to increase overall health and well-being. NSF recommends 7-9 hours of sleep for adults aged 18-64 and 7-8 hours for older adults aged 65 and over. To get a good night's sleep, follow these simple and effective sleep tips:

- Stick to a sleep schedule, even on weekends.
- Practice a relaxing bedtime ritual.
- Exercise daily.
- Evaluate your bedroom to ensure ideal temperature, sound and light.
- Sleep on a comfortable mattress and pillows.
- Beware of hidden sleep stealers, like alcohol and caffeine.
- Turn off electronics before bed.



Source: <https://www.sleepfoundation.org/>

COMMUNITY PROGRAMS

AUCP's **RE-USE IT** program accepts donations and redistributes medical equipment and assistive technology to the public for free.

The **UCP ELSIE S. BELLOWS FUND** is a national program providing funds to individuals with disabilities for assistive technology.

AUCP's **SCHOLARSHIP FUND** grants scholarships to two high school seniors pursuing a degree in the human services field each Spring.

FOR MORE INFORMATION ON THE ABOVE PROGRAMS, PLEASE CONTACT OUR OFFICES TODAY AT (844) 819-4455.

CONTACT US TODAY!

**TOLL FREE: 844.819.4455
LOCAL: 814.619.3398
FAX: 814.262.7174**

**OFFICE LOCATIONS:
JOHNSTOWN, HANOVER, ALTOONA,
PITTSBURGH, & ST. MARY'S**

@ALLEGHENIESUCP
 @ALLEGHENIESUNITEDCEREBRALPALSY
 @ALLEGHENIESUCP

Join us for a FREE training on

Different Like You:

Deepening our Understanding of Diversity, Inclusion and Equity



Presented by: Erika Gold Kestenberg, PhD
Diversity, Inclusion, Equity and Justice Consultant

Learning Objectives:

- Define diversity, inclusion, equity and implicit bias
- Be agents of change by growing ourselves and our organizations

Purpose / Benefits:

- To increase our level of understanding of, comfort with, and connection to people
- To improve our effectiveness in our increasingly diverse world
- To support efforts where everyone can thrive

Friday, March 20, 2020
9:30am-12:00pm
(Registration begins at 9:00am)
Somerset Country Club
416 Plank Road
Somerset, PA

You must be registered to attend. To register, please visit:

<https://www.eventbrite.com/e/different-like-you-diversity-inclusion-and-equity-tickets-94207377803>



reSTART

Young Adults ages 18-24.
Do you need a second chance?

Requirements:

- Criminal justice involvement
- Desire to work hard
- Live in Bedford, Blair, or Cambria county

What to expect:

- Structured training and education
- Support from a mentor and reintegration specialist
- Job placement assistance
- Ongoing career support
- Paid work experience
- Education opportunities

Auxiliary aids and services available upon request for individuals with disabilities.

Equal Opportunity employer/programs



Contact

Mindy Rickabaugh

Call 814-536-3536 ext. 291

Text 814-242-1375

mrickabaugh@gogoodwill.org

www.gogoodwill.org

Goodwill's reSTART is a FREE program that gives young adults, ages 18-24, who have been involved with the criminal justice system a second chance. Program participants will reside in Bedford, Blair and Cambria counties.

Funding for this initiative is made possible through a grant from the PA Department of Labor and Industry in partnership with the Southern Alleghenies Workforce Development Board.

STAR Awards Nomination Form

Success * Treatment * Advocacy * Recovery

Who can you nominate? What stories inspire YOU? If they inspire YOU, they will inspire others. Do us all a favor and share a story that keeps you going!

We are looking for stories of people who go above and beyond, who advocate for themselves and others, who are caring, supportive, and have positive impact on the lives of themselves and others.

Suggestions for nominations include:

- **Someone who provides mental health and/or drug and alcohol services**
- **An adult who is a living example of recovery**
- **Youth or adult who leads efforts to reduce stigma associated with mental health and substance use recovery**
- **Certified Peer Specialist or Certified Recovery Specialist of the year**
- **Family/Parent/Grandparent – excellence in supporting a family member with behavioral health diagnosis**
- **Someone who advocates for meaningful representation and voice for people in recovery**
- **Someone who is new to recovery and is demonstrating significant progress**
- **Someone who has been introduced to recovery through the justice system or re-entry and is improving due to dedication**
- **An elected official who advocates and participates in community events and is a voice for people in recovery**
- **Youth who is a living example of the power of recovery**

Please complete this nomination form by answering the following questions:

Nominee Name: _____ Your Name: _____

Your Address: _____

Your Phone #: _____ Your Email Address: _____

I nominate _____ for the following award(s):

Excellence in Mental Health Treatment (Provider)

Excellence in Substance Use Disorders Treatment (Provider)

Leadership in Recovery (Adult)

Individual Achievement (Youth or Adult who leads efforts to reduce stigma)

Recovery Support Professional of the Year (CRS/CPS)

Excellence in Family Support (Family/Parent/Grandparent)

Community Impact/Excellence in Advocacy (Advocate in larger systems like policymakers and service providers)

Rising Star (New to recovery and progressing quickly due to personal dedication)

Social Justice Perseverance (Justice System involvement and improving recovery)

Excellence in Advocacy by an Elected Official

Youth Leadership

(Tell us a compelling story about this person! We want a good picture of what you see on a regular basis):

(Please attach additional pages if needed)

Signature: _____

Date: _____

These nominations will be accepted on a rolling basis. To be considered for 2020:

DUE NO LATER THAN MARCH 27, 2020

***Please return this nomination form to Heidi Niebauer:
Magellan Healthcare, 1003 Broad Street, Suite 301, Johnstown, PA 15906
or NiebauerH@MagellanHealth.com***



BALM®

**Be A Loving Mirror Family Recovery
7 Week Course**

**For Families Affected By Another's
Substance Use Disorder/Addiction**

Do you feel alone? Are you exhausted?

Are you full of fear? Is your life chaotic?

Do you feel the need to control and fix?

Are you obsessed with what your loved one is doing 24/7?

Do you find yourself blaming, shaming, yelling, begging and judging?

BALM® Will Show You How To:

- Regain your inner peace & calm
- Start enjoying your life regardless of loved ones choices
- Stop trying to fix someone else's life
- Contribute to their recovery rather than to their addiction
- Drop the anger & judgement you've been holding onto
- Set and stick to boundaries and use leverage effectively
- Stop obsessing about your loved ones use disorder
- Let go of results and outcomes
- Respond rather than react
- Find your voice and the right words to communicate lovingly, without blame, anger or judgement
- Learn the Be A Loving Mirror Secrets for a sane & joyful life

**YOU CAN BE YOUR LOVED ONE'S BEST CHANCE
AT RECOVERY!**

**To enroll in the FREE upcoming Tues eve 5:30-8pm course starting April
7th at Cambria County Academic Center on 110 East Franklin St, #100
Call Stacey Karchner, BALM Family Recovery Life Coach
814-360-7590**

"As long as there is life there is hope!"

The Daily BALMSM Curriculum

Principle One: The Family Has a Crucial Role to Play in Early Recovery

- The Family's Role
- The Seven C's
- 5 Tips
- Leverage

Principle Two: Change Happens in Stages

- Six Stages of Change Course
- Enabling vs. Helping
- Motivational Interviewing as a tool for families to employ

Principle Three: It is Important to Let Go Without Giving Up or Giving In

- Breathe Through Each Moment
- Tools to release negative emotions: Let go of outcome and our tight grip
- How to Respond, Not React
- Flooding

Principle Four: You Can Be Your Loved One's Best Chance at Recovery

- Persistence
- The Power of Shifting Your Energy
- Live and Let Live
- Be A Loving Mirror—Relating in a loving way (not shaming, blaming, guilt)

Principle Five: Putting Your Focus On Yourself and Off of Your Loved One Will Help You Both

- Four Aspects of Self Care
- Keep the focus on Yourself
- Attitude of Gratitude
- Happiness is an inside job

Principle Six: Your Primary Task is to Be A Loving Person

- Being Loving vs. Being Nice
- Personal Responsibility, Dignity and Respect no matter what
- Loving Yourself first

Principle Seven: Don't Set a Boundary Unless You Are Determined to Stick To It

- Healthy and Unhealthy Boundaries
- Overcoming the blocks within you to setting healthy boundaries
- Sticking to the boundaries you set

Principle Eight: Getting Support Will Greatly Enhance Your Recovery

- Family, friends and co-workers
- Therapists, Recovery Coaches, and Sponsors
- 12-Step Programs and other support networks

Principle Nine: You Can Explore and/or Heal Your Relationship with Spirituality

- Becoming Open to Something Beyond the Ego
- Inner and Outer Pathways
- Exploring the possibilities: Seeing What Feels Right
- Tools to Build the Relationship

Principle Ten: You Can Heal Your Relationship with Yourself

- Taking a Look within
- The Good, The Bad, and The Ugly
- Making Peace with the Past
- Looking forward to the Future

Principle Eleven: You Can Heal Your Relationships with Others

- Exploring the healing power of forgiveness
- Becoming open to the possibilities
- Taking Responsibility for our part in each situation
- Letting go of the past
- Looking toward the future

Principle Twelve: Be A Loving Mirror is the Journey and the Destination

- Develop a Calming Practice
- Respond rather than react
- Live life authentically and peacefully