

JULY 2024

INTRODUCTION

This month, we made sure to indulge in some self-care time. We shared a powerful documentary about Recovery and addiction in our monthly Recovery Under the Stars event. We met for book club and shared our thoughts. We learned more about sound bath therapy with Ms. Dora. Our garden group turned out some wonderful artwork from our Miracle House residents--photos posted on our social media! Preparations continue for our grand celebration this October—we are turning 50 years old! Ahh! Exciting!



THE POWER OF SELF-CARE

JULY 24TH

July 24th was International Self-Care Day! And this month, we did our best to honor that. The ladies of our Miracle House celebrated self-care day with a spa day. They did manicures, pedicures, and facials. ACW also gifted each resident their self-care kit packed with moisturizing face masks, portable journals for journaling on the go, stress balls, lotion, exfoliating gloves, and more! It was a day of relaxation and fun!



RECOVERY UNDER THE STARS

LONE WOLF

Thank you for joining us on July 25th for our Recovery Under the Stars virtual screening of Lone Wolf: From Addiction to Recovery. This powerful documentary highlights the addiction epidemic sweeping through Wyoming. We related to the stories of the people in the film.

In addition, our residents watched the film and journaled about their thoughts and feelings. We know sharing stories is an important way to connect with people, especially when in recovery. Please feel free to share our contact information with anyone who may be looking for help at 213.381.8500.



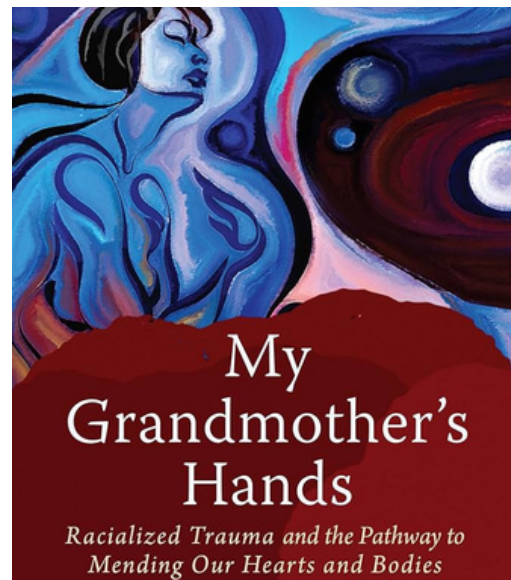
BOOK CLUB

MINORITY MENTAL

HEALTH CLUB

In honor of Minority Mental Health Awareness Month, we recognize the challenges faced by minority communities in accessing and receiving mental health care. Stigma and systemic barriers can often impede individuals' ability to seek and receive the support they need.

Mental health does not discriminate, and in hopes of sharing awareness, we shared this powerful book written by therapist and trauma specialist Resmaa Menakem. His book, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*, outlines ways in which the body, mind, and soul are damaged by racism. He then offers step-by-step ways of healing.



Seeking help is a sign of strength, and you deserve the opportunity to heal and thrive. We acknowledge the importance of working toward a world where access to mental health care is equitable.

Book club participant Regina writes, "The book club was very interesting, and the topic of White Supremacy and the conflicted trauma behind it touched on a lot of issues. We live in a world full of hate. Trauma is part of life, it's what we do about it that counts."



SOUND BATH

INTERVIEW WITH MS. DORA

Ms. Dora has been donating her sound bath services to ACW's residential program. She loves seeing people's transformation and inner peace after attending the group.

How did you start your journey as a sound bath practitioner?

My journey into sound bath therapy began with a unique invitation years ago. I was asked to attend a session, and as the instruments started playing, I was immediately enveloped in a wave of relaxation. It was a transformative experience that I couldn't get enough of. With the pandemic limiting options in LA, I took matters into my own hands, slowly building my collection of instruments and starting my sessions in the park.

Can you explain what a session looks like?

I invite people to relax through breathing. Synchronizing our breath invites the mind to relax. While breathing, I start to play the instruments slowly. Then, they enter the Theta state of mind, which is between sleep and wakefulness. It's a very, very relaxed state for body and mind.

What makes sound baths different from other forms of therapy?

Sound bath is not invasive. People can be in their own space, and sound can travel through space without making physical contact. Outdoors, you can listen to the river or the wind. Sound transports you to another space. It's hard to explain how sound works, but it transports you, and those listening experience strong emotions but are relaxed. That is what is so remarkable about this. Some people experience visions of tranquility, their childhood, and these visions move them.

Is there a moment during your group that was especially memorable?

Yes, when people who attend tell me it helped them be at peace, that it changed them. They are no longer reactive, and they become conscious of their emotions. They say that sound is the future of medicine, and I have an excellent tool in my hands that I can share with people who might need it.

THANK YOU DORA!



SPOTLIGHT

SHEROES

GINA JOHNSON



Today, we want to acknowledge the amazing work of our outpatient counselor, Ms. Gina! Ms. Gina has been with us since 2017, bringing her 8 years plus wealth of experience and passion for helping others. She has a remarkable ability to connect with our clients, providing the support and guidance they need to transform their lives one day at a time.

SPOTLIGHT

SHEROES

DEBRA DAVIS



Thank you to our clinical director Debra for her 10 years of dedication to our mission.

She has made a significant impact on the lives of our clients and on the effectiveness of our programs. She is an excellent teacher, mentoring our clinical and counseling staff to foster growth and development for our team.



SUPPORT ACW

50 YEARS
Years
ACW
EST. 1974
TRANSFORMING
LIVES

AS WE CELEBRATE THIS MILESTONE, WE ARE GRATEFUL FOR YOUR SUPPORT WHICH ALLOWS US TO CONTINUE OUR VITAL WORK. YOUR DONATIONS WILL DIRECTLY HELP US REACH EVEN MORE CLIENTS IN NEED.

Ways to Donate



VISIT OUR WEBSITE  [ACWLA.ORG/MISSION](https://www.acwla.org/mission)



Connect With Us

