



# 2021 Calendar

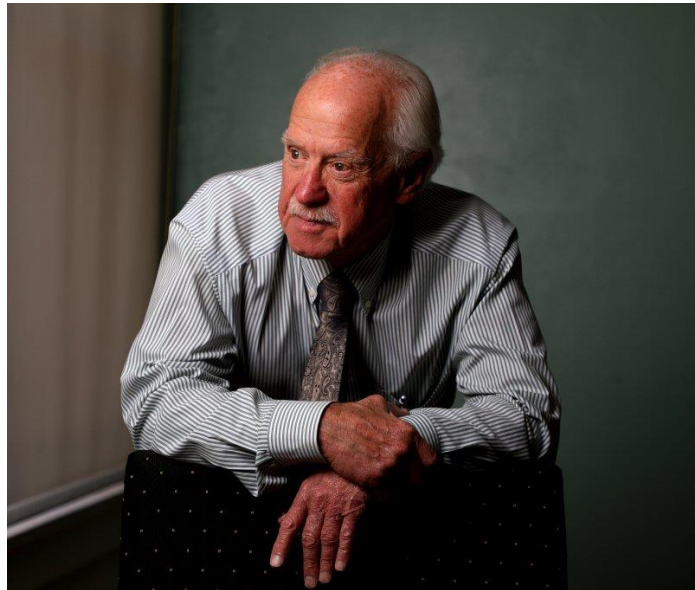
## Twelve Steps of Recovery



Happy 2021 to all of our beloved Options family.

Last year was quite a year at Options and I am sure it was equally challenging to all of you. COVID gave the Options staff an opportunity to live up to our mission statement. Davida envisioned us as the emergency room for Substance Use Disorders in our community and we have filled that role throughout the pandemic. Options' courageous essential workers have kept our doors open every single day. Our response defined who we are and made me very proud to be able to say that we are truly saving lives on a daily basis. I also want you to know that we could not have done this without your support. I have depended on our individual donors, churches, foundations and community partners for 22 years to help us meet the needs of those struggling with alcohol and drug problems. As you know we ask no questions when people want treatment and our contracts do not pay for many of those who need our services. You all have helped treat and house thousands of individuals over the years and I thank you for that 🙏. Please continue. I am letting you know that I am stepping down from my role at Options at the end of the 2020 and that Options' Operations Officer, Justin Phillips, has been named as Options' new Executive Director beginning January 1, 2021. I leave knowing that Options is in good shape to carry on Davida's and my work with your support. We are always here for you.

For 2021 I wish you the best for you and your family. On behalf of the participants, the Board of Directors and the staff at Options, I thank you for your ongoing generosity. You got us where we are today.



♡ Sincerely, Tom Gorham, Options Executive Director



## Options 12 Steps of Recovery

January: Step 1

Admitting Powerlessness



February: Step 2

Accepting the Need for Help



March: Step 3

Deciding to Seek Help



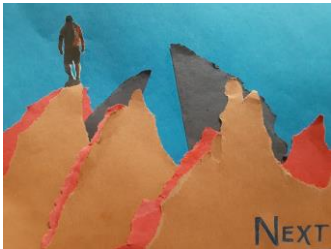
April: Step 4

Appraising Oneself



May: Step 5

Admitting One's Wrongs



June: Step 6

Preparing for Help



July: Step 7

Asking for Help



August: Step 8

Listing Those One Has Hurt



September: Step 9

Making Amends



October: Step 10

Admitting Errors



November: Step 11

Seeking Grace



December: Step 12

Living Sober



Reentry Through the Arts – Options is grateful to the California Arts Council for funding our Reentry Through the Arts program which supports Options' clients to tell their own stories through artworks such as these shown here expressing their unique paths to recovery.



# Step 1 Admitting Powerlessness



# JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 M L King Day	19	20	21	22	23
24	25	26	27	28	29	30
31						



“My journey is far from done, but I now have the strength and confidence to become a better me.”

*Marcos P.  
Options Graduate*

To view Marcos’ graduation comments, visit <https://youtu.be/s-4F1-ULa1U>



## Step 2 Accepting the Need for Help



# FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Valentine's Day	15 Presidents' Day	16	17	18	19	20
21	22	23	24	25	26	27
28						



“I learned to trust – to believe in myself and my fellows. I learned humility, acceptance, patience, as well as a skill set in order to recognize and manage the denial I was in.”

*Greg C.  
Options Graduate*

To view Greg’s graduation comments, visit  
<https://youtu.be/x93PQ8SdixA>

## Step 3 Deciding to Seek Help





# MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



“After twenty years of drinking my body couldn't take it anymore...I thank God, I thank my friend, and I thank Options.”

*Yuri M.  
Options Graduate*

To view Yuri's graduation comments, visit <https://youtu.be/Pe2sFVBAaeU>

## Step 4 Appraising Oneself





# APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Easter Sunday	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



“Thank you again Options Recovery Program helping me put my life back together. My name is Burt and I am a grateful recovering addict.”

*Burt H.*  
*Options Graduate*

To view Burt’s graduation comments, visit <https://youtu.be/a9B4qibDx9Y>

## Step 5 Admitting One's Wrongs





# MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	 <p>“You learn what I'm going to teach you; it may save your life someday. It did.”</p> <p><i>Manuel M. Options Graduate</i></p> <p>To view Manuel's graduation comments, visit  <a href="https://youtu.be/t7KHLZPQwyc">https://youtu.be/t7KHLZPQwyc</a> </p>
2	3	4	5	6	7	8	
9 Mother's Day	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31 Memorial Day						

# Step 6 Preparing for Help





# June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Father's Day	21	22	23	24	25	26
27	28	29	30			



“I just want to thank Options and all the counselors that worked with me on my recovery. If it wasn't for Options I'd probably be down the street and using or dead.”

*Thomas O.  
Options Graduate*

To view Thomas’ graduation comments, visit  
<https://youtu.be/GglPDNTQHQc>

## Step 7 Asking for Help





# JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Independence Day	5 Independence Day Holiday	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



"I was going to die that night. I was convinced that the handcuffs they put me in had snakes inside them, and those snakes were biting me to death."

*Pirooz W.  
Options Graduate*

To view Pirooz's graduation comments, visit

<https://youtu.be/oBX72DLugd9>

## Step 8 Listing Those One Has Hurt





# AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



"The biggest thing I learned and the hardest thing I learned was how to reach out for help when you need it."

*Sarah S.  
Options Graduate*

To view Sarah's graduation comments, visit <https://youtu.be/DFPL90MXopk>

## Step 9 Making Amends





# SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



“Today after facing myself - past, present, and potential future - I move with more confidence, purpose and faith.”

*Nicole H.  
Options Graduate*

To view Nicole’s graduation comments, visit  
<https://youtu.be/I0LeKMUIIGs>

# Step 10 Admitting Errors





# OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Indigenous Peoples' Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Halloween						



"My clean-and-sober date is July 28, 2019, and with the loving support of my family I decided to go to rehab. I was ready to get well and so very tired of being sick and tired."

*Bonnie W.  
Options Graduate*

To view Bonnie's graduation comments, visit

<https://youtu.be/hAh3h8N9IZs>

# Step 11 Seeking Grace





# NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11 Veterans Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Thanksgiving Day	26	27
28	29	30				



Graduation  
June 5th, 2020

Donald S.  
Graduate

Options Recovery Services  
Choose Options for Life

“This has been the best year of my life, this far, and I'm just going to take what I learned and add to it because this is not the end this is only the beginning.”

Donald S.  
Options Graduate

To view Donald's graduation comments, visit  
<https://youtu.be/THxSYawflt0>

## Step 12 Living Sober





# DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	 <p>“God cleaned her up to call her home. As a family, we accept this in our hearts and are grateful to Options for providing the treatment that changed her life.”</p> <p><i>Dianna Beamon, speaking on behalf of deceased Options graduate Debra G.</i></p> <p>To view Dianna’s graduation comments on behalf of Debra, visit <a href="https://youtu.be/Knz9mMDSAg0">https://youtu.be/Knz9mMDSAg0</a></p>
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25 Christmas	
26	27	28	29	30	31		



#### **OUR MISSION**

is to break the cycle of addiction that causes  
crime, homelessness and broken families.

#### **Options Recovery Services**

1835 Allston Way  
Berkeley, CA 94703  
(510) 666-9552

[info@optionsrecovery.org](mailto:info@optionsrecovery.org)

[www.optionsrecoveryservices.org](http://www.optionsrecoveryservices.org)

[www.facebook.com/optionsrecoveryservices/](https://www.facebook.com/optionsrecoveryservices/)