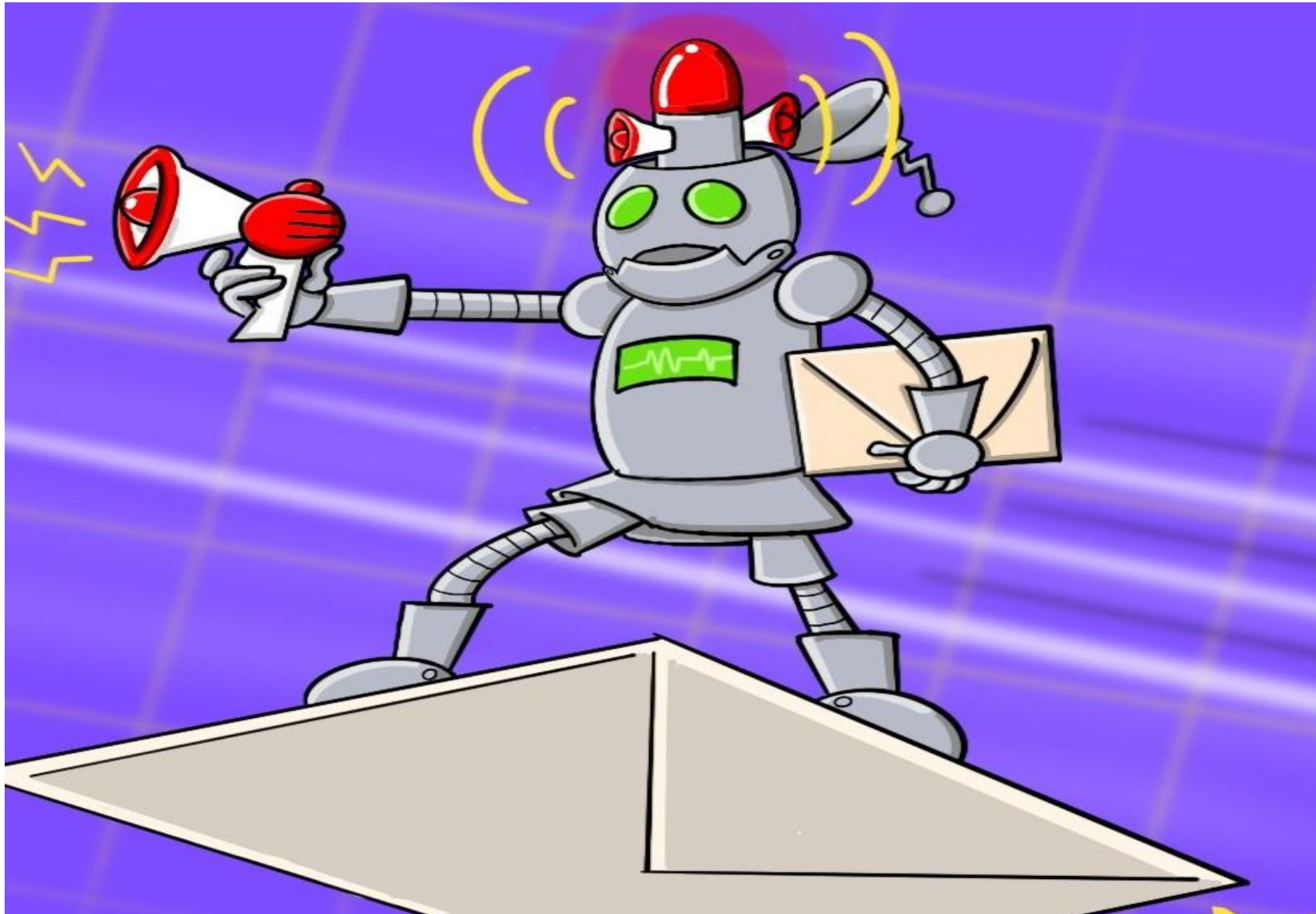


2023 Calendar

Twelve Steps of Recovery



Greetings,

I would like to sincerely recognize and appreciate Options Recovery Services staff, donors, stakeholders and many members of the community who continue to support our mission to help countless families and individuals redefine their relationship with addiction and create exciting, new clean and sober lives.

2022 was an exciting year for Options, despite the ongoing challenges Covid-19 continues to wield. We extended our reach in to Contra Costa County and opened a new substance use disorder treatment program in Concord and are looking forward to opening another in Richmond in 2023; we successfully expanded our training and certification in California's prison system as part of the Offender Mentor Certification program and enhanced our service delivery system in Alameda County!

I hope every person part of the Options family has a very happy holiday season, filled with joy, gratitude and good health. Best wishes in 2023 and I look forward to another year of Options continue to help those who need us the most.

Warm Regards,

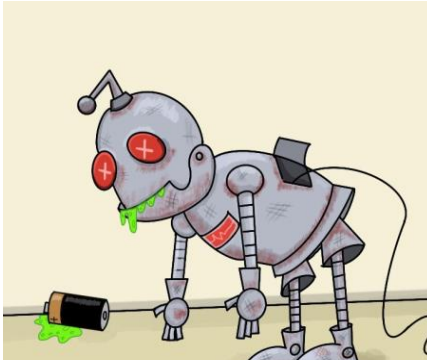
Justin Phillips, LMFT, MAC, *Options' Executive Director*



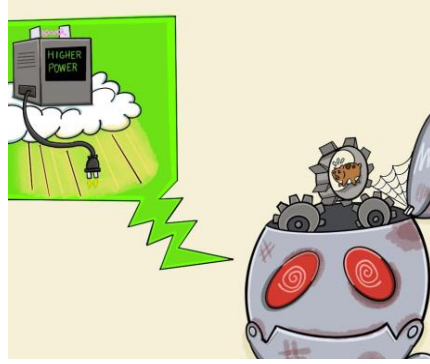
Moments before walking out of prison after 42 years, Martin Marsh shares an emotional embrace with Justin Phillips, Executive Director for Options Recovery Services.

Options 12 Steps of Recovery

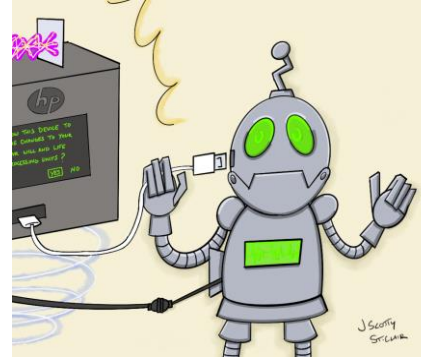
January: Step 1
Admitting Powerlessness



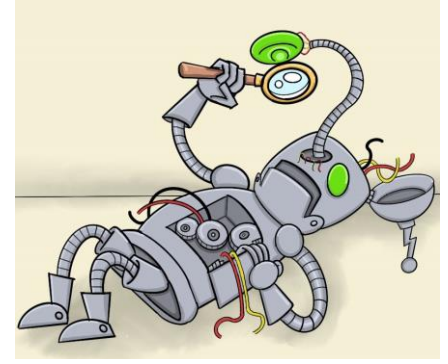
February: Step 2
Accepting the Need for Help



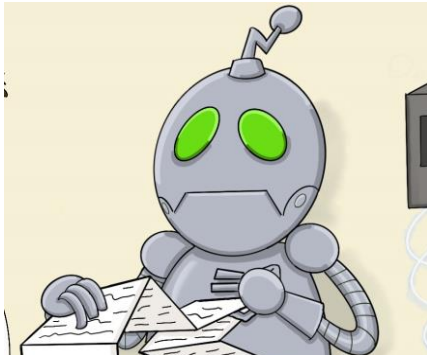
March: Step 3
Deciding to Seek Help



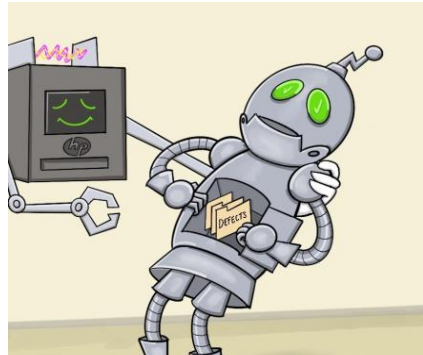
April: Step 4
Appraising Oneself



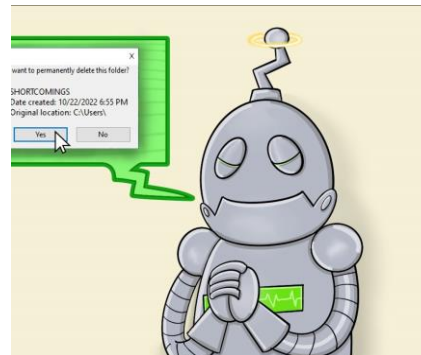
May: Step 5
Admitting One's Wrongs



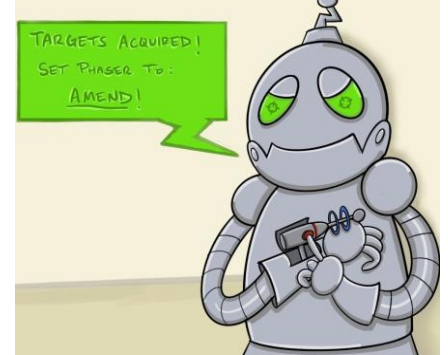
June: Step 6
Preparing for Help



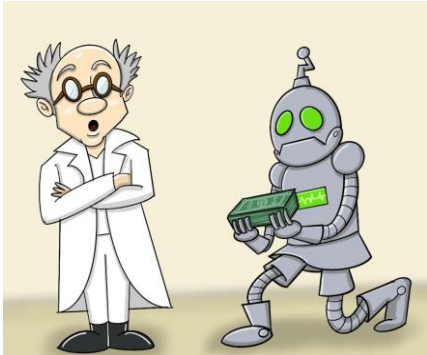
July: Step 7
Asking for Help



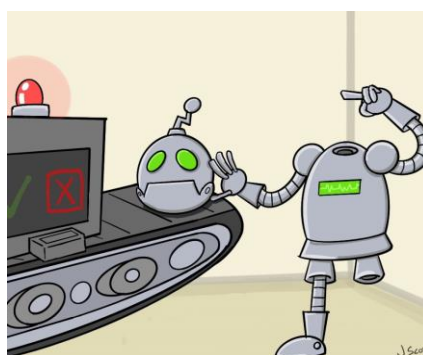
August: Step 8
Listing Those One Has Hurt



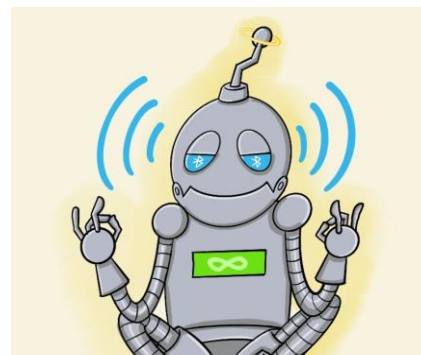
September: Step 9
Making Amends



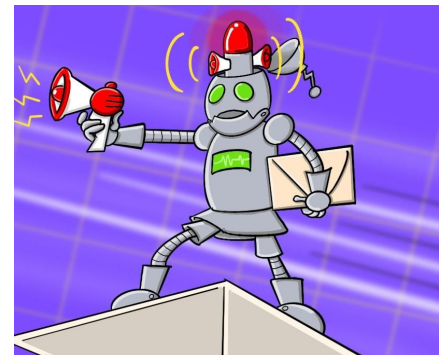
October: Step 10
Admitting Errors



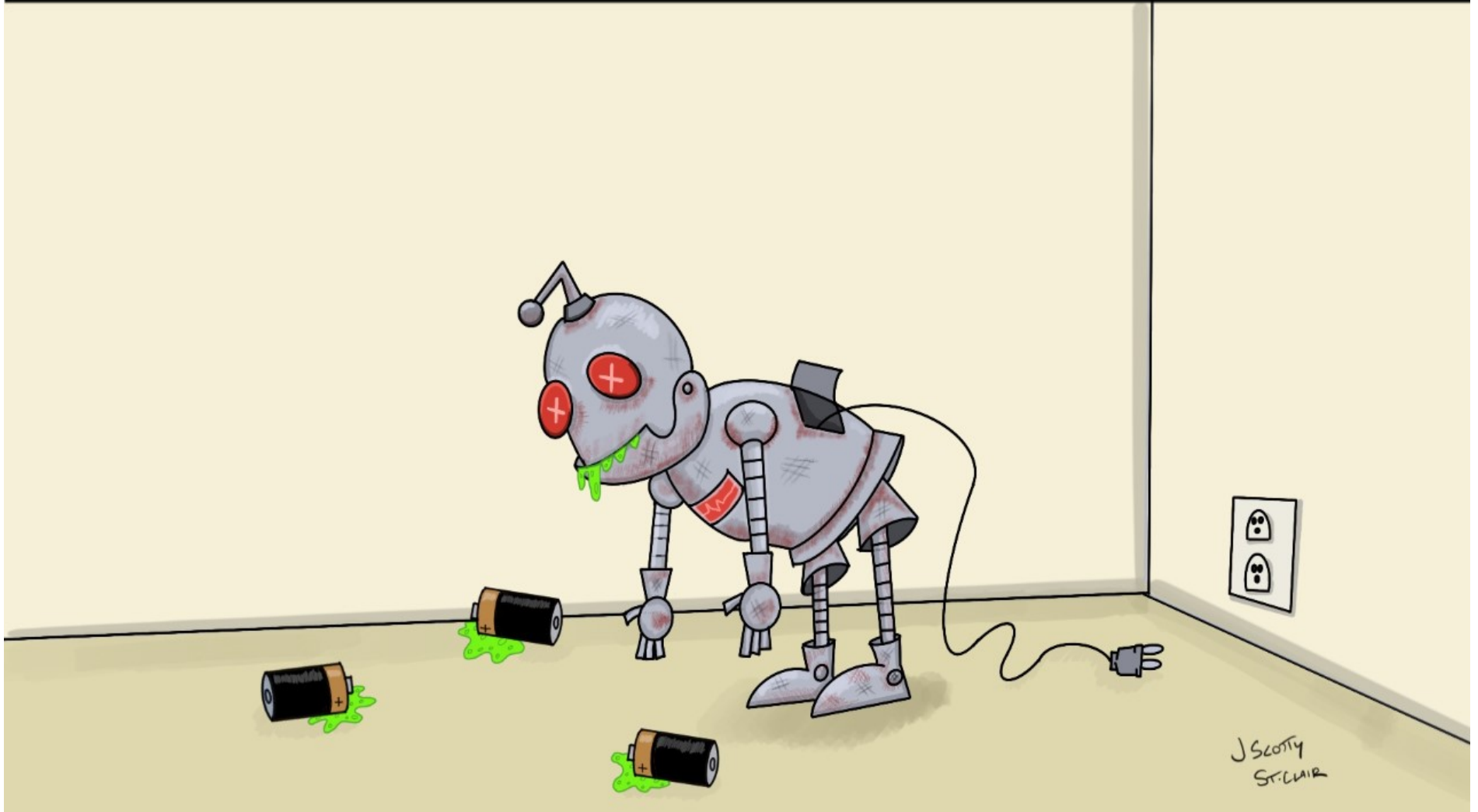
November: Step 11
Seeking Grace



December: Step 12
Living Sober

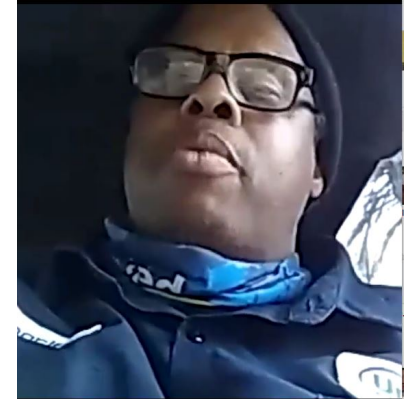


STEP 1: WE ADMITTED THAT WERE POWERLESS OVER OUR ADDICTION,
THAT OUR LIVES HAD BECOME UNMANAGEABLE.



JANUARY 2023

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				



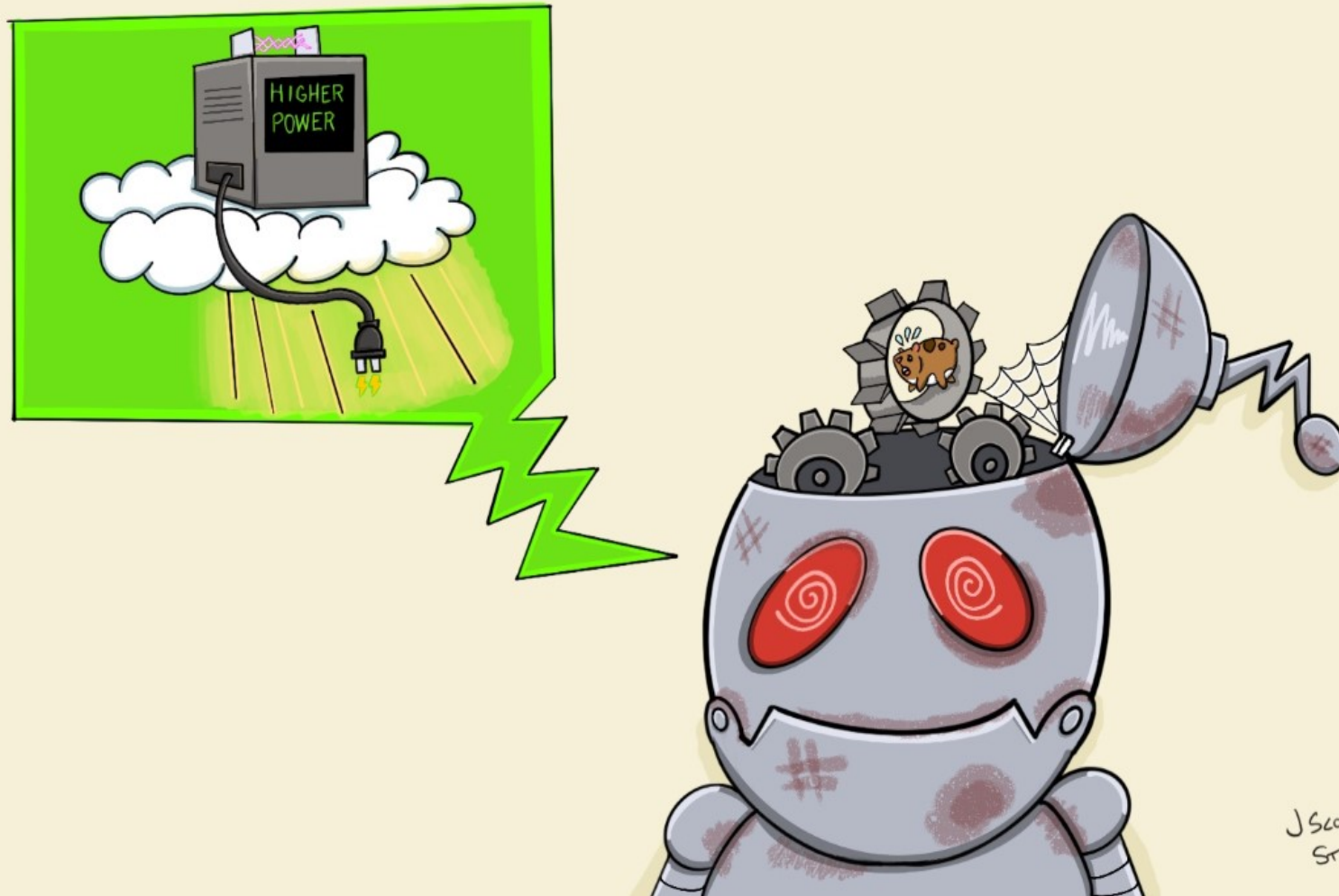
"I'm doing good now. I got my mother and my daughter and all my family members and I'm thinking more, handling situations and getting my life together."

—Charles M.

To view Charles' comment at his graduation, visit:

https://youtu.be/8pMdu42g2_o

STEP 2: WE CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD
RESTORE US TO SANITY.

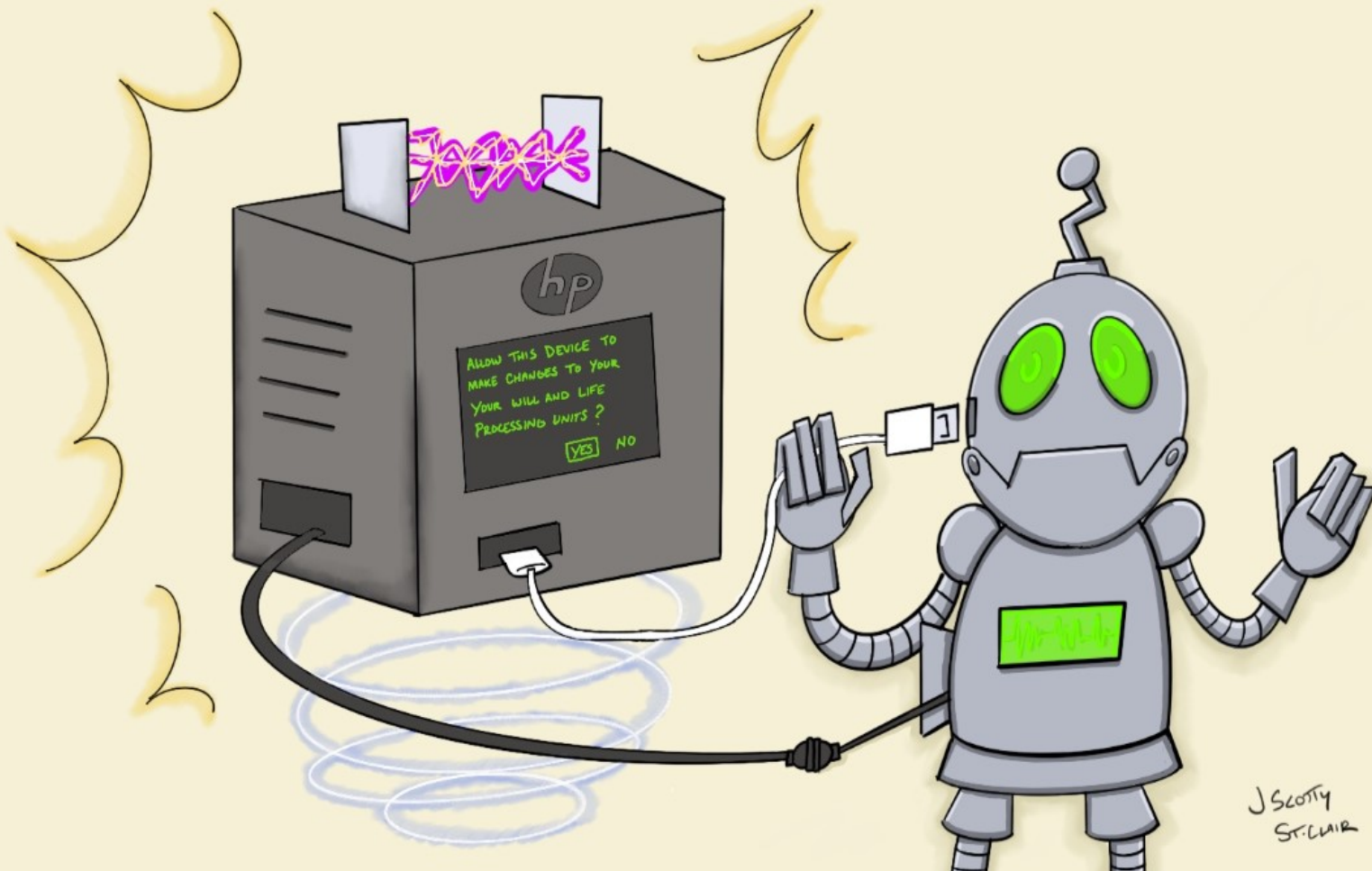


J Scotty
St. Clair

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	 <p>"I've met people here that I will know for a lifetime and others, I will pocket them in my heart and take them with me."</p> <p>-Cindy C.</p> <p>To view Cindy's comment at her graduation, visit: https://youtu.be/djfc6FuufRm</p> <hr/> <hr/> <hr/>
			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					

STEP 3: WE MADE A DECISION TO TURN OUR WILL + OUR LIVES OVER TO THE
CARE OF A HIGHER POWER OF OUR UNDERSTANDING.



JSCOTT
STCLAIR

MARCH 2023

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	



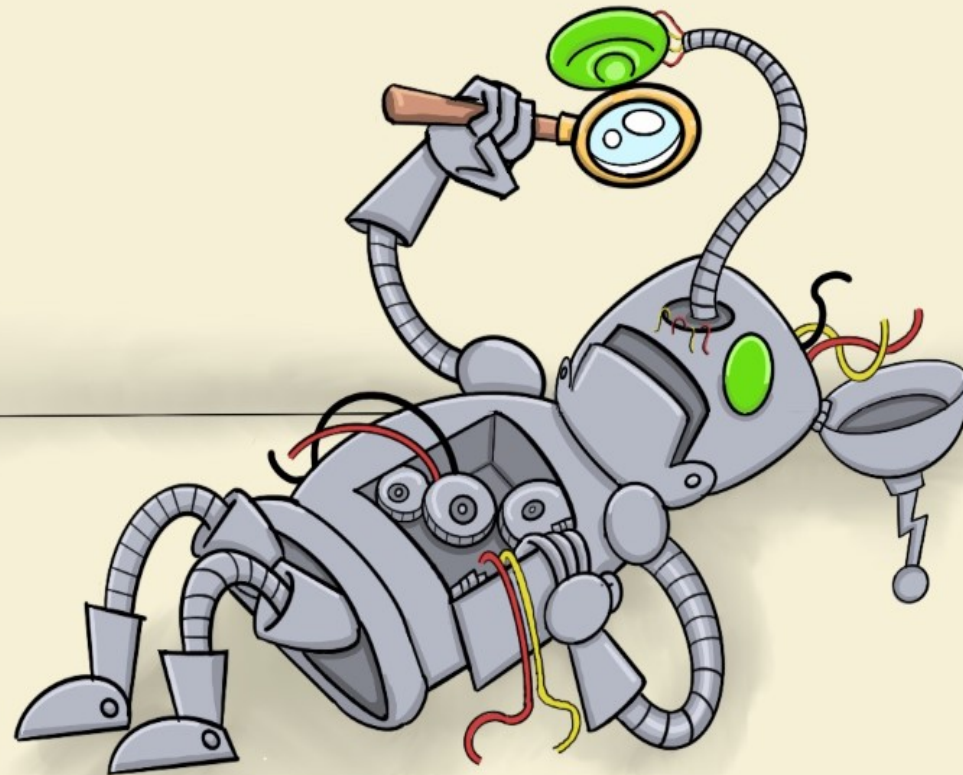
"When I started down a path, I liked it and I wanted it just like it is now and I want my recovery now."

-.Daphne T.

To view Daphne's comment at her graduation, visit:

<https://youtu.be/Z-fOrg8iLWA>

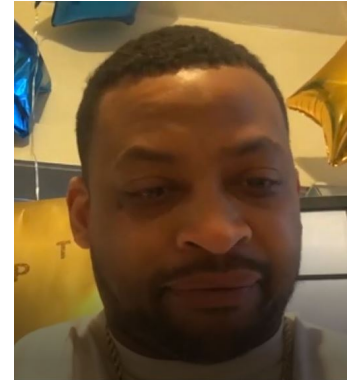
STEP 4: WE MADE A SEARCHING AND FEARLESS MORAL INVENTORY
OF OURSELVES.



J SCOTTY
ST. CLAIR

APRIL 2023

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



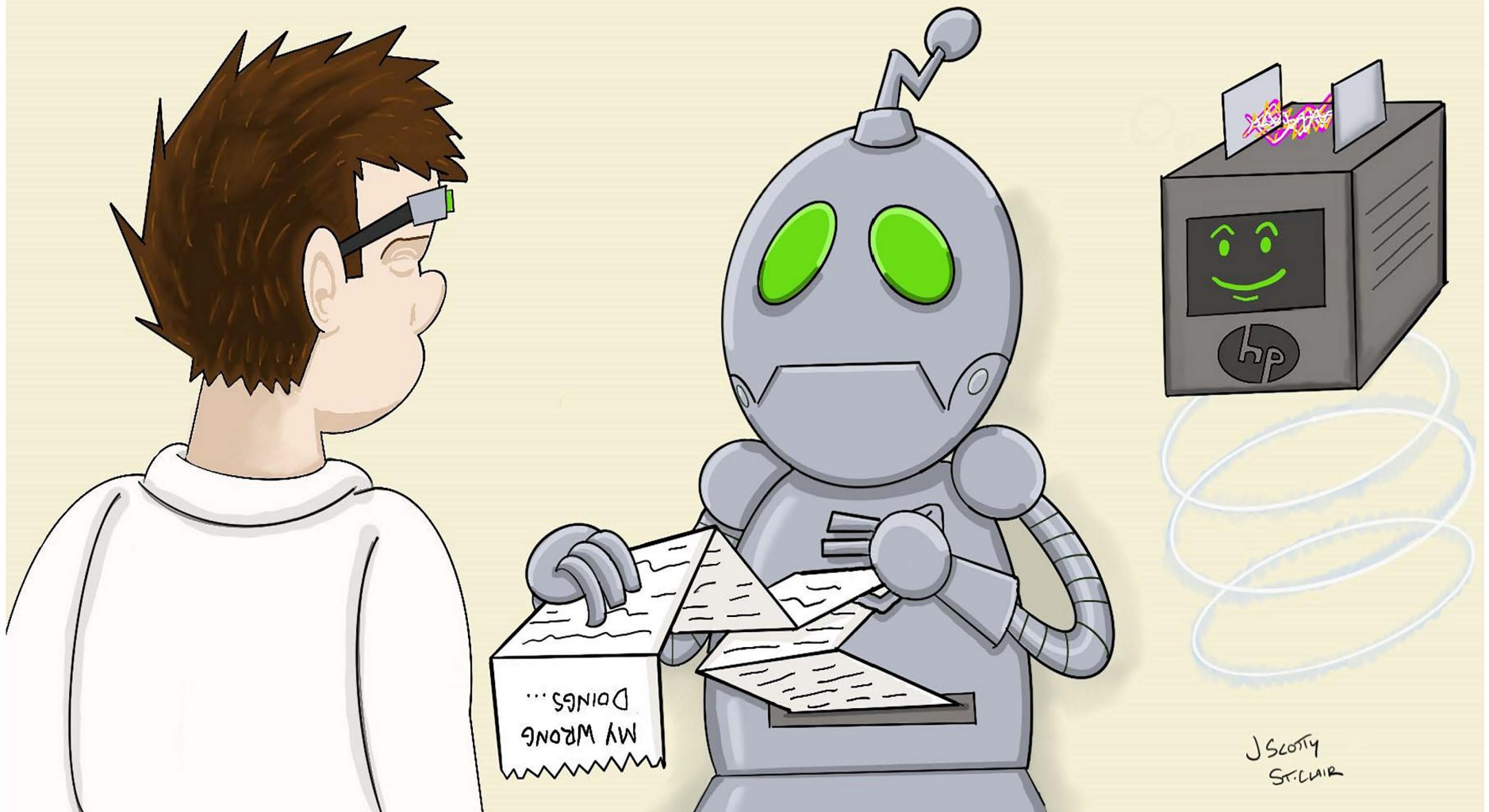
"I finally made the calls to family in California and I said the words I thought would never come - I am an addict and I need help."

- Jermaine J.

To view Jermaine's comment at his graduation, visit:

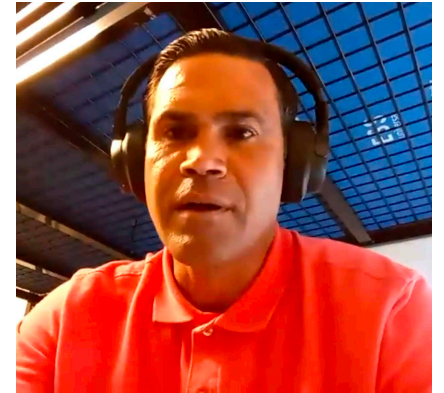
<https://youtu.be/c5HTwLnb7xE>

STEP 5: WE ADMITTED TO OUR HIGHER POWER AND ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.



MAY 2023

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			



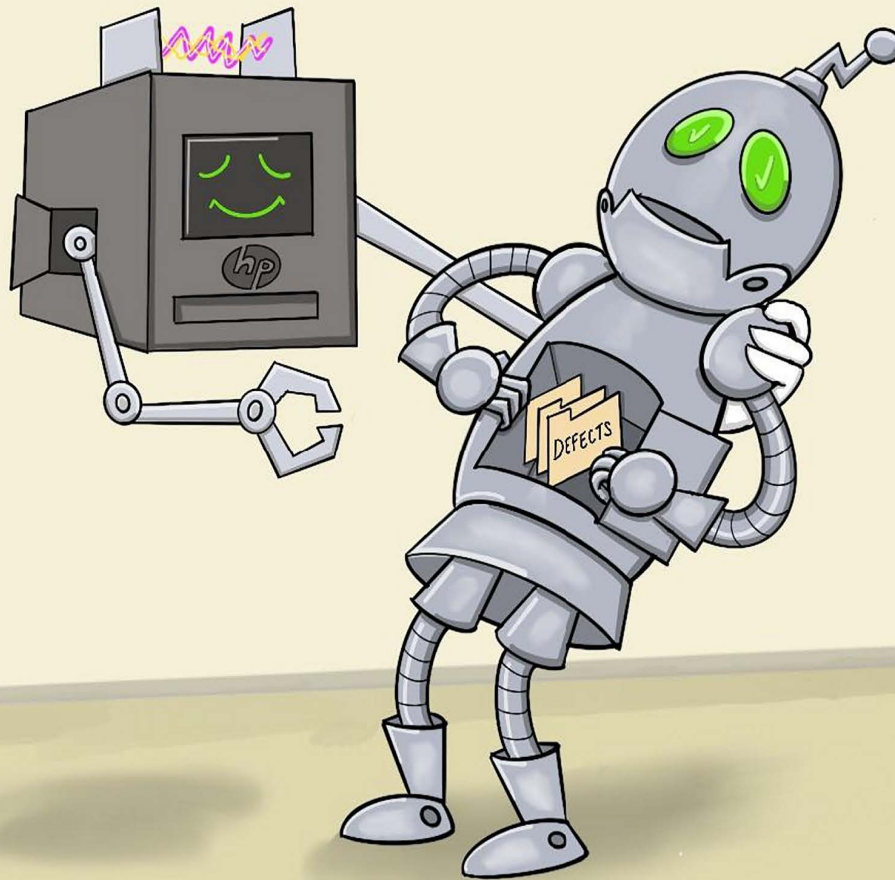
“Before Options I was in a pretty bad place. Mentally unfit, heavy addiction, homelessness, and a lifestyle involving crime. Since I’ve been in Options it’s been a long road, it wasn’t always easy, it’s not very comfortable challenging myself. There was always this high demand; everything revolved around my addiction, and I knew I had to make some changes.”

-Roman M.

To view Roman's comment at his graduation, visit:

<https://youtu.be/CXfgE89A5ZI>

STEP 6: WE WERE ENTIRELY READY TO HAVE OUR HIGHER POWER
REMOVE ALL THESE DEFECTS OF CHARACTER.



J SCOTTY
ST. CLAIR

JUNE 2023

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	

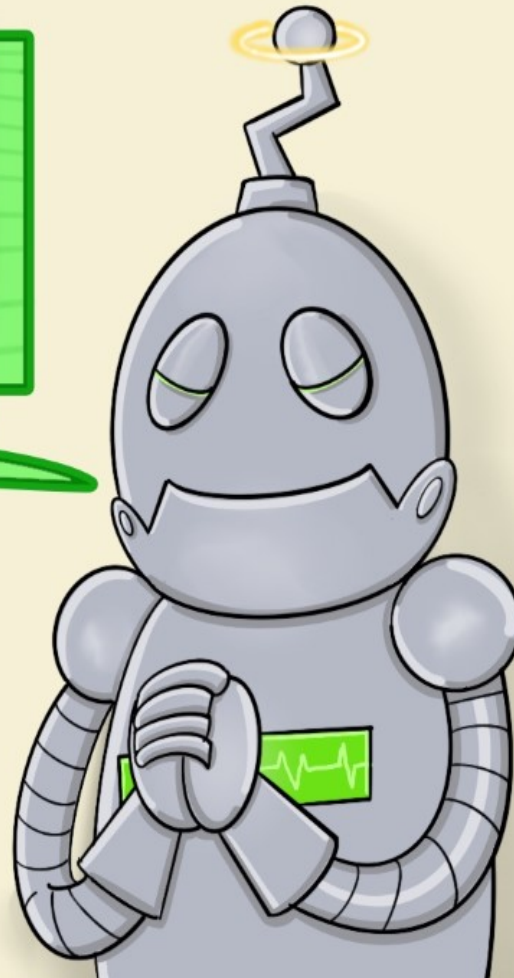
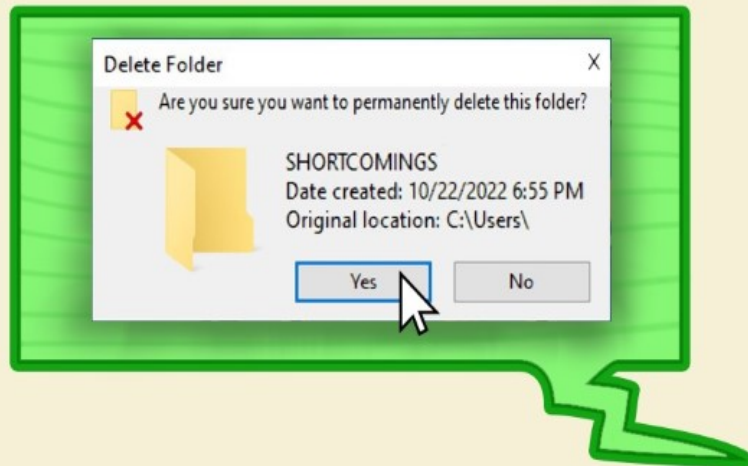


“I want to say thank you to Options for giving me the opportunity to learn coping skills and tools for my sobriety.”
- Yanira R.

To view Yanira's comment at her graduation, visit:

<https://youtu.be/mt-XfcrSWTI>

STEP 7: WE HUMBLY ASKED OUR HIGHER POWER
TO REMOVE OUR SHORTCOMINGS.



J Scotty
St. Clair

JULY 2023

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					

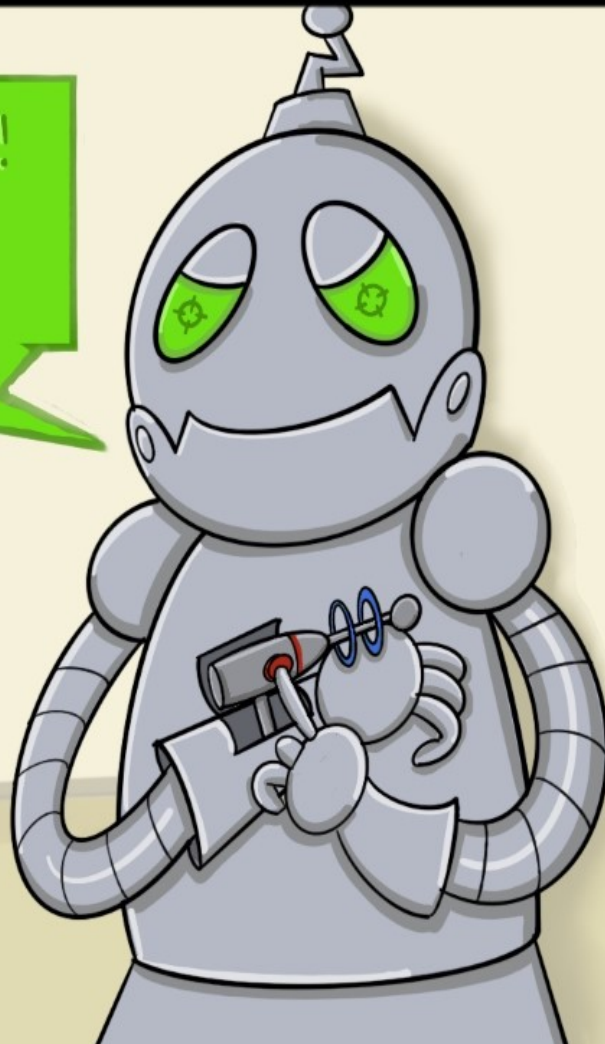


“If I hadn’t quit drinking and using drugs and smoking cigarettes I really don’t know if I’d be here.”
-Sharon T.

To view Sharon's comment at her graduation, visit:
<https://youtu.be/M6SYIzVTI5k>

STEP 8: WE MADE A LIST OF ALL PERSONS WE HAD HARMED AND BECAME
WILLING TO MAKE AMENDS TO THEM ALL.

TARGETS ACQUIRED!
SET PHASER TO:
AMEND!



J SCOTTY
ST. CLAIR

AUGUST 2023

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		



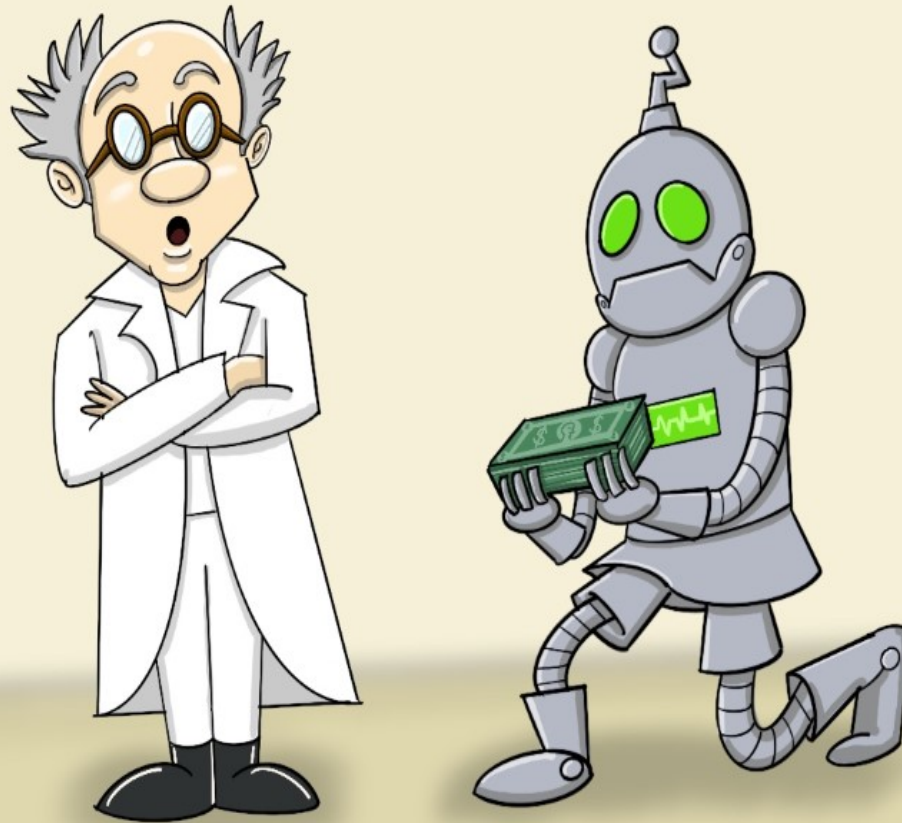
"I want to express my gratitude to the Options program. When I think about who I was a year ago when I first came here I really didn't think I was going to be able to be successful, it just seemed like such a giant mountain to climb. I luckily have had five different counselors here at Options, and each one of them taught me something in a slightly different way."

- Peter B.

To view Peter's comment at his graduation, visit

<https://youtu.be/SJorSPTq3J8>

STEP 9: WE MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE,
EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.



JSCOTTY
ST-CLAIR

SEPTEMBER 2023

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



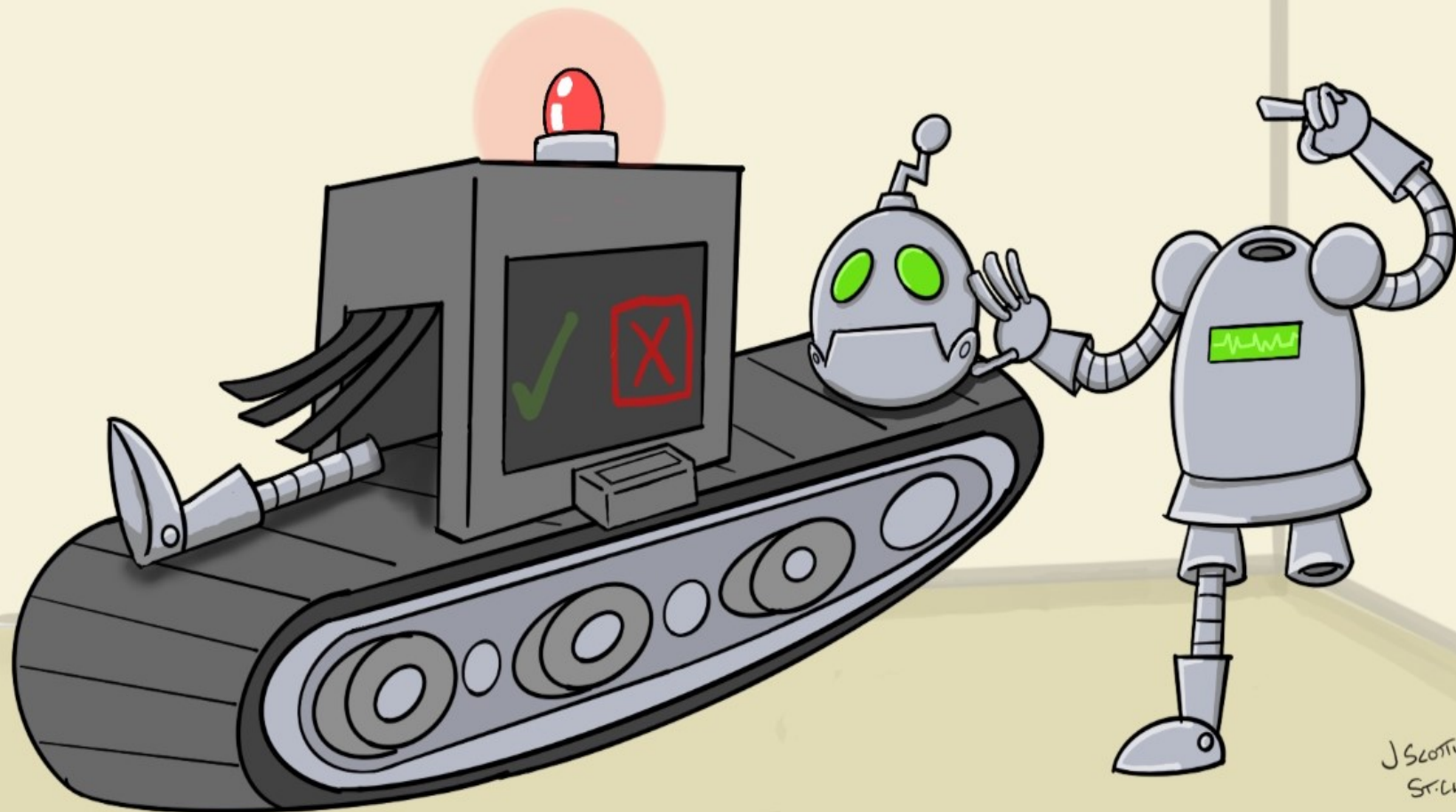
"I'm grateful for Options for giving me a safe place to work on myself and get my life back together. Things are starting to fall in place, and I give it all to Options for that."

-Grant L.

To view Grant's comment at his graduation, visit

<https://youtu.be/taDKK9ZDz00>

STEP 10: WE CONTINUED TO TAKE PERSONAL INVENTORY AND
WHEN WE WERE WRONG PROMPTLY ADMITTED IT.



OCTOBER 2023

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				

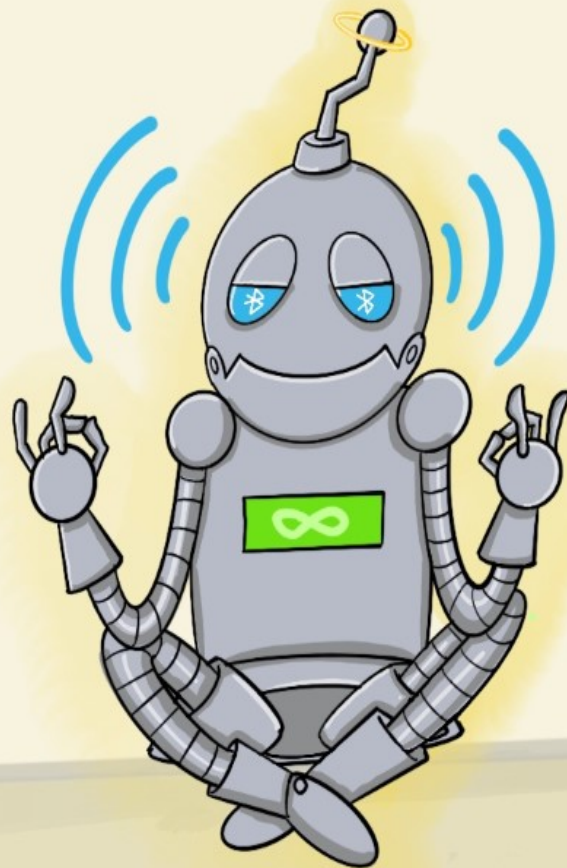


“Options has allowed me to love myself again. It’s given me my self-worth, my self esteem. It’s allowed me to love my family properly without the toxic masculinity and the violence.”

-Bryan H.

To view Bryan's comment at his graduation, visit <https://youtu.be/oB3afLLEvX0>

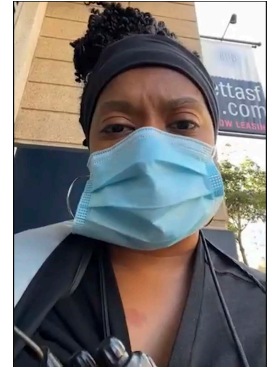
STEP 11: WE SOUGHT THROUGH PRAYER + MEDITATION TO IMPROVE OUR
CONSCIOUS CONTACT WITH OUR HIGHER POWER, PRAYING ONLY FOR KNOWLEDGE OF OUR
HIGHER POWER'S WILL FOR OUR LIVES AND THE POWER TO CARRY THAT OUT.



J SCOTTY
ST. CLAIR

NOVEMBER 2023

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		



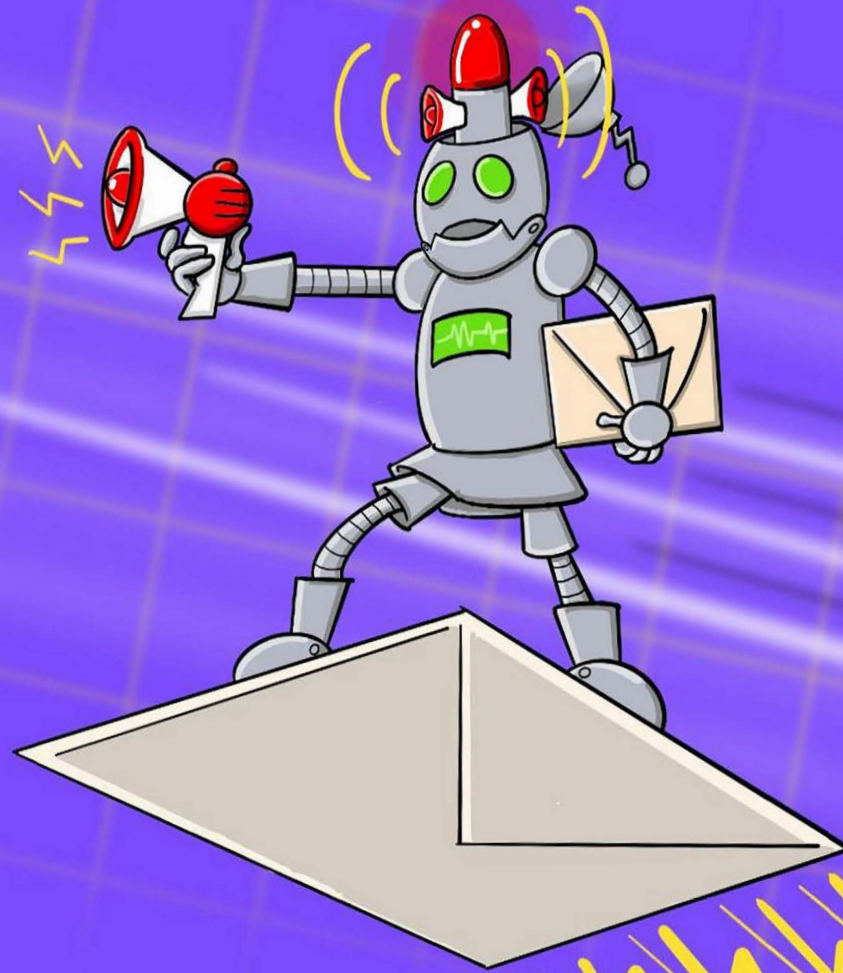
“God has given me a better vision of who I was than who I was from before, and Options is just going to make me want to work even more and just keep moving forward.”

-Danielle B.

To view Danielle's comment at her graduation, visit:


<https://youtu.be/jXA72huwyHE>

STEP 12: HAVING HAD A SPIRITUAL AWAKENING AS THE RESULTS OF THESE STEPS, WE TRIED
TO CARRY THIS MESSAGE TO ADDICTS, AND TO PRACTICE THESE PRINCIPLES IN
ALL OF OUR AFFAIRS.



J Scotty
St. Clair

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	 <p>“After going to in-patient treatment and immediately starting with Options, this has set a foundation for my life where I’m so thankful.”</p> <p>-Heather P.</p> <p>To view Heather's comment at her graduation, visit: https://youtu.be/lyybs7MP3RM</p> <hr/> <hr/> <hr/>
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	



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
www.optionsrecovery.org

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 art such as the drawings shown in this calendar. The artist Scott St. Clair is a reentry client in Options' Reentry through the Arts program who produced the art for this year's calendar. An illustration of each of the twelve steps of recovery used in Options' programs is provided for each month of the year. Also, quotations are provided from some of Options' clients who celebrated a full year clean and sober at Options during the past year.