

The Butterfly Bulletin

Newsletter for New Directions for Women, Inc. | 2607 Willo Lane, Costa Mesa, CA 92627 | 800.93.WOMEN | newdirectionsforwomen.org



*Executive team: Sue Bright
& Tania Bhattacharyya*

Our Mission

*Saving the lives of
women of all ages,
women with children
and pregnant women
affected by alcoholism,
other addictions, and
related issues.*



Introducing Sue Bright

What an amazing journey it's been so far! I worked at a well established treatment provider on the East Coast for over 26 years. When we began to explore the option of a women's track within our residential program, I was referred to Becky Flood — a reputable contact I was told understood well what a woman's program entails.

From the moment I arrived at New Directions for Women I had an emotional reaction that I cannot put into words. The love, care, healing, and compassion that is the thread of this organization wrapped me in a blanket of safety and warmth. I was already experiencing what a women's specific treatment program had to offer.

A few short months later, I got a call from Becky to meet for coffee. It was then that she asked if I would consider applying for the position of Executive Director for New Directions. I think my jaw hit the table in shock. After conferring with my husband, I began a very thorough interview process, meeting several staff and board members along the way. They all struck me as kind, caring, compassionate, and very dedicated to the mission. Becoming part of this organization has been so exciting to me that I still pinch myself on a regular basis to affirm that it is real!

Going forward, we plan to increase program services for the women that we serve, including the expansion of outpatient services. I am excited for the completion of the capital campaign and the Faith House remodel — a personal passion of mine. I will also take on my favorite challenge of negotiating with insurance companies to pay for the services that our women need and deserve. Our future is definitely looking bright!

– Sue Bright, Executive Director

The 2017 Year in Review

This year we celebrated and embraced change. I am proud and humbled that one of those changes includes my new role as the newly created Executive Director of the New Directions for Women Foundation. Our Foundation was created to financially support the treatment we provide.

Over 40 years ago, our Founders Pamela Wilder, Marion Schoen, and Muriel Zink had a vision of helping women heal from addiction with dignity and grace. Our adherence to this powerful vision can be seen in our passion for working with all women and families, even if they are unable to pay for treatment on their own. We raise half a million dollars each year to keep families in treatment for the duration of time they need to experience the miracle of recovery.

Over 200 women entered our program in 2017 to write their new chapters. Twenty little ones healed alongside their mothers and 8 babies were born to moms in the process of re-writing their stories. Over 90 percent of our patients received some type of partial scholarship. We are beyond grateful to the many families, alumnae, foundations, corporations, and employees that have given generously of their time, talent,

and treasure to help us transform lives. These heroes are highlighted in our Foundation Corner.

We created an Endowment Fund this year, thanks to a family foundation from a generous community member Christin Foreman Ellis. As our endowment grows, the interest will provide additional scholarship funds for our families. This will allow us to direct more donations to special projects, including our capital campaign to renovate Faith House, our home for mothers with children.

Over the last 9 years of serving at New Directions, I have been blessed to watch the generational cycle of addiction break as families heal together! There is nothing more rewarding.

I invite you to join me on a personal tour of our sanctuary and tell me how you are called to make a difference. Because of the strength of our 40+ year foundation, and the passion that we all carry on our Founders' behalf, I know that together, we will write our next chapter. I can't wait to walk alongside you on this journey.

*– Tania Bhattacharyya
Foundation Executive Director*

Love from Lola, an Al-a-Dog

Therapy dogs have long been used, to great benefit, with children and in nursing homes. We are grateful to have Lola, a certified therapy dog through Pet-Partners, visit us weekly on Saturdays after our Family Group. Lola's favorite activity is sharing her love with others as often as she can. She has never met a person or large group of people she could not connect with in her own special way. Lola's handler David H., was introduced to us at a fundraiser. Since he has his own family story of recovery, he could not think of a better place to lend Lola's talents.

Lola is a rescue dog herself. With the love of her family, she has grown into an effective "Al-a-Dog," as she is affectionately called. She is able to work with individuals and family members suffering from addiction. Unconditional puppy love is a great antidote to the shame and guilt that oftentimes comes hand in hand with substance use disorder. Our women can identify with Lola, and she helps put them at ease so they can better relate to each other. She has many talents, from knowing exactly who in a group needs her love the most at that moment, to being very patient and still as our children practice reading to her, or groom her. Women and visiting family members enjoy petting, feeding, talking to, and walking Lola throughout our campus.

In a pilot project implemented with adults in an inpatient substance use disorder recovery program in New York, authors found that the patients who were exposed to therapy dogs had better outcomes than those who didn't interact with therapy dogs. Participation with therapy dogs made it more likely that a patient would engage in social activities, made them feel safer, trusting, and more willing to reveal significant parts of their history, especially with regard to violence, loss, and the consequences of their addiction. We are thrilled to have Lola join our treatment team!



Mihaylo Technology Lab

We are consistently improving our campus to meet the varied needs of women healing from addiction as they work to achieve sustained recovery in all areas of their lives. Thanks to a grant from the Steve and Lois Mihaylo Family Foundation, we are able to offer a state of the art Technology Lab on multiple sites on our campus to help patients and their families, alumnae, and staff.

The individuals we serve will have access to the technology they need to search for housing, apply for jobs, apply for continuing education, access resources online, and reconnect with their support systems — all with the support of their case manager and treatment team.

Through existing partnerships, we plan to hold formalized trainings including computer classes/workshops that introduce helpful computer technology and responsible internet skills. Trained volunteers will spend time with our women and alumnae in this space to help with resume building, the "clean-up" of their social media accounts (deleting negative contacts from their days of active addiction), the creation of a professional social media presence (i.e. LinkedIn), and the implementation of other important tools.

The primary Mihaylo Technology Lab will be located at our Outpatient and Administrative space in the heart of Costa Mesa, which is undergoing renovations to realize this vision. Building the technology lab in our Outpatient space makes the most sense, since the women in our Outpatient level of care are closest to returning to

work, going back to school, or otherwise making arrangements to re-integrate back into society.

In addition, iPads will be available for check-out on the NDFW Residential campus, which will facilitate "on the go" access to electronic health records by our clinicians, enabling more efficient care and treatment.

Our women will also be able to use these iPads, with supervision, to Facetime and otherwise engage with NDFW alumnae who will support them as they return to their homes.

Lastly, there will be a computer station in the Daycare area for our kids, who range in age from 0-13. This will provide enrichment for children with access to age appropriate games and learning software. With a safe, warm, and welcoming space, families will learn new skills as well as rebuild self-confidence.

The educational games and software used will dovetail with the current curriculum wherein colors, shapes, alphabet, and other fundamental teaching practices are included. This re-imagined learning space coupled with enriched activities will ensure appropriate, meaningful, and joyful learning experiences for the children.

Technology can open the doors to new economic and social freedoms, and connect us to our community and family in new ways. We are grateful for this opportunity to support women throughout their continuum of care with increased technology capacity!



2017-2018 Fiscal Year Philanthropic Investors

Thank you!

Emperor Butterfly Sustainers: \$35,000+

The Pickup Family
Chamade Foundation
Faith Strong
Kevin and Devon Martin
Slave2Nothing Foundation
The Blanche & George Jones Fund

Monarch Butterfly Sustainers: \$10,000 - \$34,999

Barbara Regosin
Gina Mead
Judy Elmore & Elmore Toyota
Rebecca Flood
Sue Bright
The Steve and Lois Mihaylo Family Foundation
Todd and Natalie Pickup

Crescent Butterfly Sustainers: \$2,500 - \$9,999

Advanced Medical Billing Services
Allergan Foundation
Amir Kahana
Andrew Bequer
Ann Turley
Ascension Treatment Center
Barbara Wiggs-Nelson
Brown-Forman
Busch Foundation
Diana Sammis-Brookes
Howard and Katherine Bland
James Keating
Jim and Carolyn Reed
Joe Moody
Linda I. Smith
R.C. Baker Foundation
Regina McGonigal
Seabrook
Terri and Don Milder
Tim and Debbie McMullen
Zonta Club of Newport Harbor

Supporters: \$1,000 - \$2,499

Allison Wiemann Wilder
Beth Adkisson
Brandon Stump
Bridget Bilinski
Bruce Lorenz
Carol Westling
Carroll and Alice Bryant
Charles and Keshia Dorsey
Debbie Millar
Debi Kornswiet-Shandling

Donald and Betsy Tarbell
Gianna Drake-Kerrison
Jane Hamilton-Balboni
Jerry Johnson
Jocelyn Lam
Joe Black
Ken Indof
Lyn and Daneen Wilder
Margaret Lown

Mars Family Foundation
Martha and Mathurin Daniel
Melissa Holmes Goodmon
Pam Gilmour
Pete Thurston
Peter and Carolyn Shea
Phil Scherer
Ray Chafe
Revs. Mark and Mia Whitlock

Richard Bridgford
Rick Weiner
Roxanne Bates
Ruth Fitzgerald
Sally Frei
Susan Meek
Tania Bhattacharyya
Todd Rustman
Tom Thurston
Yvonne Blanpied

Friends: Gifts of up to \$999

Aaron Trent
Abdul Parmach
Adriana Castellanos
Ajai Jolivet
Al Storey
Alex Chazen
Alexandra Nichols
Alexandra Robinson
Alina Lodge
Allison O'Neil
Allison Olmstead
Allison Seesemann
Amy Tennyson
Andrea Ellis
Andrea Jones
Andrea McKeener
Andrew Laskowski
Andy and Janice Flood
Andy Nott
Andy Popp
Ann Dennis
Ann Premazon
Anna Vega
Anne Huffman
Anthony Greco
Ashlie Beisel
Audrey Milfs
Avi Attal
Barbara and Bob Travers
Barbara Harrington
Barbara Yeager
Barbra Jernigan
Barrett Weir
Barry Bartholomew
Benita Jones
Benjamin Carotta
Benjamin Jones
Betsy Denham
Betty Bedwell
Billye Shinto-Littman
Bonnie Lippe-Gullo
Candelario Pena
Carlita Fuller
Carm Gullo
Carol Caddes
Carol Morrrell
Carol Reagan-Weepee
Carolyn Carr-Kamps
Cat Aires
Chelcie Guthrie
Chelsea O'Haire
Chelsea Reeves
Cherish Craig
Cheryl Esmond
Cheryl Korte

Christina Cooper
Christine Eckloff Vassos
Christine Mumper
Colleen McCarthy
Connie Himmel
Connie Novielli
Dan Hinson
Daniel Geiger
Darlene Quinn
David and Karen Stockman
David and Maxine Hertzberg
David Nassef
Dawn Meadows
Debbie McCarthy
Debbie McNicol
Denise D'Amore
Diane Christian
Dolores Johnson
Don Gordon
Don Wilson
Donald Barton
Dorothy Dozal
Douglas Kerr
Edwina and Roger Hansen
Elizabeth Braley Lund
Elizabeth Obel
Eric Moore
Erik Edler
Farid and Gina Tabrizy
Father Mark Hushen
Forrest Kelly
Frances Pedley
Gail Soderling
Gayle Wilder
Gene and Jane Lyons
George Mulcaire
Georgia Ann Mangosing
Geraldine Schlutz
Geri Rhodes
Harrison Elkema
Heather Henretig
Hilary Kaye
Ivan Klassen
Jacqueline McAniff
Jade Sexton
Jan Ibey
Janet Stickler
Janet Walek
Jason Feld
Jay DeRusso
Jeanette Rodriguez
Jen Ramsden
Jennifer Arrowchis
Jennifer Kirkman

Jennifer Kornswiet
Jennifer Webb
Jim McVicker
Joan Wise
Joanne Garneau
Joe and Mary Bellavance
Jonathan Maxson
Jonelle Allen
Joni Davis
Joyce Boykin
Judy Zorrilla
Julie Huniu
Justa Guzman
Karen Jordan
Karolyn Herbert
Kathleen Weber
Katie Ronquillo
Kay White
Keleen Murphy
Kendra Senn
Kim Brandon-Watson
Kim Cameron
Kimberly Donahue
Kira Riddle
Kyle Mendoza
Laura Krasney
Laura Lyons-McCoy
Laure Falter
Laurie Booth
Laurie Summers
Lecia Fox
Lee Ann Corral
Lee Rodriguez
Leigh Tobias
Linda Campbell
Linda Lyons
Linda Ungerland
Lisa Weber
Lori Craib
Lori Farley
Lorraine Uribe
Lyle and Robin Davis
Lynne Butler
Lysanne Lippe
Margaret Dorris
Maria Serechnyck
Marilyn Read
Marilyn Schumacher
Marisa McHenry
Marisa Mosquera
Marites Foster
Mark and Tracy Widder
Mark Kisner
Mary Anna Jeppe
Mary Colleen ("MC")

Underwood
Mary Drucker
Mary Greisen
Mary Hardesty-Clayton
Mary Niedringhaus
Maureen Lenihan
Maxine Czisny
Melissa Frojen
Meredith Carroll
Merrilee Greene
Michael Freedman
Michael Paris
Michele Moleski
Michele Blair
Michele Brown
Michele Johnson
Michelle Diep
Mike Bernert
Mike Licari
Mike Schaub
Mimi Ahn
Mina Kim
Miranda Woolfson
Mitchell Sargent
Myles Jamieson
Nadeem Munshi
Nancy Hansen
Nancy Watson
Nancy Zimmermann
Nella O'Grady
Nellie Smith
Nora Caldwell
Pam Vecchi
Pamela Rudd
Parham Nematollah
Pat Burns
Pat Kelly
Pat Lynch
Pat McFarland
Pat Samuelson
Pat Trimmer
Patrice Real
Patricia Haggerty
Patricia Moore
Patricia Ross
Patti Kramer
Patty Ledezma
Paula Blackwell
Paulette Cullen
Peter and Andrea Sisti
Philip and Julia Gold
Ray Brandt
Rebecca Harris
Rial Barnett
Rick Shannep

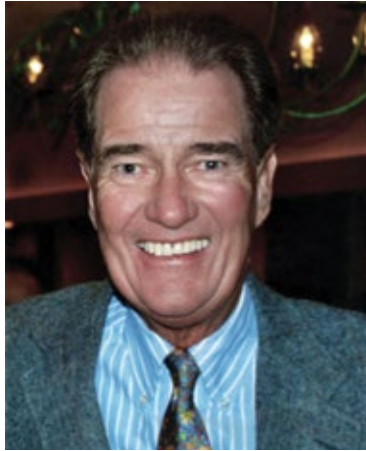
Rita Phillips
Robert Davis
Rossy Jones
Roxie Storey
Ruth Hickie
Ruth Yunker
Sally Carbajal
Sally Fairchild
Samuel and Claudia Vidaurreta
Samuel Yu
Sandra Morgan
Sandra Reiff
Scott Steward
Selma Mann
Sharifa Sharaf
Shay Likens
Shea Russell
Sherri Huebner
Sophie Pyne
Stacey Jacobi
Stacey Vallespir
Stacy Forstall
Stephanie Balce
Stephanie Borchardt
Stephen Odom
Steven Uldall
Susan Gabriel
Susan Hull
Susan Sudman
Suzanne Ott
Tahera Christy
Tanya McCullough
Thomas Simons
Tiara Broch
Timothy Aires
Tina Hammons
Tom and Liz Carras
Tony Blakemore
Tracy Friedmann
Ursula Hoshaw
UBS Matching Gifts Program
Valarie Warren
Valeri Garman
Vicki Gumm
Vicki Hale
Victoria Herbert
Viki Swartz
Virginia and Peter Borella
Virginia Mendiola
Virginia Sullivan
Vivian Clecak
William and Mary Singleton
Wyatt and Deborah Carr

Honoring our Roots

Over 5,000 women have found guidance at New Directions for Women. We have only been able to succeed in transforming lives by standing on the shoulders of giants and being lifted by the support of angels.

We celebrate and remember the life of Lyn Wilder, our dear friend and founding family member. We are all deeply saddened by this loss, but know that heaven has welcomed home an incredible man. His fun spirit, his wit, his wisdom, and his exuberance for life will all be greatly missed. As Lyn would say, "Life is in session. I always tell our new friends to focus on the first half of the first step. The next 11 ½ steps are about life. The recovery programs, in my opinion, are not about not drinking or using but they're about living. It's a living program."

We'd like to also express our gratitude to the Wilder family, who have chosen to bless our organization with memorial contributions in his honor. If you would like to contribute in Lyn's honor, visit newdirectionsforwomen.org/foundation/give-now/ or mail a check made payable to New Directions for Women to 2607 Willo Lane, Costa Mesa, CA 92627. Simply write Lyn Wilder on the Memo so we can send the Wilder family your well wishes.



James Lynwood Wilder, Jr.
October 7, 1934 — February 10, 2018

In 2016, Lyn was interviewed at New Directions for Women about his family's role in founding our organization over 40 years ago. Lyn was full of good stories. Here is one of our favorites...

"Lois was the co-founder of Al-Anon and the wife of the co-founder Bill Wilson of Alcoholics Anonymous. I had the great privilege of meeting her in Arkansas in the early '70s and then again in Dallas-Fort Worth where we both had participated in a conference. I got to the airport and I was on the same plane with her. She was going to New York which was home. It was a Sunday night. I was going to New York on business. I sat with her. I just asked her the question. I said, 'Lois, what do

you think the most important thing is we have to remember?' I've never forgotten this. She said, 'Lyn, the willingness to let go, the willingness to let go.' That's very easy to say but it's so true and difficult to do sometimes."

We are finding the willingness to let go of Lyn as we know him. However, we will certainly never ever forget his warmth, generosity, and vision.

CONSOLIDATED ASSETS

INC

Cash & Savings	\$431,330
All Other Assets	\$5,188,890

FOUNDATION

Cash & Savings	\$976,429
All Other Assets	\$938,695

TOTAL CONSOLIDATED ASSETS **\$7,535,344**

LIABILITIES & NET ASSETS

INC

Current Liabilities	\$633,774
Long Term Liabilities	\$219,247
Net Assets	\$4,767,200

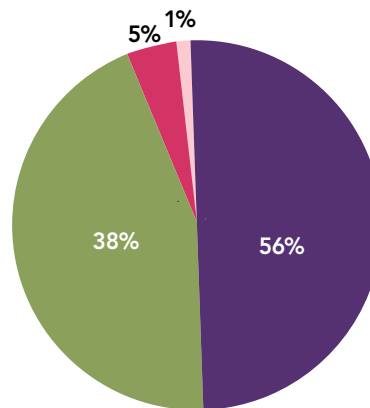
FOUNDATION

Current Liabilities	\$(139,776)
Net Assets	\$2,054,900

TOTAL CONSOLIDATED LIABILITIES & NET ASSETS **\$7,535,345** As of March 31, 2018:

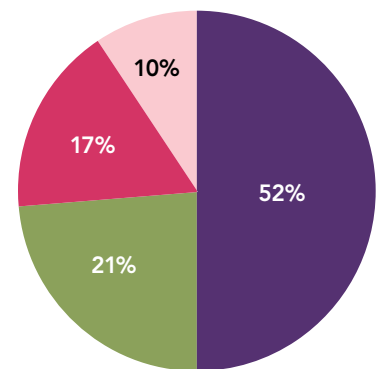
[These are unaudited financial statements]

FISCAL YEAR 2017-2018 (APRIL 1, 2017 - MARCH 31, 2018)



REVENUE

- Patient Days - Insurance
- Patient Days - Private Pay
- Foundation Contributions
- Other



EXPENSES

- Salaries, Wages + Benefits
- Operating Expenses
- Clinical Expenses
- Marketing Expenses

2017 OUTCOMES

As part of continuous quality improvement efforts, New Directions for Women collects data from stakeholders across the organization to gauge treatment effectiveness, efficiency of treatment services, satisfaction with the organization (including employment and treatment services), and satisfaction with access to treatment.

Over the 2017 year, 131 patients completed a survey at discharge, 30 days, 60 days, 90 days, 6 months, 1 year, and 2 years post-discharge.

POST-DISCHARGE FOLLOW-UP HIGHLIGHTS:

- 91.6% of patients surveyed at discharge/post-discharge report no substance use within the last 30 days.
- 89.9% of patients surveyed at discharge/post-discharge report that they are attending 12-step meetings.
- 74.61% of patients surveyed post-discharge report that they have seen improvement in their lives since being discharged from New Directions for Women.

In 2017, 26 eligible employees completed the Annual Employee Satisfaction Survey:

EMPLOYEE SATISFACTION HIGHLIGHTS:

- 100% of employees either Agree or Strongly Agree that they understand NDFW's mission, vision, and core values.
- 100% of employees either Agree or Strongly Agree that their co-workers treat them with respect and dignity.
- 96% of employees responded that they are encouraged to use their knowledge and skills in their job at NDFW.

A Satisfaction Survey was completed by 70 patients upon discharge and completion of the corresponding treatment program (Detox, Residential, PDP, IOP, ISL). The survey asks patients to measure their satisfaction levels in several areas.

PATIENT SATISFACTION HIGHLIGHTS:

- 88.45% of patients surveyed report having a better understanding of the disease of addiction.
- 92.65% of patients surveyed report that they are motivated to work to maintain their recovery as a result of their treatment at NDFW.
- 85.29% of patients surveyed felt safe in the environment at NDFW.
- 80.88% of patients surveyed report they would recommend NDFW to others.

In 2017, 641 family members and support persons were surveyed to gauge the effectiveness and overall satisfaction of the Family Group. Family Group Sessions are held on campus every Saturday.

FAMILY GROUP SESSION EVALUATION:

- 89% of respondents felt that the Family Group Sessions were overall Very Good or Excellent.
- 92% of respondents Agreed or Strongly Agreed that the topics discussed helped them better understand addictive disease.
- 95% of respondents Agreed or Strongly Agreed that the topics were informative and clearly presented.

Board of Directors

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President & Chairperson

Barbara Wiggs
Vice Chairperson

Don Wilson
Treasurer

Gianna Drake-Kerrison
Secretary

Sue Bright
Dan Carracino
Rev. Dr. Charles Dorsey
Rebecca J. Flood
Sally Frei
Dr. Daniel Headrick
Amir M. Kahana, Esq.
Jim Keating
Douglas B. Kerr, Esq.
Roxie Storey, CRPS

Foundation Board of Directors

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President & Chairperson

Judy Elmore
Vice Chairperson/Secretary

Amir M. Kahana, Esq.
Treasurer

Tania Bhattacharyya
Rebecca J. Flood
Carole Pickup

Ensuring the highest quality treatment



NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS

SUCCESS STORIES

As shared at the Circle of Life Breakfast 2018

Kari S.



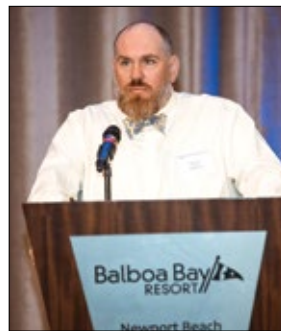
After spending nearly two decades of my life drinking and using drugs, I had lost all sanity and peace of mind. I was an alcoholic of the hopeless variety, one who had "lost the power of choice in drink."

New Directions was recommended by the family of an alumni, who told us that they had a remarkable reputation for treating women, not only with chemical dependency and love addiction, but also women with a dual diagnosis.

I developed knowledge of my addiction and learned important coping skills from the therapists and case managers. Most importantly, I was introduced to the 12 Step program of Alcoholics Anonymous where I learned that I could not fight this killer disease on my own. I now trust in a Power greater than myself and have the ability to maintain my faith and humility.

I have left behind my guilt and shame from my past. When I'm wrong, I take responsibility for my actions and make amends quickly and often. I take direction from my sponsor and help other women daily. I have working knowledge of the Big Book and take my sponsees through the 12-steps. I now live a life full of passion, honesty, and success.

David L.



As a sober dad I was always trying in some way to shelter my kids from the reality of addiction that had been a large part of my younger life. I was faced with the big decision when Shay, my daughter's mother decided to seek treatment at New Directions for Women: do you let your child go to rehab with her mom? I remember my dear friend Becky Flood telling me, a two year old baby needs her mom. It would do more damage for her to be away from her mom, and I could come and get her for outings and spend as much time with her as I needed. This was one of the hardest decisions I ever had to make. I had no desire to have my baby so far away from me, but I trusted the process and the highly skilled and loving staff at New Directions.

It was the right decision to make because not only did I see Shay start to change, but I got to see Lily start to change and flourish as well. I'd visit the campus and Lily would be so happy, joyous, and engaged. The connection between her and her mother was truly forged at New Directions.

Lily's got a mother that is so connected, so engaged, so doting. It's been wonderful for me too. My daughter is a loving, generous, and kind human being and so much of it is due to her growth at New Directions, and being able to grow up with a sober mom.

Salia W.



When I came to New Directions with my mom I was only two, so I don't remember what it was like before then. What I do remember is some of the fun times I had there. I knew every woman's name, and they knew mine. I got to have my 3rd birthday party here and the chef made me a special cake, and everyone sang to me. My mom always took me to the Back Bay to walk and took me to the YMCA for swim lessons.

I have found interest in meditation because my mom is able to be present and teach me different ways to stay calm and identify my emotions. When I get upset or mad, I know to go outside and breathe. This is something I am hoping to continue to share with other children.

Without New Directions, my mom and me wouldn't be who we are. Every child should have an opportunity to have a mother that is healthy and that child should also be given a chance to rewrite their story.

To hear the full testimonials of our speakers, visit:
www.newdirectionsforwomen.org/circle-of-life-2018/

ALUMNAE CORNER

- Join us as goodwill ambassadors in the community for a volunteer event with other non-profits! We are scheduling times to volunteer with Orangewood Foundation in Santa Ana, California and Caterina's Club in Anaheim, California. Contact Alumnae Coordinator Nathalie Plan at nplan@newdirectionsforwomen.org or (949) 313-1192 ext. 303 to participate.

SUMMER FUN! ON THE SECOND SUNDAY OF EACH MONTH JUNE THROUGH AUGUST, FROM NOON TO 3 P.M.

- **Burger Bash & Clothing Swap, Sunday, June 10, noon to 3 p.m.**
Freshly grilled burgers (vegetarian options will be available) and fellowship will be followed with fun games and a clothing swap to kick off the beginning of summer. Please bring clothing you're ready to pass on and be ready to bring home new clothes from a fellow sister in sobriety!
- **Angel Walk, Sunday, July 15, noon to 3 p.m.**
Led by volunteer Laure F., this event will be a positive affirmation exercise. Women will be placed in two lines to create a tunnel of women, and one at a time, women will enter the tunnel. As the woman passes through the tunnel, each woman in the tunnel will whisper a positive affirmation about her. Refreshments will be available as well.
- **Outdoor Movie Screening & S'mores, Sunday, Aug. 12, noon to 3 p.m.**
A community-chosen movie will be shown on the wall of Grace House. Plenty of healthy movie snacks will be available! Bring a blanket and a friend, and get cozy for movie-time!

PATIENT CORNER

Our patients learn the importance of self care during their time in treatment with us. We have partnered with a local nonprofit, Beauty from Ashes, whose mission is to help promote healing, self-awareness, and renewed confidence through skin care and wellness treatments, as well as the local branch of Brown-Forman, whose employees have also volunteered. Sometimes, women may feel that it's selfish to take time for themselves, but that is just not true. We must pour love and care into ourselves so we may continue to give to those around us.

Beauty from Ashes volunteers their time and talent once a month by doing a complete spa day for our patients. Most of the volunteers have been in the same place our patients are in today; they share their own recovery stories, help them connect their mind, body, and spirit, show them the importance of taking care of their physical vessels, and support them on their recovery journey as a peer.

This is what one of our patients shared about her experience: "I was very anxious that day I almost didn't even want to go to the spa day, but after a little while of talking with the ladies that come in I was ready for my facial. The facial helped me completely relax, and it made my face just glow. It was a very relaxing and fun day, now I think I might want to go to cosmetology school."



Brown-Forman also has a heart for healing our community. During our first partnership with Brown-Forman, their employees created Welcome Baskets for each incoming woman. After seeing some of the needs on-campus, they deep cleaned our daycare and spruced up Pfister House with brand new furniture and inspirational décor. They also funded a nail-truck to provide manicures and pedicures during an afternoon of self-care.

Thanks to the volunteers from Beauty from Ashes and Brown-Forman for helping our women practice self-care: learning to connect mind, body, and spirit while having the courage to let their internal beauty shine from the inside out.

SAVE THE DATE

June 5-7

**Wellbriety Training
(Mending Broken Hearts)**

11:30 a.m. to 1 p.m.

3001 Red Hill Ave., B4

Ste. 109, Costa Mesa, CA 92626



August 3

Blessing Ceremony

9 to 10:30 a.m., NDFW Campus

August 15

Open House & Showers of Love

5 to 7:30 p.m., NDFW Campus

October 2

Volunteer Appreciation Event

NDFW Campus

Please email Tania at tania@newdirectionsforwomen.org if you have questions about any event, or would like to get involved.

ONGOING EVENTS

Every Wednesday

Weekly Al-Anon Meeting

11:30 a.m. to 1 p.m.

3001 Red Hill Ave., B4

Ste. 109, Costa Mesa, CA 92626

Every Wednesday

Women's SLAA Meeting

7 to 8:30 p.m.

3001 Red Hill Ave., B4

Ste. 109, Costa Mesa, CA 92626

Every Thursday

Weekly Alumnae Dinner

5:15 to 6 p.m. at NDFW Campus,

Founders House

Every Thursday

**Weekly Alumnae Women's Open
12 Step Meeting**

6 to 7 p.m. at NDFW Campus,

Founders House. Childcare offered.

Every Sunday

Women's SLAA Meeting

7 to 8:30 p.m.

3001 Red Hill Ave., B4

Ste. 109, Costa Mesa, CA 92626

Circle of Life Tour

Please reach out to Tania Bhattacharyya to schedule a tour at (949) 313-1192 ext. 300 or tania@newdirectionsforwomen.org



NEW DIRECTIONS FOR WOMEN

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Butterfly Iced Tea

RECIPE:

Serves 4

- Use 2 oz. of Butterfly Pea flower tea
- Brew with 5 cups of hot water
- Let steep 15 min, and cool completely before next steps
- Add ¾ cup of fresh squeezed lemon juice
*Once lemon juice is added, tea will transform from indigo to a beautiful purple – the color of recovery
- Add ¼ cup of agave
- Top with lots of ice and sliced lemons

At New Directions for Women, getting together over tea is part of our culture. We have teas to discuss the Big Book with new employees, have afternoon tea with the women we serve, and serve tea as we get to know new friends and care partners. It's a time for us to slow down all the things that can overwhelm our days, and focus on the things that truly matter: people and relationships.

As we introduced Sue Bright to our community, we began to host special "Teas with Sue" with our stakeholders and friends. We served our new Butterfly Iced Tea, which was a big hit! So roll some lemons, sit back and enjoy this Butterfly Tea with a few friends at your next gathering!

