



THE



COMPASS

GIVING DIRECTION TO RECOVERY

APRIL, 2011

EASTER DREAMS

“I dream of accomplishing finding my daughter and seeing how she’s doing. I heard she’ll be 7 this may. I truly love my daughter and I hope she’s safe and has somewhere to stay with her mom. My daughter changed my life because I didn't have anything and my daughter was born. My daughter called

me pop without anyone saying anything to her. I gave her a head butt kiss on her cheek and started running like I had patent leather shoes on, grabbed my baby, mom dove out the window like the kitchen was on fire. I wanted another one”.....Chris
“Becoming a good papa and raising a

Good family. Have them accomplish more complicated goals than I have achieved in my life. See their trophies, looking back in time by pictures and seeing how much we have shown love and support, growth, knowledge and understanding one another in need of help to either finance them or be by their side through thick and thin.”.....Chris A

SPECIAL POINTS OF INTEREST:

- *Wellness & Recovery*
- *Stories of Life*
- *Shared Stories*
- *Pic of the Month*
- *Poetry Corner*
- *Spirituality*

STORIES OF LIFE

“I dream of accomplishing some things such as having a partner with who to spend the my life with after and before getting married. You know its hard for me to get with a girl and sharing what's in our minds, but I think I’m doing ok even though I’m not a good speaker. An-

other thing would be finish up high school and probably going on to college. It’s hard I wont deny, but the reasons I have stopped continuing with my education is because I end up in this type of places and it’s bring me down so I got to figure out (cont...page 2)

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Stories of Life cont..

Cont...how I can manage to deal with myself once I'm out of here and improve my social life. Those are two big things I'm ready to challenge myself with or in other words ready to manage but that would be once I'm out of this place, which I don't like but I have to get used to it. So far I'm doing ok here and this type of situation also makes me challenge many obstacles in my life so I think it's not that bad after all.".....Javier

"I dream of having a art show where the whole gallery shows nothing but my paintings. I had a show in the past where they showed two of mine with a bunch of other people as well. I have 15 paintings that I have in mind to show.".....Michael

"I dream of going back to school to become a peer counselor. I will be attending AR JC in the summer to start classes. To accomplish this I will take one or two classes at a time. I would also like to take psychology classes. Another accomplishment of mine is to lose weight. I have started in on this by walking for at least twenty minutes after every meal. I also watch what I eat, no sweets. Walking periodically through-out the day not only helps, but it makes me feel good too.".....Teresa

"I dream of accomplishing many things. Board and care is the first thing. From there, I can get a job or volunteer. Establish a good record. Also get my own place so I can cook the food I like. Getting a package of snacks I ordered through a catalog is my short term accomplishment. I want to work here at Crestwood to start a good job record and make money, but I have to have a ID to work and the local DMV is closed right now. When I get money there's lots of things I want to buy like a small LCD TV, a radio, a clock and small things I can take with me. If I ever get to go, I want to buy stock certificates and savings bonds and international stamps. Right now I'm working on getting a subscription to NewsWeek.".....Dennis

"I dream of finding romance, good health, shopping a Walmart, renting a room and having a future with very little suffering. Eating a clean diet and pleasing my friends.".....Davy

"I dream of being released, eat Mexican restaurant, drive to the ocean..Susan

PICTURES OF THE MONTH



Look at our Garden Grow

POETRY CORNER

| | | |
|---|---|---|
| <p>“Through the fire, Through the rain And still we rise. I walked through the flames, But they didn't touch me. I walked through the rain and met you, And the Lord made me rise</p> | <p>above.”.....Marni Fantastic L. A. I’m spending the day, in fantastic L. A. ; Where strange things hap- pen, I must say. Our little friends, Are not as bad</p> | <p>A bunch of riches everywhere And fifty year old hippies, With waist long hair L. A.’s strange As I say But I’d love to got there any- way.”.....Debora</p> |
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CRESTWOOD IN THE NAPA VALLEY

295 Pine Breeze Dr.
Angwin, CA 94508
Phone: (707)965-2461

GOT RECOVERY!



Bridge to recovery

Crestwood Center in the Napa Valley

Crestwood Center in the Napa Valley, a mental health rehabilitation center licensed by the California Dept. of Mental Health, delivers treatment and care based on the premise that mental health recovery is not only possible, it is the Goal of our programs. The primary goal of this facility is to focus on stabilizing consumers and initiating their recovery process so that they may quickly move to a less intense level of care and expedite their return to their communities.



SPIRITUALITY & EASTER

“Easter is a very special tradition because we celebrate the time when our savior, Jesus Christ was crucified. To other people, I have heard that it means, a new beginning of anything new I guess. Also during this time of year when spring is blooming, nature looks and it is beautiful. Flowers here and there. Birds chirping all around. People having picnics at the park. I mean it’s so spe-

cial that even thinking about the subject makes it so interesting and colorful in a way it describes Easter. Spring is a time of year when nature is at work. Animals coming out of their caves, playing around with more baby animals come out to play with each other. It’s so cute to see baby ducks walking behind their mom or a dog playing ball with it’s owner. To me it matters a lot because of the crucifixion of God. Its

so important to remember and keep in mind the holy days.”.....Javier

Give thanks. Wait. Watch what happens. Get excited. Open your arms as wide as you can to receive all the miracles with your name on them. Goodspeed.....