



Anger Management Youth  
13-17. Tools for dealing  
with anger situations



**K.E.Y.S.**

(Keeping Every Youth Sober)  
Youth 13-17. Substance Abuse  
Educational classes  
\$60.00 \* 10 Week Sessions

Scholarships available

## Break Every Chain (BEC)

Lifestyles Recovery Center's "Break Every Chain" (BEC) is an educational outreach program designed to assist the faith-based organizations in acquiring knowledge, skill building, and compassion for the struggling addict or those with mental health issues.

In partnering with Lifestyles Recovery Center, Inc. your organization will receive training and hands on experience dealing with concerns such as alcohol and drug addiction, mental health issues, HIV prevention, sexual addiction and pornography.

Location, times, and financial compensation are flexible to fit your organization's needs.

Contact Us Phone: 805-238-2290  
Email: [info@lifestylesrecoverycenter.org](mailto:info@lifestylesrecoverycenter.org)



LIFESTYLES RECOVERY CENTER  
P.O. Box 2971  
Paso Robles, CA 93447  
Karolyn London  
Executive Director/Counselor

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# Lifestyles Recovery Center. Inc

*Restoring Hope One Life  
at a Time*

**For immediate assistance: call the  
San Luis Obispo 24 hour hotline  
1-800-783-0608**



The Lifestyles Recovery Center, Inc. is a California based 501(C)(3) organization that has operated over 28 years on the local, county and state levels to bring healing and recovery to individuals caught in the grips of substance abuse, mental health issues and anger management.

The Lifestyles Recovery Center offers self-help groups, spiritual seminars, provide a walk-in clinic, youth and adult Anger Management sessions, Relapse Prevention, and a large referral base. Materials such as books, videos, and tapes will be provided in a library setting to facilitate recovery. Many of these items can be checked out.

The San Luis Obispo county courthouses and probation offices recognize Lifestyles recovery groups as a source to complete mandated hours. The participants of the group can have their court cards signed and fulfill their probation requirement

**Call now:  
805-238-2290**

## About The Director



The Executive Director Mrs. Karolyn London has a long history of working with persons who have problems with drugs, alcohol, and emotional problems. Since leaving the French Hospital Rehabilitation program she has acquired formal training from the University of Santa Barbara, a Bachelor of Psychology from the University of Phoenix, and a Master's Degree in Human Resources from Liberty University. She is recognized statewide for her work as a Mental Health Therapist, Anger Management Specialist as well as a drug addiction specialist. She and other members of the Board of Directors are dedicated and committed to Lifestyles and give of their time and resources to insure that those who suffer from addiction get the help they need.

website: [lifestylesrecoverycenter.org](http://lifestylesrecoverycenter.org)



**The Lifestyles logo** graphically explains in symbolic form the meaning and ideals of Lifestyles Recovery Center and what it offers. The logo is composed of three main elements possessing the following philosophical and symbolic meaning

**The welcoming upper arms** enclose the logo, offering comfort, shelter, and protection. Notice they do not completely encircle the logo, but remain open, implying open access.

**The lower hands** are reaching out. The hands are empty and still manacled but the chains are broken as a symbol of breaking from addictive bondage. Leaving the old behind and seeking light, a new life and freedom from addiction.

**The name of the program** “Lifestyles” is centrally positioned between the arms to signify the transformation from the old life of bondage to the new life and freedom “Lifestyles” is offering. Hopefully this logo serves as an inspiration and reminder of “Lifestyles” goals and ideals.