



## Testimonials

### Stephanie

ADAAP's treatment program is very beneficial, led by ultra-caring counselors. Frank was amazing, covering the material thoroughly, until everyone understood & embraced the principles of sobriety.

### Karen

I've been in other treatment programs before where they focused just on the steps & not on you as a person. At ADAAP, I learned a lot about myself & how to love myself. I didn't have much self esteem when I started the program. I learned I'm a good person despite my past guilt & shame.

### Amy M.

Ten years ago this month I reached out to ADAAP for help with my problem with Alcohol. I didn't really know where else to turn to, & I truly didn't believe anyone could help me. *ADAAP was an amazing experience helping me get on the road of recovering.*

They really cared about me, & they encouraged me even though I didn't really know what I needed to do to stop drinking. It felt overwhelming. My counselor, took a very personal approach. I didn't just feel like I was just another someone in the group, she helped me succeed, & challenged me & showed me how to get sober.

ADAAP was instrumental in the first steps to realizing I had a problem & understanding my disease. This month I celebrate 10 yrs. in recovery, One day at a time. I couldn't have done it without the support, guidance & first steps I got from the staff at ADAAP! I would happily recommend this program.

### Savion

This program is good. People are easy to get along with, being together in staying sober. I've been working out more (taking care of my body) & actually *spending more time with my family!*

### Tamra F. » (ADAAP IOP Graduate)

I was scared when I first started ADAAP's Intensive Out Patient Program. I had always thought that I could handle anything, & certainly could handle THIS! I learned that I wasn't really different. It came to me that these people in IOP were telling MY story. This eventually opened my eyes & sent me back to AA. I had been so focused on my case & its legalities, I couldn't think about anything else. One day a fellow student said he had two tracks to his life: one was his court case & then the other track was his IOP. He had no power over the courts but he did have power over himself. I learned that just because an event happens, it doesn't have to have a bad result. What's important is how I react to the event. I am currently very active in my home group. One of the greatest things that happened to me during the program was that I gained the courage to end my codependent relationship.

### Clayton B. » (2014 ADAAP IOP Graduate)

I was so impressed with how loving & caring everyone was. I could open up & be honest



**ADAAP**  
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**Austin, TX 78752**  
**512-454-8180**



## It's Your Time For A Breakthrough!

*by Les Brown*

It's your time for a breakthrough!

Make up your mind to leave the past & the old you behind.

Focus on giving birth to the new you...the real you!

It is your time to create a turning point for the better in your life.

You have **GREATNESS** within you!



## Things YOU Can Control

*by Caleb LP Gunnars*

Your beliefs  
Your attitude  
Your thoughts  
Your perspective  
How honest **YOU** are  
Who your friends are  
What books **YOU** read  
How often **YOU** exercise  
The type of food **YOU** eat  
How many risks **YOU** take  
How kind **YOU** are to others  
How **YOU** interpret situations  
How kind **YOU** are to yourself  
How often **YOU** say "I love **YOU**"

without being judged. I could be myself. I felt nothing but caring & acceptance. Dan Davey's advice really helped me. He told me to listen & stop talking! I was so surprised at what I learned.



## WHAT'S GOING ON AT ADAAP

June » July, 2019

### ONGOING PROGRAMS

#### IOP 6 WEEKS (10 HRS/WEEK)

DAYS M, Tu, W 9:30 am-1:00 pm  
NIGHTS Tu, W, Th 6:00 pm-9:30 pm  
WEEKENDS Sat & Sun 9:00 am-2:00 pm

#### RIOP – 8 WEEKS

#### AFTERCARE (1 HR/SESSION)

Wed 10:30am, Thu 6:00pm & Sat Noon

#### INTAKES

Monday - Friday 10:00 am - 4:00 pm  
(weekends as needed)

#### DRUG & ALCOHOL URINALYSIS

Current Clients \$50.00

#### DOT Drug & Alcohol Assessment

Monday - Friday 9:30 am - 4:00 pm  
(Or by appointment)

### UPCOMING CLASS SCHEDULES

#### DWI (12 HR) 1ST TIME OFFENDERS \$70

Supervised by Nicki Davey Since 2002  
512-422-1370 or [Austin Education Services.com](http://AustinEducationServices.com)

#### WEEKEND 06/07 - 06/09/2019

Friday, 06/07/19	6:30pm - 10:30pm
* Arrive by 6:15pm for paperwork	
Saturday, 06/08/19	2:00pm - 6:00pm
Sunday, 06/09/19	2:00pm - 6:30pm

#### WEEKEND 06/21 - 06/23/2019

Friday, 06/21/19	6:30pm - 10:30pm
* Arrive by 6:15pm for paperwork	
Saturday, 06/22/19	2:00pm - 6:00pm
Sunday, 06/23/19	2:00pm - 6:30pm

#### WEEKEND 07/12 - 07/14/2019

Friday, 07/12/19	6:30pm - 10:30pm
* Arrive by 6:15pm for paperwork	
Saturday, 07/13/19	2:00pm - 6:00pm
Sunday, 07/14/19	2:00pm - 6:30pm

#### WEEKEND 07/26 - 07/28/2019

Friday, 07/26/19	6:30pm - 10:30pm
* Arrive by 6:15pm for paperwork	
Saturday, 07/27/19	2:00pm - 6:00pm
Sunday, 07/28/19	2:00pm - 6:30pm

How often **YOU** say "Thank **YOU**"  
How **YOU** express your feelings  
Whether or not **YOU** ask for help  
How often **YOU** practice gratitude  
How many times **YOU** smile today  
How **YOU** spend/invest your money  
How much time **YOU** spend worrying  
How often **YOU** think about your past  
Whether or not **YOU** judge other people  
Whether or not **YOU** try again after a setback  
How much **YOU** appreciate the things **YOU** have.



## Boy Meets God

Author Unknown

A little boy wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with a bag of potato chips & a 6-pack of root beer & started his journey.

When he had gone about three blocks, he met an old man. He was sitting in the park, just staring at some pigeons. The boy sat down next to him & opened his suitcase. He was about to take a drink from his root beer when he noticed that the old man looked hungry, so he offered him some chips. The old man gratefully accepted & smiled at him.

His smile was so pretty that the boy wanted to see it again, so he offered him a root beer. Again, he smiled at him. The boy was delighted!

They sat there all afternoon eating & smiling, but they never said a word. As twilight approached, the boy realized how tired he was & he got up to leave; but before he had gone more than a few steps, he turned around, ran back to the old man, & gave him a hug. The man gave him his biggest smile ever.

When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?" He replied, "I had lunch with God." But before his mother could respond, he added, "You know what? He's got the most beautiful smile I've ever seen!"

Meanwhile, the old man, also radiant with joy, returned to his home. His son was stunned by the look of peace on his face & he asked, "Dad, what did you do today that made you so happy?"

He replied, "I ate potato chips in the park with God." However, before his son responded, he added, "You know, he's much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Have lunch with God...bring chips.



## Desiderata

by Max Ehrmann

(found in old St. Paul's Church, Baltimore, dated 1640)

Go placidly amid the noise & haste,  
And remember what peace there may be in silence.  
As far as possible without surrender,  
be on good terms with all persons.  
Speak your truth quietly & clearly;  
And listen to others, even the dull & ignorant;  
they too have their story.  
Avoid loud & aggressive persons,  
they are vexatious to the spirit.  
If you compare yourself with others,  
you may become vain & bitter;  
for always there will be greater & lesser persons than yourself.  
Enjoy your achievements as well as your plans.  
Keep interested in your own career,  
however humble;  
It is a real possession in the changing fortunes of time.  
Exercise caution in your business affairs,  
for the world is full of trickery,  
But let this not blind you to what virtue there is.  
Many persons strive for high ideals;  
& everywhere life is full of heroism.  
Be yourself. Especially do not feign affection.  
Neither be cynical about love;  
For in the face of all aridity & disenchantment,  
it is perennial as the grass.

**Drug Offender Education Program**

**ADAAP** 15 Hour DOEP \$90

TO BE DETERMINED...



**DWI Intervention Program**

**ADAAP** 8 Week DIN (32 hrs) \$200

TO BE DETERMINED...



Take kindly the counsel of the years, gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden misfortune.  
Many fears are born of fatigue & loneliness.  
Beyond a wholesome discipline, be gentle with your self.

**You are a child of the universe, no less than the trees & the stars;  
You have a right to be here.**

And whether or not it is clear to you.  
No doubt the universe is unfolding as it should.  
Therefore, be at peace with God, whatever you conceive Him to be,  
And whatever your labors & aspirations.  
In the noisy confusion of life, keep peace with your soul.  
With all its sham, drudgery & broken dreams, it is still a beautiful world.  
Be cheerful. Strive to be happy.

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**Be good to yourself. Love with your whole being. Always be happy.**

**HAVE A RECOVERY-FILLED (& THANKFUL) DAY!!**

**[Click Here To Get Started](#)**

***Never forget you are an amazing, powerful, brilliant, awesome, unique Divine creation! There is no one else like you or ever has been like you in all of history! Now go forth & spread the Love of God today!***

