



Testimonials

Tiffany M. » (2014 ADAAP IOP Graduate)
This program definitely works. It helped me not only how to stay sober but to want to stay sober. Hearing everyone gave me an insight as to where I want to be.

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.

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.



WHAT'S GOING ON AT ADAAP August » September, 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



ADAAP
7801 North Lamar
Bldg D #109
Austin, TX 78752
512-454-8180



Can Opening Old Wounds Be A Good Thing? by Sam Slaton, Twelve Steps & Twelve Traditions

Learning how to live in the greatest peace, partnership & brotherhood with all men & women, of whatever description, is a moving & fascinating adventure. Every person in A.A. has found that they can make little headway in this new adventure of living until they first backtrack & really make an accurate & unsparing survey of the human wreckage they have left in their wake.

To a degree, they have already done this when taking a moral inventory, but now the time has come when they need to redouble their efforts to see how many people they have hurt, & in what ways.

This reopening of emotional wounds, some old, some perhaps forgotten, & some still painfully festering, will at first look like a purposeless & pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves, that the pain will be lessened as one obstacle after another melts away.



Radical Forgiveness Process by Colin Tipping

We are about to experience a safe & unusual process of forgiveness that is spiritually based. And perhaps, even if your rational mind does not understand it, your spiritual understanding will. It is totally done with your eyes open.

Now take a few seconds & bring to mind a situation that upset you. Replay it in your mind. Who did what that hurt you? Notice when feelings start to come up around the situation. Put your hand or hands on your body where the feelings are the most prevalent. **GOOD!**

1. Are you willing to be open to the possibility that there might be a healing opportunity for you contained in this situation? **GOOD!**
2. Can you be open to the idea that your spiritual self may have actually set this situation up FOR

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

WEEKEND 08/23 -08/25/2019

Friday, 08/23/19	6:30pm - 10:30pm
<i>* Arrive by 6:15pm for paperwork</i>	
Saturday, 08/24/19	2:00pm - 6:00pm
Sunday, 08/25/19	2:00pm - 6:30pm

WEEKEND 09/06 -09/08/2019

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

WEEKDAYS 09/16 -09/18/2019

Monday, 09/16/19	10:00am - 2:00pm
<i>* Arrive 9:45am to complete paperwork</i>	
Tuesday, 09/17/19	10:00am - 2:00pm
Wednesday, 09/18/19	10:00am - 2:30pm

WEEKEND 09/27 -09/29/2019

Friday, 09/27/19	6:30pm - 10:30pm
<i>* Arrive by 6:15pm for paperwork</i>	
Saturday, 09/28/19	2:00pm - 6:00pm
Sunday, 09/29/19	2:00pm - 6:30pm

Drug Offender Education Program

ADAAP 15 Hour DOEP \$90

TO BE DETERMINED...	
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DWI Intervention Program

ADAAP 8 Week DIN (32 hrs) \$200

TO BE DETERMINED...	
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- you both as a healing opportunity & for your growth? **GOOD.**
- Can you be open to the idea that you only get upset when someone resonates in YOU something ABOUT you that you have denied, repressed & projected on to them & that what is upsetting you about the other person represents that part of YOU that is crying out to be loved & accepted? **YES.**
 - Even if you have no idea what part that could be that you have disowned, are you willing to unconditionally love & accept that part of you right now, in this moment?
 - Even if you cannot explain it, can you allow yourself to entertain the possibility that there might have been a purpose in what happened, & that in fact, it happened not TO you but FOR you?
 - Are you willing to be open to the idea that you attracted this person or situation into your life, & that subconsciously you're both offering each other an opportunity to heal something deep within & to release the need to be a victim? **GOOD!**
 - Are you noticing that the feelings that you had at the beginning have already begun to subside & that you now are beginning to feel more peaceful & accepting of this situation? **GOOD!**
 - Are you now also becoming aware that the story that was attached to those feelings has lost some or even most of the charge & you can hardly remember what it was?
 - Since Radical Forgiveness involves a change in perception & a shift in energy, you may be noticing, if not NOW, then later on perhaps a subtle shift in energy occurring within you. Can you feel it? If not now, then look for it happening in the next day or two -- a heightened awareness perhaps, feeling more peaceful & accepting. You may also notice that the situation causing the upset has simply dissolved without you having to do anything about it. This process may have done the trick. So thank you & many blessings to you.



Always We Hope
by Lao Tzu



Always we hope someone else has the answer.

Some other place will be better, some other time it will all turn out.

This is it. No one else has the answer.

No other place will be better, & it has already turned out.

At the center of your being you have the answer; you know who you are & you know what you want.

There is no need to run outside for better seeing. Nor to peer from a window.

Rather abide at the center of your being; for the more you leave it, the less you learn.

Search your heart & see the way to do is to be.



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!

