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ACW

NEWSLETTER

June
2025

ACW Garden Update



The sunflowers in our ACW Garden have shot up to at least 8 feet tall — proven by our tallest client, who's 6 feet tall, standing right next to them! Our crops have been extra amazing this year, and we're so proud of the harvest and the joy it brings to our Miracle House community.

Special shoutout to the bees for showing up for our Garden! They made all the difference! 🐝



Wellness for ACW Employees 🎵

At ACW, we deeply care about our staff's well-being. This month, our team participated in a music wellness class where we explored instruments and created art-inspired music. It was a beautiful and healing experience that gave us space to express our feelings through rhythm and colorful markers.

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Music Wellness



Bathroom Refresh!

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See Before Photos

Alumni Spotlight: Mary Margaret's Story



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Mary Margaret first learned about ACW back in the 1970s through her involvement in the women's movement. Although she wasn't struggling with alcoholism at the time, she was aware of the critical need for women-focused recovery spaces — a mission that would one day become deeply personal.

By 1985, Mary Margaret realized she could no longer ignore her drinking. She described herself as a "functioning alcoholic," maintaining a job and a home while privately battling heavy drinking and moments of blackout violence, a significant contrast to the values she held as a feminist and pacifist.

"I came to understand my part in things. I thought my problem was just letting my drinking get out of hand. I didn't realize I was an alcoholic."

Encouraged by her therapist, Mary Margaret reached out to ACW. Initially hesitant, she believed treatment was only for people who were homeless or unable to work. Instead, she discovered ACW's Out Participant Program, which provided support for women like her who maintained jobs and homes.

Through counseling and group work at ACW, she began to face the truth of her addiction, understand family dynamics, and learn how to live sober one day at a time. Counselors like Roberta and Skyhawk helped her transform her thinking:

"Roberta told me alcoholism is the only disease where you get to decide how sick you want to get and when to start getting well."

ACW connected her with a broader sober community, encouraging her to find AA meetings that felt safe and affirming as a lesbian woman. There, she learned powerful strategies, like calling sober friends or even simply postponing her first drink:

"I started staying sober by putting off my first drink. Just 'not right now' — and the next thing I knew, I'd made it another day."

Since then, Mary Margaret has built a remarkable life in recovery. She went back to college, earned a bachelor's and a master's degree in public health, and has remained active in AA, both in service roles and as a source of support for others.

"At ACW, they showed me how to acknowledge fear without being overwhelmed by it, to respect myself, and to expect respect from others. They taught me how to think differently and live one day at a time."

Mary Margaret's story reminds us all that recovery is possible, and that it's never too late to reclaim your life.

Congratulations, Mary Margaret, on 39 years of sobriety. You inspire us all!

Congratulations! 🎉

Rose Beard, Residential Counselor

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Counselor Rose, who graduated last month with her Bachelor's degree in Psychology!

Rose is not only dedicated and hardworking, but she's also a wonderful counselor who brings compassion, patience, and wisdom to every interaction.

We are so grateful to have her as part of the ACW team. Congratulations, Rose!



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Carolyn's Resources

RESOURCES

SUPPORT OUR MISSION

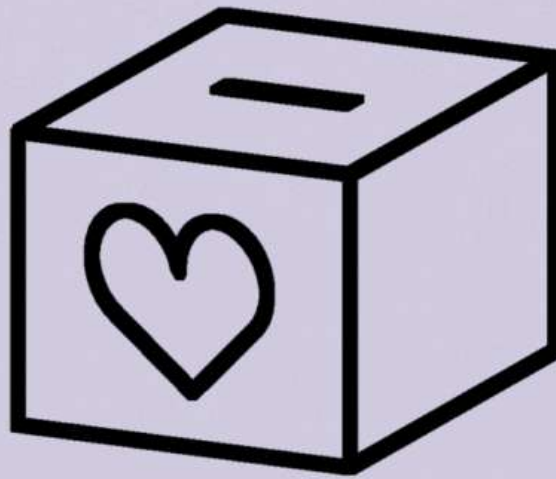
💖 Small Change, Big Impact 💖

What if just **\$5 a month** could help change a woman's life?

By signing up for a monthly donation to ACW, you're helping women in recovery get the support they need—counseling, safe housing, family therapy, and so much more.

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🌟 Join our ☺ Club today because healing happens one step (and one generous heart) at a time.



donate today

MAKE DONATION

Calling All ACW Alumni! 🎉

We are inviting all our alumni to join us! We want to celebrate your sobriety birthdays! Come celebrate your milestones, share inspiration, and enjoy some delicious cake

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We look forward to connecting with you.



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