

ACW

ACW

NEWSLETTER

February
2026

Valentine's Celebration

This February, our Miracle house ladies hosted a beautiful Valentine's celebration filled with joy, connection, and creativity. Residents and their guests enjoyed a special evening dressed to celebrate, sharing meaningful moments and laughter.

A highlight of the Celebration was the Miracle House women designing their very own custom Valentine's t-shirts, a fun and empowering activity that allowed each woman to express her creativity and individuality.



Valentine's Wellness for Staff

We took time this month to care for those who care for others. Our staff gathered for a wellness break centered around nourishment and connection.

cauliflower, and nuts. It was a refreshing reminder that wellness can be both healthy and enjoyable.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Our garden continues to flourish! This month, we're excited to see baby potatoes and spaghetti squash growing beautifully.

These fresh ingredients don't just stay in the garden, they make their way into the ACW kitchen, nourishing our community with meals made from care, patience, and growth.

Your eyes do not deceive you - below is one of our residents holding a giant cauliflower!

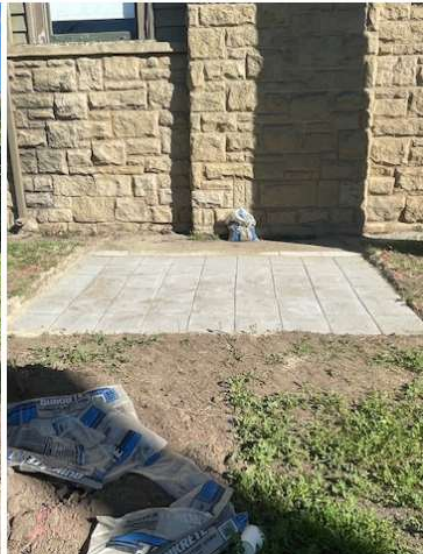


Something Special is Growing

We've been working behind the scenes on something meaningful for the children who come through ACW... and we can't wait to share it with you.

Can you guess what it is? 👁️

Newsletters:



Stepnenson



We're excited to welcome Kelli to the ACW team as a Certified Residential Counselor. She brings valuable experience, compassion, and a strong commitment to supporting women on their recovery journeys.

Kelli's dedication to creating a safe, structured, and encouraging environment aligns deeply with ACW's mission of transforming lives one day at a time. Her presence will help strengthen the support we provide within our residential program and contribute to the continued growth and healing of the women we serve.

We are grateful to have her join our team!

LVN - Damaris Rodriguez



We're excited to welcome Damaris to the ACW team as our new Licensed Vocational Nurse (LVN). Damaris plays a vital role in supporting the health and well-being of our clients by assisting with medication management and ensuring care is delivered safely and effectively.

She works closely with our Nurse Practitioner to support to provide an added layer of care and attention for the women we serve. Her presence strengthens our clinical team.

We are grateful to have Damaris join our Team!

Build With Us — One Brick at a Time

The Carriage House restoration continues to move forward, and you can be part of this lasting impact.

By sponsoring a brick, you honor a story - whether it's your own, a loved one's, or a woman whose journey inspires you. Each brick represents strength, healing, and the foundation for new beginnings.

Subscribe

Past Issues

Translate ▼

support helps us strengthen the future for women in recovery.

♥ Dedicate a brick. Leave a legacy. Help us build hope.



Dedicate a Brick

*Honor Her Story.
Sponsor a Brick.*

ACW

Alumni Spotlight ✨

A Chance to Start Again: Annette Farrell

When Annette Farrell came to ACW, she was ready for change - even if she didn't yet know what that would look like.

At ACW, she found more than recovery. She found structure, support, and a new way of living.

"ACW gave me the chance I never gave myself," Annette shares.

Through accountability, community, and daily commitment, she discovered that recovery is not a one-time decision, but a lifelong journey.

"It's easier to stay sober than to get sober," she reflects - a truth that continues to guide her today.

Annette's story reminds us that with the right foundation, lasting transformation is possible.

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)



ACW ALUMNI, 1995

Subscribe

Past Issues

Translate ▼



Carolyn's Resources

RESOURCES

SUPPORT OUR MISSION

♥ Help Rebuild Hope ♥

What if just **\$5 a month** could help change a woman's life *and* rebuild a space for healing?

By joining our **\$5 Club**, you're not just supporting substance use recovery — you're also helping us restore our historic **Carriage House**, which will create more beds and

[Subscribe](#)

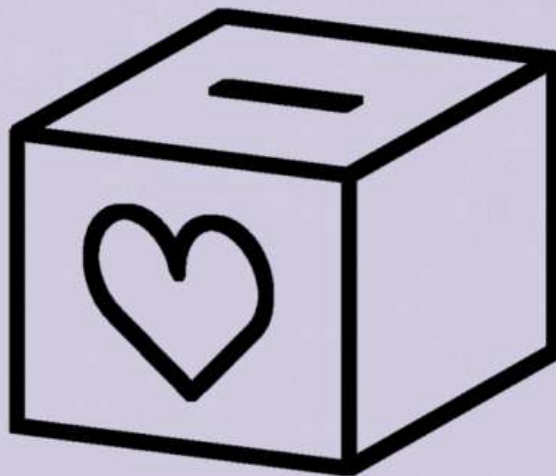
[Past Issues](#)

[Translate ▼](#)

That's less than your favorite latte — but it makes a lasting difference in someone's journey.

🌟 **Be part of something bigger.**

Healing happens one step — and one generous heart — at a time.



donate today

[MAKE DONATION](#)

SUPPORT ACW IN STYLE ✨

Show your love for recovery and empowerment by rocking our exclusive ACW merch! Every purchase helps support our programs and the women we serve.

👕 \$20 for all sizes | \$25 for 2XL

Hurry—these won't last long! Contact ACW to grab yours while we've got 'em!

💖 See two of our amazing models in the video below!



[View Out Models](#)

[Contact and Purchase](#)

Nourish to Flourish: Nutrition Month Challenge 💖

To close out Nutrition Month, we're inviting our community to join our Nourish to Flourish challenge during the final week of March, a simple and uplifting way to build healthier habits one day at a time.

Each day, we'll share easy prompts like adding a healthy ingredient, staying hydrated, creating a colorful plate, or trying something new. There are no strict rules, just small, meaningful steps toward better well-being.

Subscribe

Past Issues

Translate ▼

mind, and spirit.

Follow along on social media!

CRUNCH & MUNCH

A Quick Guide to your Veggies and Fruits

MANGO

Vitamin A for healthy eyes and glowing skin



AVOCADO

Has Vitamin E and good fats for your body



MELON

Rich in Vitamin A for skin and eyes



DRAGON FRUIT

High in Vitamin C, boosts immunity



WATERMELON

Keeps you hydrated with Vitamin A and C



APPLE

Good source of fiber and Vitamin C



PINEAPPLE

High in Vitamin C for faster healing and strong immunity.



ORANGE

Classic source of Vitamin C to fight sickness



MANGOES

Rich in Vitamin K for strong bones and healthy blood.



LEMONS

Packed with Vitamin C to fight colds



Subscribe

Past Issues

Translate ▾

We look forward to connecting with you.



Copyright (C) 2024
Alcoholism Center for Women, Inc. All rights reserved.

Our mailing address is:
1147 S. Alvarado St. Los Angeles, CA

Want to change how you receive these emails? You can [update your preferences](#) or [unsubscribe](#)

[View In Browser](#)

ACW