



2026
Twelve Steps of Recovery

Season's Greetings,

I would like to sincerely recognize and appreciate Options Recovery Services staff, donors, stakeholders and members of the community who continue to support our mission of helping countless families and individuals redefine their relationship with addiction and create exciting, new clean and sober lives.



2025 has been an exciting year for Options. We increased participation in our perinatal recovery residence program and developed the outside area into a recreational area for mothers and their children; we grew our outpatient Substance Use Disorder treatment programs in Contra Costa County with an expanding clinic and outreach program in Concord; and we grew our full-service reentry program for formerly incarcerated OMCP (Occupational Mentor Certification Program) counselors who are now training to become peer mentors engaged in community efforts to support healthy lifestyles, violence reduction, and youth mentoring in Oakland. And we are now opening a new supportive housing and referral program for pre-trial offenders in Berkeley.

Throughout all this we have maintained and grown our core programs of Substance Use Disorder treatment and recovery residences in Alameda County, our OMCP in California prisons, and our community outreach and support programs in Berkeley, Oakland, and now into Concord. We have maintained and grown our Recovery Through the Arts program, which funds this calendar and provides support for clients and staff to employ the arts to improve their life journeys. And we have added to our safe and sober Housing Program, which provides secure, supportive housing for adults in Oakland and Berkeley, by upgrading our housing and engaging new community partners.

I hope every person part of the Options family has a very happy holiday season, filled with joy, gratitude and good health. Best wishes in 2026 and I look forward to another year at Options Recovery Services, as we continue in our mission of helping those who otherwise would not receive our much-needed services.

Warmly,

Justin Phillips, LMFT, MAC, Options' Executive Director

12 Steps of Recovery

January ~ Step 1



Admitting Powerlessness

February ~ Step 2



Accepting the Need for Help

March ~ Step 3



Deciding to Seek Help

April ~ Step 4



Appraising Oneself

May ~ Step 5



Admitting One's Wrongs

June ~ Step 6



Preparing for Help

July ~ Step 7



Asking for Help

August ~ Step 8



Listing Those One Has Hurt

September ~ Step 9



Making Amends

October ~ Step 10



Admitting Errors

November ~ Step 11

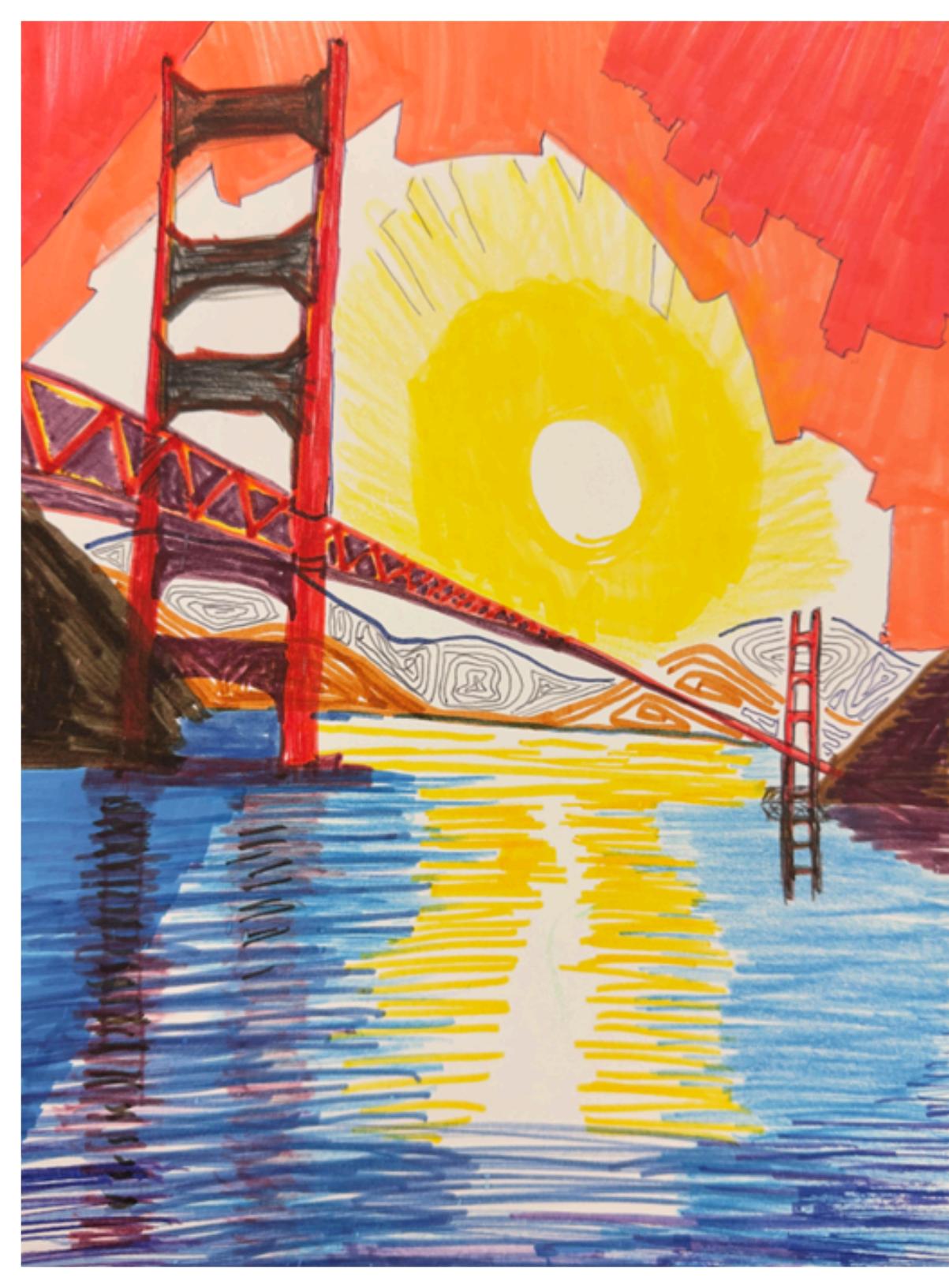


Seeking Grace

December ~ Step 12



Living Sober

A colorful painting of the Golden Gate Bridge. The bridge is rendered in red and black, with a large yellow sun rising behind the towers. The sky is a vibrant red, and the water in the foreground is blue with yellow and white reflections. The overall style is expressive and somewhat abstract.

Step 1

Admitting Powerlessness

Submitted by: Options Client (name withheld)

January

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
				New Year's Day		3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Martin Luther King Jr. Day						
25	26	27	28	29	30	31

FEBRUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



"I have the tools I need to keep staying clean and sober. I don't want to go back to using. I thank Options staff for being friendly and helpful. I would recommend this program to all addicts who still suffer from addiction."

- Michael C.

NOTES:

Click/Scan to view the full testimonial on YouTube:



Step 2

Accepting the Need for Help

Submitted by: *S. Sikder*



February

2026

MARCH

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
President's Day						
22	23	24	25	26	27	28



"Options Recovery has given me more than just a place to stay, it has given me tools support and a sense of purpose. An excuse for me being surrounded by people who understand the struggle and want nothing but the best for you."

- Manny P.

NOTES:

Click/Scan to view the full testimonial on YouTube:



A landscape photograph showing a field with several parallel rows of crops, likely corn, stretching into the distance. In the background, there is a line of trees and a sky with a mix of blue, white, and orange clouds, suggesting either sunrise or sunset.

Step 3

Deciding to Seek Help

Submitted by: *Alexandra W.*

March

2026

APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



I've learned simple exercises like closing my eyes for a few seconds and going to a simple happy place, which is think of how good of a mother I will be from this day on. And how lucky I am to have a great networking team."

-Jameisha C.

NOTES:

Click/Scan to view the full testimonial on YouTube:



Step 4

Appraising Oneself

Submitted by: S. St. Clair



April

2026

MAY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
Easter Sunday						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



"I'm glad to be taking responsibility for the behaviors in my life and I'm glad that it's led me to even starting my own business, so I appreciate everything that has happened and I appreciate Options.

- Anthony S.

NOTES:

Click/Scan to view the full testimonial on YouTube:





Step 5

Admitting One's Wrongs

Submitted by: *S. Bookman*

May

2026

JUNE

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Mother's Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
Memorial Day						
31						



"Throughout my time here, I have not only gained knowledge, but also invaluable coping skills that will help me when I'm triggered, angry, lonely, and even when I'm happy."

- Andrea H.

NOTES:

Click/Scan to view the full testimonial on YouTube:



Step 6



Preparing for Help

Submitted by: K. Garza

June

2026

JULY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
				Juneteenth		
21	22	23	24	25	26	27
Father's Day						
28	29	30				



"Thank you to everyone at Options. I've had the honor to share space, stories and growth. I'm not surviving anymore, I'm discovering how to live as my full authentic self."

- Koa C.

NOTES:

Click/Scan to view the full testimonial on YouTube:





Step 7

Asking for Help

Submitted by: Andrea D.

July

2026

AUGUST

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
						Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



"When I came through these doors of Options, I had nothing left to believe in. The counselors had more belief in me than I had in myself. I finally, in time, believed in who I am."

- Steven M.

NOTES:

Click/Scan to view the full testimonial on YouTube:



Step 8

Listing Those One Has Hurt

Submitted by: *Elliot C.*



August

2026

SEPTEMBER

S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



“Hopefully, I can be of service to many others in the road ahead, and I thank Options from the bottom of my heart for helping to change my life.”

- Hugo R.

NOTES:

Click/Scan to view the full testimonial on YouTube:



Step 9



Making Amends

Submitted by: *Svetlana C.*

September



2026

OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
6	7	8	9	10	11	12
Labor Day						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



"This journey was not easy with an ops case and also probation. There were a lot of trials and tribulations but I was able to fight through this battle with an amazing community.

- Catherine F.

NOTES:

September is Recovery Month



Click/Scan to view the full testimonial on YouTube:



Step 10

Admitting Errors

Submitted by: *T. Murdock*



October

2026

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	Indigenous Peoples' Day					
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						Halloween



"When I think a lot about what that name Options means to me, I interpret that as having better options, a better path to go down than the one I was headed."

- Mina L.

NOTES:

Click/Scan to view the full testimonial on YouTube:





Step 11

Seeking Grace

Submitted by: Options Client (name withheld)

November

2026

DECEMBER

S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



"When I came to Options Recovery - for the first time in a long time, I was not judged, I was understood. To the counselors, thank you. You helped me understand what addiction is; you helped me face the truth with compassion."

- Robert K.

NOTES:

Click/Scan to view the full testimonial on YouTube:



Step 12

Living Sober

Submitted by: *Elliot C.*



December

2026

JANUARY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
				Christmas Eve	Christmas Day	
27	28	29	30	31		
				New Year's Eve		



"Recovery is no longer a punishment, it's a privilege. I'm determined to be a living proof that change is possible."

- Chelsea R.

NOTES:

Click/Scan to view the full testimonial on YouTube:





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OUR MISSION is to break the cycle of addiction that causes crime, homelessness and broken families.

Options is grateful to the City of Berkeley for funding our Recovery Through the Arts program, which supports Options' clients to tell their own stories through art, such as the artworks shown in this calendar.

This year's artists are clients and supporters of Options:

- | | |
|--|---|
| 1. Admitting Powerlessness – Options Client (<i>name withheld</i>) | 7. Asking for Help – Andrea D. |
| 2. Accepting the Need for Help – Subah Sikder | 8. Listing Those One Has Hurt – Elliott C. |
| 3. Deciding to Seek Help – Alexandra W. | 9. Making Amends – Svetlana C. |
| 4. Appraising Oneself – Scott St. Clair | 10. Admitting Errors – Toni Murdock |
| 5. Admitting One's Wrongs – Susan Bookman | 11. Seeking Grace – Options Client (<i>name withheld</i>) |
| 6. Preparing for Help – Kelly Garza | 12. Living Sober – Elliott C. |

The graduate quotes are taken from videos produced by Recovery Through the Arts participants. The graduates are celebrating the completion of a full year clean and sober at Options during the past year.

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