



*I recently had a mother say
“Drugs ruined my life and I
wasn’t even doing them.”*

What Do We Do?

Course of Action is a non-profit registered in the State of Texas. Our vision is to help others overcome their past, present and future. We do that by offering guidance and direction to those who find themselves dealing with difficult life situations such as addiction and/or incarceration. We hope to ease the fear and uncertainty of these issues by showing you different angles you can take in your particular situation, discussing what has worked and not worked previously, and by encouraging you as you walk through uncharted waters.

With all that has been going on over the last 11 months in 2020 we want to focus on those affected by an addict. We have seen so much destruction from drugs and alcohol during this whole pandemic crisis affecting families, businesses, friendships, and other strong relationships. Not a week goes by that we don’t learn of yet another devastating situation where a person has no idea where to turn or what to do as they slowly watch someone dear to them spiral closer and closer to their grave.

YOU DO HAVE A ROLE, YOU CAN MAKE A DIFFERENCE, AND YOU CAN HELP! Yes, watching an addict can be very exhausting and hurtful and there is no rule book to follow as there are so many different scenarios and circumstances. But there are many basic things that you can do to help and not add to the damage at hand. There has never been a situation involving an addict where they do not affect or entwine those around them. Please reach out and look at the resources that are available to help you. There are millions of people every day that are in situations similar to yours.

YOU MAY MAKE THE DIFFERENCE IN TOMORROW

How to get started: go to our website at courseofaction.org and click on the *Contact Me* tab, fill in your name and email information then briefly describe your situation in the message section. Please include your phone number. All information is private. We will then reach out to you.

If 2020 did not do anything positive, it did show us many areas in our lives where we thought we were dealing with day-to-day operations in a good way, but we found out that we were nowhere close to being prepared for what we traveled through in the past 10-11 months. No matter what level or whatever back drop there is in our lives we know there is always room to learn and advance in our knowledge of how to live life as it happens. Was it even possible to be ready for what we witnessed in the past year? I do know that for me, my understanding alone was not enough to chart through 2020 and stay in a healthy state of thought. Please reach out and do not isolate as we are relationship-type beings.....

See you in 2021! Ready. Set. Go.

What is a Life Coach?

A life coach is a type of wellness professional who helps people make progress in their lives in order to attain greater fulfillment. Life coaches aid their clients in improving their relationships, careers, and day-to-day lives. At Course of Action, we specialize in helping those affected by an addict.

We can help you to understand the thought process of the addict, educate yourself on what the addict is seeing and feeling, develop a plan to combat what is to come, and show you options that are available. There is no one size fits all solution even though there may be a visible general path of destruction which all consists of a similar downward spiral. There is hope and there are thousands of addicts who now have normal, healthy relationships and who are living very productive lives. We want to walk with you and help you come up with strategies for overcoming each obstacle. In creating these strategies, it is important to target your unique skills and gifts. By helping you to make the most of your strengths, Course of Action will provide the support you need to travel through loving and caring for someone who is slowly destructing right before your eyes.

46% of the population are or know someone who is actively abusing alcohol and/or drugs!

2021 – ASK YOURSELF

Are you willing to take responsibility for your mistakes and for the attitudes and actions that led to them?

Are you willing however begrudgingly to forgive yourself, and even laugh at yourself?

Will you look for value in your experiences especially the most difficult ones?

Are you willing to learn from what happened and make changes accordingly?

These are questions I came upon while reading a book called “Change Your Questions, Change Your Life” by Marilee Adams. We live in a world where failure is a negative. We are even taught this throughout our lives as children, in the work place, and even in our relationships. We don’t see the treasures in failure, such as how much you learn in life from your mistakes, making the wrong decisions, going in the wrong direction, choosing the wrong team, buying the wrong product, spending too much money, or keeping the wrong stuff. Every day we fail to one degree or another in the questions we ask ourselves, the mindset we choose to dwell in, the honesty we show to ourselves, and in the ability to see the failure as an opportunity to adjust and gain strength.

This is what makes the difference.

HELPFUL RESOURCES

Free by the Truth Ministry, 1119 Churing Dr., San Antonio, Texas 78210, (210)317-0297, freebythetruthministry@gmail.com. Contacts: Pastor Fernando Charles and his wife Olga. Mission: We exist specifically to provide a compassionate recovery community for returning residents (men and women coming out of prison) who are willing to take responsibility for themselves and to learn to make good choices while striving for success.

Life Point Church, 8098 FM 1560, San Antonio, Texas 78254, www.lifepointsa.com. Contact: Pastor Danny Rivers. Life Point Church is a dynamic, non-denominational church that offers relevant teaching and rocking music as part of each and every service. Services typically last 1 hour. At Life Point we believe every person can have a growing relationship with Christ. No matter your background, past, age, accomplishments or failures, our purpose is to help connect you to God’s plans for your life. We want to help you know God, find freedom, discover your purpose and make a difference.

If you or a loved one are struggling with a mental health condition, contact the [Substance Abuse and Mental Health Services Administration \(SAMHSA\) National Helpline](#) at **1-800-662-4357** for information on support and treatment facilities in your area. For more mental health resources, see the [National Helpline Database](#).

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