

LOST AND FOUND LIBRARY

The Lost and Found Library is unique. Its resources are dedicated to healing the hurts that come with the human condition. You will find books, DVDs, pamphlets, videos, games, CDs, and audio tapes. Anyone may check out items from the library with a valid ID. Or, items can be used in the comfort of the library.



Topics include:

- | | |
|-------------------|---------------------|
| *Abuse & Violence | *Internet Addiction |
| *Addiction | *Interventions |
| *ACOA | *Living Skills |
| *ADD/ADHD | *Male Issues |
| *Alcoholism | *Marriage |
| *Anger | *Medical Issues |
| *Change & Growth | *Meditation |
| *Children | *Music/Imagery |
| *Co-Dependency | *Parenting |
| *Communication | *Personal Growth |
| *Compulsions | *Professional |
| *Co-occurring Dx | *Recovery |
| *Death & Dying | *Relapse |
| *Depression | *Relationships |
| *Divorce | *Self-Esteem |
| *Drugs of Abuse | *Shame & Guilt |
| *Eating Disorders | *Sex Addiction |
| *Family | *Smoking |
| *Fear & Phobias | *Spirituality |
| *Gambling | *Suicide |
| *Grief & Loss | *Women Issues |
| *Humor | *Youth |

Several items are in Spanish and others pertain to Native American and Jewish cultures.



Lost and Found Ministry

111 7th St So.

Moorhead, MN 56560

218-287-2089

info@lostandfoundministry.org

www.lostandfoundministry.org

Help for those lost in another's addiction

Lost and Found respectfully serves people of all backgrounds and from all over the nation.

Client scholarships are available.

Caring | Non-judgmental | Confidential

"I was on a downward spiral for years. I lost my family; I lost my job; and my health was terrible. I had even lost my will to live. The miracle of an intervention has helped me regain all I had lost.

I didn't think I could ever live without

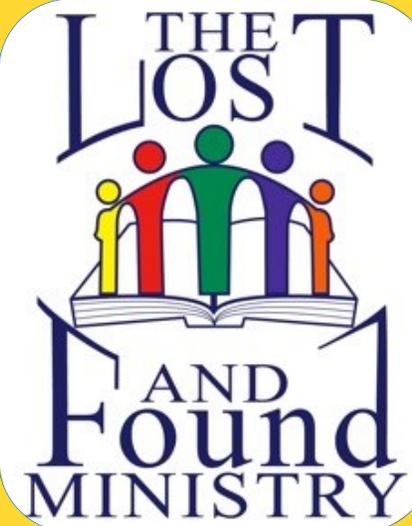
alcohol. Now I know I can."

—Fresh Start from North Dakota

Donations to Lost and Found are tax deductible.

Lost and Found Ministry is a program of Trinity Lutheran Church, Moorhead, MN

What is Lost & Found?



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Lost and Found is:

- **Addiction intervention services**
- **Professional and pastoral counseling**
- **5th steps**
- **Addiction/self-help library**
- **Presentations and education**
- **Chemical dependency evaluations**
- **Support groups**

"I was helpless and hopeless before an intervention turned my life and the lives of my loved ones completely around. I am now going on four years without alcohol and drugs."

—Tom

"We tried everything to get my sister to quit drinking and using drugs. The intervention helped us do what we couldn't do."

—brother of addict in Fargo

—Scholarships available—

Counseling—You Matter, Too

Living with someone with an addiction can be crazy-making. Lost and Found has professional addiction counselors and pastors on staff to listen to and guide you in your healing process. **Call today to set up an appointment. 218-287-2089.**



Interventions—Take Action Earlier Rather than Later

An intervention is a structured opportunity for important people in the life of an addict or alcoholic to respectfully confront the loved one's addiction. We help you organize the right people for the intervention, set up the actual intervention, find the right treatment setting, and follow-up after the intervention. Your well-being is important, and Lost and Found will be with you along the way.

5th Steps and Pastoral Counseling—Practicing Your Recovery

Call Lost and Found to schedule an appointment to complete your 5th Step in the Twelve Step Program. Do this as often as you need.

Addiction/Self-Help Library— "It was that book that got me through!"

With over a quarter million dollars of materials geared at recovery, happiness, spirituality, emotional health, healthy relationships, better work life, raising children, and many other areas, the Lost and Found library has something for everyone who wants to live a better life.

Presentations and Education—Interesting, Fun, and Expert

Lost and Found staff and volunteers are available to share their stories of changed lives, living in recovery, and many other areas of addiction and recovery. They are experienced speakers with a story to tell that is riveting and educational.

Chemical Dependency Evaluations—Timely and Thorough

Had a DUI? Need a CD Evaluation? Call us to complete an evaluation in a timely manner so you can move on in your life.

Support Groups—Healing Starts Here

Lost and Found sponsors the "Help Me, Please!" series of informational sessions mixed with self-care tips and techniques. Designed for those who care about someone with an addiction. Lead by a professional counselor who understands.