

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, CDs, DVDs, videos, audio tapes and games. Anyone may check out library materials with a valid ID. Or, items can be used in the comfort of the library.



Topics include:

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

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



Lost and Found Recovery Center

111 7th St So.
Moorhead, MN 56560
218-287-2089

info@lostandfoundrecoverycenter.org
www.lostandfoundrecoverycenter.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 Recovery Center are tax deductible. Lost and Found Recovery Center is a program of Trinity Lutheran Church, Moorhead, MN



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Lost and Found is:

- **Individual and Family Counseling**
- **Invitation to Recovery**
- **Family Support Group**
- **CD and Mental Health Evaluations**
- **5th steps**
- **Addiction Library**
- **Presentations and education**

"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 on staff to listen to and guide you in your healing process.

Call today to set up an appointment. 218-287-2089.



Invitation to Recovery—Take Action Earlier Rather than Later

An invitation to recovery is an 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; Lost and Found will be with you along the way.

5th Steps—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.

Family Support Group—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. Meets every Tuesday evening.

CD Evaluations— call for an appointment 218-287-2089