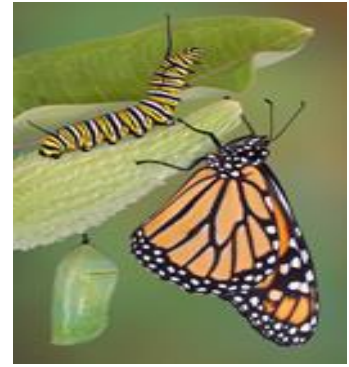


DON'T BE  
ashamed of your  
story  
IT WILL  
INSPIRE OTHERS



Since 1986

HSA is a Non-Profit 501(C) 3 Organization



**Recovery Works if You Commit to Change...**

*Metamorphosis: a profound transformation of nature and/or character  
by natural or supernatural means.*

**His Sheltering Arms, Inc.**  
Integrated Behavioral Healthcare Systems  
**Lillian P. Jeffries Wellness Center**  
11101 South Main Street  
Los Angeles, CA 90061

Phone: (323) 755-3922 Fax (323) 776-1018  
Email: [hisarmsinc@aol.com](mailto:hisarmsinc@aol.com) Website: [hisshelteringarms.org](http://hisshelteringarms.org)

(Over 33 years of service in South Los Angeles)

**Modalities**

Residential Treatment  
Transitional Housing



**Treatment Services**

Alcohol/Drug Education  
PTSD/Trauma-Focused Therapy  
CBT/DBT Therapy  
Individual/Group Counseling  
Anger Management/Attitude  
Adjustment  
Survivor Domestic Violence  
Counseling  
Relapse Prevention  
Life Skills  
Effective Parenting Education/Skills  
Child/Family Development  
12 Step Study, Meetings and Panels  
Big Book/NA Book Workshop  
AA/CA/NA Meetings/Panels

**Wellness Management**

Physical Fitness  
Deep Breathing  
Zumba



Introducing (soon):  
**Dr. Ronald Beavers  
Economic Development  
Center**

**HSA Treatment Creed**

I Have: Honesty, Integrity and Strength  
I Need: Structure, Health, Energy, Life, Truth, Eagerness, Respect, Independence, Nurturing and God's Gifts  
I Will: (Be) Aware, Responsible, Mature and Safe

HSA cordially welcomes you to experience the process of transforming your life, through Trauma-Focused/Evidence-Based Substance Use /PTSD-Mental Health Disorders Treatment. All services are provided without regards to race color, religion, sexual orientation, national origin, age, disability, etc.