

# DROWNING IN THE INTERNET? CAUGHT IN THE SHMUTZ?

*"Guard Your Eyes is the only weapon we have."*

*- Harav Aharon Feldman & Rabbi Dr. Abraham J. Twerski*

## **Guard Your Eyes provides:**

- ★ Vibrant anonymous network of support.
- ★ Websites, forums, handbooks, 12-step phone conferences & live groups, daily chizuk e-mails, support hotline, therapists.
- ★ Recovery programs for all levels of struggle/addiction.
- ★ Resources for spouses of addicts.
- ★ Prevention and filter services.

**You are not alone,  
we are here for you.**

**[www.GuardYourEyes.org](http://www.GuardYourEyes.org)**  
*Tools for breaking free*

E-Mail: [gye.help@gmail.com](mailto:gye.help@gmail.com)

Hotline: (646) 600-8100

**All services are provided free of charge. All anonymous.**