



DROWNING IN THE INTERNET?

CAUGHT IN THE DARK SIDE?

“Guard Your Eyes is the only weapon we have.”
 - Rav 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, women, SSA.
- ★ Prevention resources for parents and *mechanchim*.
- ★ Sub-sites in Hebrew, Yiddish, Spanish, French.

You are not alone, we are here for you.



www.GuardYourEyes.com
Tools for breaking free

E-Mail: help@guardyoureyes.com Hotline: (646) 600-8100

All services are provided free of charge. All anonymous.