

TOLL-FREE HELPLINE:
855.350.2790



Coming In 2019!

HOPE SHEDS LIGHT WILL INTRODUCE WEEKLY SUPPORT GROUPS!

HOPE Sheds Light is hosting a support group that is offered to anyone affected by addiction. Following the overall mission of HOPE Sheds Light, this meeting is intended to provide education on the disease of addiction and hope to support a healthier community. Together we will help you find the courage to change the way you look and feel about addiction, and offer tools to aid in your recovery.



253 Chestnut Street, Toms River, NJ 08753

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A New Jersey Non-Profit Corporation
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Finding HOPE meets on the **second and fourth Tuesday** of every month from 7pm to 9pm in the Sanctuary at Holy Cross Church located at 1500 Hooper Avenue in Toms River.

This meeting is open to anyone impacted by addiction. During the first hour, you will hear from various recovery coaches and/or guest speakers who provide education on addiction and recovery. The discussion is followed by a small group session that is facilitated by individuals and family members who have a strong recovery base. The groups provide opportunity for connections and to draw strength and hope from each other.

Finding RECOVERY meets on the **first and third Tuesday** of every month from 7pm to 9pm at the HOPE Sheds Light Office located at 253 Chestnut Street in Toms River.

This Open Forum meeting is new and a result of listening to the feedback from the families already involved at HSL. The meeting will follow a peer to peer learning group format and will be led by HOPE Sheds Light's founders and staff. We will introduce topics and worksheets focused on cultivating strong recovery practices within the whole family with group sharing and discussion encouraged.

Our meetings are open to anyone struggling with addiction (i.e., loved ones or friends of those with addiction issues, as well as those seeking recovery for themselves). It is a place to go to know that you're not alone and that there is a support system available.

HOPEShedsLight.org

