

TOLL-FREE HELPLINE:
855.850.HOPE



Finding HOPE for life

JOIN US FOR HOPE SHEDS LIGHT'S
BI-MONTHLY SUPPORT GROUP
IN MONMOUTH COUNTY!

Finding HOPE

1st & 3rd Monday
every month | 7pm - 9pm

First Baptist Church

84 Maple Avenue, Red Bank.



THE IBI SOUL FOUNDATION

Supported by:

SOUL KITCHEN
Community Restaurant

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.

Upcoming 2019 Meeting Dates:

- **May 6th & 20th**
"SPRING INTO ACTION:
BOUNDARIES AND COMPASSION"
- **June 3rd & 17th**
"LANGUAGE OF CHANGE
INDIVIDUALLY AND AS A FAMILY"
- **July 1st & 15th**
"SUPPORT: BUILDING A
SUPPORT NETWORK"
- **August 5th & 19th**
"A 12-STEP PROCESS"
- **September 7th**
6TH ANNUAL CELEBRATION OF HOPE
WALK 8 AM IN SEASIDE HEIGHTS, NJ
- **September 16th**
"NATIONAL RECOVERY MONTH"
- **October 7th & 21st**
"CHANGE OF SEASONS"
- **November 4th & 18th**
"BEING THANKFUL"
- **December 2nd & 16th**
"JOY DURING THE HOLIDAYS"

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.

HOPE
SHEDS LIGHT

253 Chestnut Street, Toms River, NJ 08753

24/7 Toll-Free HELPLINE: 855.850.HOPE

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A New Jersey Non-Profit Corporation
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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

