



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 Walk-in Recovery 10:00am-3:30 pm <b>YOUR BODY IS POWER</b> MONDAY 4:00pm-5:00pm	3 Walk-in Recovery 10:00am-7:30 pm Finding Recovery 7:00pm-8:30pm	4 Walk-in Recovery 10:00am-3:30 pm	5 Walk-in Recovery 10:00am-3:30 pm Bereavement Group 6:00pm- 7:00pm	6 Walk-in Recovery 10:00am-3:30 pm Refuge Recovery 7:00pm- 8:30pm	7 Special Programs
8 CLOSED	9 Walk-in Recovery 10:00am-3:30 pm <b>YOUR BODY IS POWER</b> MONDAY 4:00pm-5:00pm	10 Walk-in Recovery 10:00am-7:00 pm Finding HOPE 7:00pm-8:30pm	11 Walk-in Recovery 10:00am-3:30 pm <b>Wellness Wednesday</b> 7:00pm- 8:30 pm	12 Walk-in Recovery 10:00am-7:00 pm <b>Yoga</b> 7:00pm-8:00pm	13 Walk-in Recovery 10:00am-3:30 pm Refuge Recovery 7:00pm- 8:30pm	14 Family Crafts 12:00pm-2:00pm Must RSVP to Dara@hopeshedslight.org
15 CLOSED	16 Walk-in Recovery 10:00am-3:30 pm <b>YOUR BODY IS POWER</b> MONDAY 4:00pm-5:00pm	17 Walk-in Recovery 10:00am-7:00 pm Finding Recovery 7:00pm-8:30pm	18 Walk-in Recovery 10:00am-3:30 pm	19 Walk-in Recovery 10:00am-7:00 pm Bereavement Group 6:00pm- 7:00pm	20 Walk-in Recovery 10:00am-3:30 pm Refuge Recovery 7:00pm- 8:30pm	21 <b>Abstract 101</b> <b>Paint Ya feelings!</b> 1:00pm- 2:00pm
22 CLOSED	23 Walk-in Recovery 10:00am-3:30 pm <b>YOUR BODY IS POWER</b> MONDAY 4:00pm-5:00pm	24 Walk-in Recovery 10:00am-7:00 pm Finding HOPE 7:00pm-8:30pm	25 Walk-in Recovery 10:00am-3:30 pm <b>Wellness Wednesday</b> 7:00pm- 8:30 pm	26 Walk-in Recovery 10:00am-7:00 pm Bereavement Group 6:00pm- 7:00pm	27 Walk-in Recovery 10:00am-3:30 pm Refuge Recovery 7:00pm- 8:30pm	28 <b>Tai Chi</b> 12:00pm- 1:00pm
29 CLOSED	30 Walk-in Recovery 10:00am-3:30 pm <b>YOUR BODY IS POWER</b> MONDAY 4:00pm-5:00pm	31 Walk-in Recovery 10:00am-5:00 pm			Career Building By appointment only Email- dara@hopeshedslight.org	<b>*Recurring Monthly</b> <b>Programs in Red*</b>



**Walk-in Recovery-** Walk-in anytime to receive resources and develop your own Individual Recovery Success Plan (IRSP) to sustain long-term recovery. Family support in navigating family resources, the treatment system, and overall healing for the families affected.

**Career Building-** This program cultivates new skills through education, experience, and knowledge. The goal is to start a path that leads to a professional future. Career building is by appointment only. Please email [dara@hopeshedslight.org](mailto:dara@hopeshedslight.org) to coordinate date and time.

**Finding Recovery Meetings-** A peer-to-peer learning group format that introduces topics and worksheets that focus on cultivating strong recovery practices within the whole family with group sharing and discussion.

**Finding HOPE-** 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. This group provides opportunities for connections and to draw strength and hope from each other.

**Refuge Recovery-** Refuge Recovery is grounded in the belief that Buddhist principles create a strong foundation for the addiction recovery process. Wisdom and compassion enable those struggling with any form of addiction to become more mindful of their mental processes while also developing a deep understanding of the suffering that addiction has created and compassion for their own pain.

**Wellness Wednesday-** This Bi-weekly series will incorporate wellness through an array of self-care practices.

**Family Craft-** Family focused arts and crafts that foster stronger family connections.

**YOUR BODY IS POWER with Thomas-** Fitness classes to empower physical achievement and personal power. Workshops/Creative expressions cultivate wellness and creativity. \*Ongoing program for youth every Monday\*

**Abstract 101-** Creative expression through the art of painting.

**Yoga-** Systematic practice of physical exercise, breath control, relaxation, diet control, positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

**Tai Chi-** A series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.



**HOPEShedsLight.org** • 732.244.0783 • [info@HOPEShedsLight.org](mailto:info@HOPEShedsLight.org)





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