HSL Recovery Center is going virtual on ZOOM. You can find all programs below with ZOOM Meeting IDs and password on the back next to the program description.

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<th>Sunday</th>
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- **POWER! YOUTH FITNESS**
  - MONDAY 4:00pm-5:00pm
  - ACT SING PERFORM DANCE
    - 5:00 to 6:00: 7-12 yrs.
    - 6:00 to 7:00: 13-17 yrs.

- **Call-in Recovery Supports**
  - 1-855-850-HOPE
  - Finding RECOVERY
    - 7:00pm-8:30pm

- **Abstract 101**
  - Paint Ya feelings!
  - 1:00pm-2:00pm

- **Finding HOPE**
  - 7:00pm-8:30pm

- **Wellness Wednesday**
  - 7:00pm-8:30pm

- **Bereavement Group**
  - 6:00pm-7:00pm

- **Tai Chi**
  - 10:00 A.M

- **Abstract 101**
  - How Addiction Affects the Brain
  - 1:00pm-2:00pm

- **Yoga**
  - 12:00pm-1:00pm

- **Collegiate Arts**
  - 1:00pm-2:00pm
***WALK IN RECOVERY IS TO BE DIRECTED TO OUR 24/7 HELPLINE at 1-855-850-HOPE.***

**Call-in Recovery:** Call-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. Please call 1-855-850-HOPE for 24/7 support.

**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 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. [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID: 189-559-013 Password: 027668

**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. [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID: 189-559-013 Password: 027668

**Wellness Wednesday:** This weekly series will incorporate wellness though an array of self-care physical (light activity) practices and workshops. [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID: 114-217-815 Password: 022004

**Addiction and Recovery Facts:** Join us for a new monthly education series. The topics will change. [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID: 311-194-145 Password: 777777

**POWER! Fun Fitness for our Youth with Thomas:** Fitness classes to empower physical achievement and personal power. [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID 144-538-544 Password: 398520

**Act Sing Perform Dance – Performing Arts for Youth:** Using Creative expressions to cultivate wellness and friendship. *Ongoing program for youth every Monday* [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID: 726-570-632 Password: 046203

**Abstract 101:** Creative expression through the art of painting. [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID: 773-254-386 Password: 025765

**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. [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID: 482-319-328 Password: 050759

**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. [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID: 216-994-696 Password: 060788

**Collegiate Arts:** A program for students of Ocean County College to honor their creative expressions through the arts. [https://Zoom.us/join](https://Zoom.us/join) Zoom meeting ID: 946-520-4759 Password: 333777