



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

*****WALK- IN RECOVERY IS TO BE DIRECTED TO OUR 24/7 HELPLINE at 1-855-850-HOPE. *****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recurring Programs in red	***OFF SITE PROGRAMS IN BLUE***		1 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	2 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>Healing Hearts</u>	3 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	4 <u>Tai Chi Cancelled Due to Holiday Happy Fourth of July!</u>
5 CLOSED	6 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	7 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>Finding Recovery</u> 7pm-8:30pm	8 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>Volunteer Orientation</u> 3pm-4pm <u>*NEW* POWER! Youth</u> <u>Fitness</u> 6pm-7pm	9 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>Healing Hearts</u> <u>Celebrating families</u> 6pm-8pm	10 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	11 <u>Collegiate Arts</u> 1pm - 2pm
12 CLOSED	13 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	14 <u>Volunteer Orientation</u> 4:00pm-5:00pm <u>Finding HOPE</u> 7pm- 8:30pm	15 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	16 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>Healing Hearts</u> <u>Celebrating families 6pm-8pm</u>	17 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	18 <u>Collegiate Peer Support Group</u> 1pm-2pm
19 CLOSED	20 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	21 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>Finding Recovery</u> 7pm-8:30pm	22 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>*NEW* POWER! Youth</u> <u>Fitness</u> 6pm-7pm	23 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>Healing Hearts</u> <u>Celebrating families 6pm-8pm</u>	24 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	25 <u>Yoga</u> 12pm-1pm
26 CLOSED	27 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	28 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>Finding HOPE</u> 7pm-8:30pm	29 <u>Call-in Recovery Supports</u> 1-855-850-HOPE	30 <u>Call-in Recovery Supports</u> 1-855-850-HOPE <u>Healing Hearts</u> <u>Celebrating families 6pm-8pm</u>	31 <u>Call-in Recovery Supports</u> 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.

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> - Zoom meeting ID: 189-559-013 Password: 027668. Also, meeting in-person at HOPE Sheds Light Butterfly Garden. **WEATHER PERMITTING.**

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> - Zoom meeting ID: 189-559-013 Password: 027668. Also, meeting in-person at HOPE Sheds Light Butterfly Garden. **WEATHER PERMITTING.**

POWER! Fitness. Fitness classes to empower our youth and yourself in physical achievement and personal power. These classes will be held at Gille Park in Lacey. Please email Nancy at nancy@hopeshedslight.org

- **Coming from Lacey Road.** Second Entrance. Across from Basketball Courts
- **Coming from Bayville or Lanoka.** First Entrance once on Manchester Drive. Across from Basketball Court

Adults: Come get some refreshing movement and fresh air with Fitness Leader Stephanie Lauren. It will be welcoming and there will be inviting options for all levels. Bring your kids to partake in Thomas' class adjacent to Stephanie's class. **Kids:** Come have a (fun)ctional time moving and exercising in nature. Fitness Coach Thomas Ascough will be leading movement and friendly challenges for kids ages 5-17. Parents, come and workout with Stephanie nearby. **WEATHER PERMITTING.**

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> - 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.

Volunteer Orientation. Please come join our team as a HOPE Sheds Light Volunteer. As part of our volunteer team you will gain confidence, experience, meet others, share the gift of service, create a positive sense of purpose and help others by making an impact for social change. If you are interested in volunteering for our community please email Heather at heather@hopeshedslight.org

Collegiate Arts. A program for students of Ocean County College to honor their creative expressions through the arts <https://Zoom.us/join> Zoom meeting ID: 946-5202-4759 Password: 333777

Celebrating Families Celebrating Families! Is a 16-week educational skill building program for families who have been impacted by addiction. The program focuses on building family recovery capital and strength by bringing the whole family together to learn and grow. Each session provides dinner, games, and education. The program is intended for parents and caregivers and their children ages 8-17. Please contact Nancy for further information at: nancy@hopeshedslight.org

Collegiate Peer Support Group. This program is open to Ocean County College Students only. We will hold the group at HSL in the butterfly garden. Social distancing and masks required. If you are an OCC student seeking recovery supports please email Dara at dara@hopeshedslight.org. This program attendance requires registration.

Healing Hearts. A grief and bereavement support group for anyone that lost someone to addiction. This is a safe, confidential place to go to know you are not alone and support is available. Pre-register now to secure your spot. Email Elie at elie@hopeshedslight.org to register.