



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>***Recurring Programs in red*** HSL Recovery Center is virtual on ZOOM.</p>	<p>You can find all programs below with ZOOM Meeting IDs and passwords on the back next to the program description.</p>	<p>PLEASE BE ADVISED ALL PROGRAMS IN BLUE ARE IN PERSON AT HOPE SHEDS LIGHT *WEATHER PERMITTING*</p>	<p>HOPE SHEDS LIGHT WILL BE PARTNERING WITH THE PHOENIX</p>	<p>***WALK-IN RECOVERY IS TO BE DIRECTED TO OUR 24/7 HELPLINE at 1-855-850-HOPE. ***</p>		<p>CLOSED</p>
2	3	4	5	6	7	8
CLOSED	<p>Call-in Recovery Supports 1-855-850-HOPE</p>	<p>Call-in Recovery Supports 1-855-850-HOPE Finding Recovery 7pm – 8:30pm</p>	<p>Call-in Recovery Supports 1-855-850-HOPE Volunteer Orientation 4pm – 5pm</p>	<p>Call-in Recovery Supports 1-855-850-HOPE Healing Hearts Garden Volunteers</p>	<p>Call-in Recovery Supports 1-855-850-HOPE</p>	<p>Collegiate Arts 1pm – 2pm</p>
9	10	11	12	13	14	15
CLOSED	<p>Call-in Recovery Supports 1-855-850-HOPE</p>	<p>Volunteer Orientation 4:00pm-5:00pm Finding HOPE 7pm – 8:30pm</p>	<p>Call-in Recovery Supports 1-855-850-HOPE The Phoenix Yoga 6:30pm – 7:30pm</p>	<p>Call-in Recovery Supports 1-855-850-HOPE Healing Hearts Garden Volunteers</p>	<p>Call-in Recovery Supports 1-855-850-HOPE</p>	<p>Collegiate Peer Support Group 1pm – 2pm</p>
16	17	18	19	20	21	22
CLOSED	<p>Call-in Recovery Supports 1-855-850-HOPE</p>	<p>Call-in Recovery Supports 1-855-850-HOPE Finding Recovery 7pm – 8:30pm</p>	<p>Call-in Recovery Supports 1-855-850-HOPE The Phoenix Yoga 6:30pm – 7:30pm</p>	<p>Call-in Recovery Supports 1-855-850-HOPE Healing Hearts Garden Volunteers</p>	<p>Call-in Recovery Supports 1-855-850-HOPE</p>	<p>Yoga: 7pm – 8pm SNEAK PREVIEW Recovery Film Screening 8:30pm – 9:30pm</p>
23	24	25	26	27	28	29
CLOSED	<p>Call-in Recovery Supports 1-855-850-HOPE</p>	<p>Call-in Recovery Supports 1-855-850-HOPE Finding HOPE 7pm – 8:30pm</p>	<p>Call-in Recovery Supports 1-855-850-HOPE The Phoenix Yoga 6:30pm – 7:30pm</p>	<p>Call-in Recovery Supports Healing Hearts Garden Volunteers</p>	<p>Call-in Recovery Supports 1-855-850-HOPE</p>	CLOSED
30	31					
CLOSED	<p>Call-in Recovery Supports 1-855-850-HOPE</p>					



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.**

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. This will be an in-person event weather permitting. Upon rain please use following zoom meeting info. <https://Zoom.us/join> - Zoom meeting ID: 482-319-328 Password: 050759

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

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.

Garden Volunteers – Please come join us in tending to our beautiful butterfly garden. Hope Sheds Light Garden Volunteers will weed, deadhead and tend to the growth of lovely foliage. Please contact heather@hopeshedslight.org to register as a Garden Volunteer. Garden Events will be held Thursdays from 3:00pm-5:00pm

The Phoenix- HOPE Sheds Light is proud to partner with The Phoenix to bring Yoga to our community. The Phoenix's mission is to build a sober active community that fuels resilience and harnesses the transformational power of connection so that together we can rise, recover, and live. YOU MUST PRE-REGISTER. Please go to www.thephoenix.org/first-visit/ and fill out our new member enrollment/liability waiver. Once enrolled visit www.thephoenix.org/find-a-class/ and type in their zip code to pre-register for HOPE Sheds Light.

Sneak Preview Recovery Film screening- A short film screening and discussion group at the HOPE Sheds Light office. Join us for a sneak preview into some effects substance use disorder has on the individual, families, and our community.