



OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Our Call-in Recovery helpline is open daily. Please call 1-855-850-HOPE			1 Healing Hearts 6 pm – 7 pm	2	3 CLOSED
4 CLOSED	5	6 Finding HOPE 6:30 pm to 7:30 pm	7 Volunteer Orientation 4 pm – 5 pm Finding HOPE 6:30 pm to 7:30 pm The Phoenix Yoga 5 pm to 6 pm	8 Healing Hearts 6 pm – 7 pm	9	10 Collegiate Peer Support Group 1 pm to 2 pm
11 Fall Wellness Festival 2 pm to 7 pm	12	13 Finding HOPE 6:30 pm to 7:30 pm	14 Zoom Family Support Group 12:30 pm – 1:30 pm Finding HOPE 6:30 pm to 7:30 pm The Phoenix Yoga 5 pm to 6 pm	15 Healing Hearts 6 pm – 7 pm	16	17
18 CLOSED	19	20 Finding HOPE 6:30 pm to 7:30 pm	21 Zoom Family Support Group 12:30 pm – 1:30 pm Finding HOPE 6:30 pm to 7:30 pm The Phoenix Yoga 5 pm to 6 pm	22 Healing Hearts 6 pm – 7 pm	23	24 CLOSED
25 CLOSED	26	27 Finding HOPE 6:30 pm to 7:30 pm	28 Zoom Family Support Group 12:30 pm – 1:30 pm Finding HOPE 6:30 pm to 7:30 pm The Phoenix Yoga 5 pm to 6 pm	29 Healing Hearts 6 pm – 7 pm	30	31 HALLOWEEN CLOSED





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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

Finding HOPE- This in-person peer-led support group meeting is open to all individuals and families impacted by substance use disorder. The discussion is facilitated by individuals and family members who have shared lived experiences and a strong recovery base. The groups provide opportunity for connections and to draw strength and hope from each other. We will also introduce topics focused on cultivating recover capital within the whole family with group sharing and discussion encouraged. Due to limited seating, pre-registration is required. <https://HOPEShedsLight.as.me/Finding-HOPE>

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

Zoom Family Support Group- This virtual peer-led support group meeting is open to all individuals and families impacted by substance use disorder. The discussion is facilitated by individuals and family members who have shared lived experiences and a strong recovery base. The groups provide opportunity for connections and to draw strength and hope from each other. We will also introduce topics focused on cultivating recover capital within the whole family with group sharing and discussion encouraged. <https://Zoom.us/join> Zoom meeting ID: 982 6744 3195 Password: 4444921

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. Register at <https://HOPEShedsLight.as.me/Collegiate-Peer-Support-Group>

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. Pre-registration is required. <https://HOPEShedsLight.as.me/Healing-Hearts>

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 the fuels resilience and harnesses the transformational power of connection so that together we can rise, recover, and live. YOU MUST PRE-REGISTER. register for a class at <https://HOPEShedsLight.as.me/Phoenix-Yoga>. once registered please fill out our new member enrollment/liability waiver at www.thephoenix.org/find-a-class/

Fall Wellness Festival – Bring the whole family for a fun fall experience! There will be activities to enjoy with family and friends. Location: Keswick Center in Whiting, NJ. [Reserve your spot here.](#)

