



November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Our Call-in Recovery helpline is open daily. Please call 1-855-850-HOPE	2	3 Finding HOPE 6:30 pm to 7:30 pm	4	5 Healing Hearts 6 pm – 7 pm	6	7 CLOSED
8 CLOSED	9	10 Finding HOPE 6:30 pm to 7:30 pm	11 Volunteer Orientation 2pm – 3pm	12 Healing Hearts 6 pm – 7 pm	13 2nd Annual Evening of HOPE Virtual Gala 7 pm – 8 pm	14 Collegiate Peer Support Group 1 pm to 2 pm
15 CLOSED	16	17 Finding HOPE 6:30 pm to 7:30 pm	18 Volunteer Orientation 4pm – 5pm	19 Healing Hearts 6 pm – 7 pm	20	21 CLOSED
22 CLOSED	23	24 Finding HOPE 6:30 pm to 7:30 pm	25	26 Happy Thanksgiving!	27 CLOSED	28 CLOSED
29 CLOSED	30					



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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 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. Register at <https://HOPEShedsLight.as.me/Finding-HOPE>
Join Zoom Meeting <https://zoom.us/j/189559013?pwd=NHdYOW5VeTJwOFpocElrRzZ5eVFqUT09> Meeting ID: 189 559 013 Passcode: 027668

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 or register at <https://www.hopeshedslight.org/volunteer/>

Collegiate Peer Support Group- This program is open to Ocean County College Students only. We will hold the group via Zoom. If you are an OCC student seeking recovery supports please email Dara at dara@hopeshedslight.org. This program attendance requires registration. This program attendance requires registration. Register at <https://HOPEShedsLight.as.me/Collegiate-Peer-SupportGroup>

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>

2nd Annual Evening of HOPE Virtual Gala - The event will be held virtually on **Facebook Live** and **YouTube** from 7pm to 8pm. These measures have been taken as part of a coordinated response to the continued outbreak and to help mitigate the spread of the coronavirus. As always, we thank each and every person who has contributed in some way to this event, and we are extremely grateful for your continued support of HOPE Sheds Light. Please also know that all sponsorships and tickets sold for the 2nd Annual Evening of HOPE will now be transferred to the new gala date on November 13, 2020.



HOPEShedsLight.org • 732.244.0783 • rise@HOPEShedsLight.org

