



January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Our Call-in Recovery helpline is open daily. Please call 1-855-850-HOPE				1 Happy New Year CLOSED	2 CLOSED
3 CLOSED	4	5 Finding HOPE 6:30 pm to 8:00 pm Guest Speaker	6 Collegiate Peer Support Group 3:00 pm – 4:00 pm	7 Healing Hearts 6:00 pm – 7:00 pm Zen Den 5:00 pm – 6:00 pm (7 – 10) 6:00 pm – 7:00 pm (11-15)	8	9 CLOSED
10 Yoga/Mindfulness Trail Walk Collegiate Peer Support Group 10am	11	12 Finding HOPE 6:30 pm to 7:30 pm	13 Collegiate Peer Support Group 3:00 pm – 4:00 pm Volunteer Orientation 4:00 pm – 5:00 pm The Phoenix Yoga 6:00 pm – 7:00 pm	14 Healing Hearts 6:00 pm – 7:00 pm Zen Den 5:00 pm – 6:00 pm (7 – 10) 6:00 pm – 7:00 pm (11-15)	15	16 Virtual Paint Party 6:30 pm – 9:00 pm
17 CLOSED	18	19 Finding HOPE 6:30 pm to 8:00 pm Guest Speaker	20 Collegiate Peer Support Group 3:00 pm – 4:00 pm	21 Healing Hearts 6:00 pm – 7:00 pm Zen Den 5:00 pm – 6:00 pm (7 – 10) 6:00 pm – 7:00 pm (11-15)	22	23 CLOSED
24/31 24th - Community Bike Ride 2:00 pm – 4:00 pm	25	26 Finding HOPE 6:30 pm to 7:30 pm	27 Collegiate Peer Support Group 3:00 pm – 4:00 pm	28 Healing Hearts 6:00 pm – 7:00 pm Zen Den 5:00 pm – 6:00 pm (7 – 10) 6:00 pm – 7:00 pm (11-15)	29	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 a recover capitol within the whole family with group sharing and discussion encouraged. Guest speaker will speak on a topic surrounding education, knowledge and experience. Pre-register at <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 or register at <https://www.hopeshedslight.org/volunteer/>

Collegiate Peer Support Group- This program is open to Ocean County College Students only. This month the Collegiate Peer Support Group will be meeting at Cattus Island for Yoga and Mindfulness Trail Walk. If you are an OCC student seeking recovery supports please email Heather at heather@hopeshedslight.org. 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. Please contact Pam at pam@hopeshedslight.org Pre-registration is required. <https://HOPEShedsLight.as.me/Healing-Hearts>

Yoga/Mindfulness Trail Walk- Join Hope Sheds Light and The Phoenix for Yoga and Mindfulness Trail Walk at Cattus Island in Toms River on Sunday January 10th at 10:00am. Please email Heather at heather@hopeshedslight.org. This program attendance requires registration. Register at www.thephoenix.org/find-a-class/in-person and please sign a first visit waiver at www.thephoenix.org/first-visit/

Virtual Paint Party- Join Hope Sheds Light and Eve's Artistry for a fun-filled, creative evening. Attendees will be taken step by step through the process of creating their very own art. They will learn how to implement brushes and paint to create desired outcomes and have fun while doing it. At the end of our party each participant will have a completed painting created by non-other than him or herself. This program requires attendance registration with maximum attendance of 15 participants. Register at <https://HOPEShedsLight.as.me/PaintParty> or please email Heather at heather@hopeshedslight.org

The Phoenix Yoga- Join Hope Sheds Light and The Phoenix for an evening of yoga in the comfort of your own home. 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. Register at <https://HOPEShedsLight.as.me/Phoenix-Yoga> or please email Heather at heather@hopeshedslight.org

Community Bike Ride- Join Hope Sheds Light and the Phoenix for a Community Bike ride on Sunday, January 24th at the Barnegat Branch Trail from 2:00pm – 4:00pm. Bring your bikes and helmets and meet us for an exciting adventure outdoors. Please email Heather at heather@hopeshedslight.org This program attendance requires registration. Register at www.thephoenix.org/find-a-class/in-person and please sign a first visit waiver at www.thephoenix.org/first-visit/

Zen Den- Join Hope Sheds Light and Zen Den Founders Michelle and Kristen for a research-based approach to conduct a relaxing and informative workshop which delves deeply into the 7 Attitudes of Mindfulness. Using different mindful meditations and visualizations, the children/pre-teens/teens will learn to journey through their life with a few new attitudes to help them with daily situations. Pre-registration is required. Reserve your spot now. Email Heather at heather@hopeshedslight.org

