



HOPE SHEDS LIGHT RAISING RECOVERY

SHARING YOUR STRUGGLES AND SUCCESSES

Join us in lifting the voices of families affected by substance use disorder.

The goal of **Raising Recovery** is to support parents by sharing our lived experiences, so together we can learn new skills to support long term recovery and raise healthy children. The program is designed to offer weekly meetings where parents can share their struggles and successes in managing recovery and parenthood, while being introduced to new topics and skills to help on their journey.

Pre-registration is required.

WHO:

Parents in Recovery

WHEN:

Wednesday Nights

7:00pm – 8:00pm

WHERE:

Join us on ZOOM

Pre-Register at

<https://HOPEShedsLight.as.me/Raising-Recovery>

MORE INFORMATION:

Email Ashley at

ashley@hopeshedslight.org

HOPE SHEDS LIGHT

(HSL) is a family-focused not-for-profit agency that offers education, resources, support and HOPE to everyone and anyone affected by addiction and the opioid epidemic.

OUR MISSION

The mission of HOPE Sheds Light is to raise awareness and educate individuals, families and the community about the impact of addiction by having the courage to share personal experiences and offer strength, wisdom, hope and resources that lead to positive community change and long-term recovery.

HOPE Sheds Light is supported by friends and families directly affected by addiction, and found recovery through continuous love, support and understanding.

A New Jersey Non-Profit Corporation. IRS 501(c)(3) – Tax ID: 46-3910504



HOPEShedsLight.org

Toll-Free Helpline: 855.850.HOPE

253 Chestnut Street, Toms River, NJ 08753 • 732.244.0783 • rise@HOPEShedsLight.org

