



# HOPE & COPE Support Group

Do you have a family member or a friend  
who is dealing with drugs, alcohol, addictions or mental distress?  
Are you wrestling with these issues yourself?

**With Hope & Cope  
you don't have to walk the road alone!**

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The Hope & Cope Support Group is a faith-based group that meets to pray, reflect, and if desired, share their stories, feelings and experiences with the group.

## **The Hope & Cope Group 2021 Schedule St. Barnabas Church**

1697 East Main Road, Portsmouth  
*Chapel Meeting Room*

*Sunday Evenings 5:00 p.m. to 6:00 p.m.*

January 17, 2021	July 18, 2021
February 21, 2021	August 22, 2021
March 21, 2021	September 19, 2021
April 18, 2021	October 17, 2021
May 16, 2021	November 21, 2021
June 13, 2021	December 19, 2021

**Hope & Cope is a free program. No registration is required, just come!**

***For further information contact:***

Deacon John Silvia 401-683-1343, ext.208 or email [deaconjohn@jsilvia.com](mailto:deaconjohn@jsilvia.com)



*Sponsored by the Diocese of Providence, Catholic Charities & Social Ministry  
St. Matthias Ministry*