

JULY 2020 Thrive Suffolk Virtual Calendar

For our most current information/updates, please visit www.ThriveLI.org

KEY: Zoom – OPEN GROUP Zoom - CLOSED GROUP

Blue underlined group names are clickable links

Back of calendar contains group descriptions and online meeting links!

1324 Motor Parkway, Hauppauge, NY 11749

631-822-3396

Mon-Sat: 10am-8pm

Sunday: Building Closed - Online Programming Only



Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p style="text-align: center;">One on One Recovery Coaching Also Available! (By appointment only) Schedule with one of THRIVE'S Recovery Coaches Today!</p>			<p>11am – 1pm Virtual Office Hours 12pm Week of Hope: Wellness At Noon 2pm "Know Your Rights" – Legal Education Series 7pm Men's Support Group</p>	<p>12pm Week of Hope: Wellness At Noon 7pm FIST Family Support Group 7:30pm Responsible Walk Club 8pm – Matching Calamity with Serenity</p>	<p>12pm Week of Hope: Wellness At Noon 2:30pm Co-Dependents Anonymous 6:30pm Alcoholics Anonymous 8pm Voices of Empowerment</p>	<p style="text-align: center;">HAPPY INDEPENDENCE DAY!!</p> <p>10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 3:30pm Co-Occurring D/o Supp Grp. 5pm Book Club 7:30pm ONE Recovery Meeting</p>
5	6	7	8	9	10	11
<p>10am Gathering of Fellowship 2pm Gentle Flow Yoga 4pm Soul Notes Guitar Lessons</p>	<p>12pm Week of Hope: Wellness At Noon 1pm Codependents & 12 Steps 6pm LICADD Eating Dis. Grp 6pm The Sangha 7:30pm LICADD Anger Mgmt. 8pm Emotional Sobriety "Step 6"</p>	<p>12pm Week of Hope: Wellness At Noon 6pm Getting to Know Yourself 7:30pm Responsible Walk Club</p>	<p>11am – 1pm Virtual Office Hours 12pm Week of Hope: Wellness At Noon 2pm "Know Your Rights" – Legal Education Series 7pm Men's Support Group</p>	<p>12pm Week of Hope: Wellness At Noon 7pm FIST Family Support Group 7:30pm Responsible Walk Club 8pm – Matching Calamity with Serenity</p>	<p>12pm Week of Hope: Wellness At Noon 2:30pm Co-Dependents Anonymous 6:30pm Alcoholics Anonymous 8pm Voices of Empowerment</p>	<p>10am G.Y.S.T. for Today "Early Recovery" 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 3:30pm Co-Occurring D/o Supp Grp. 5pm Book Club 7:30pm ONE Recovery Meeting</p>
12	13	14	15	16	17	18
<p>10am Gathering of Fellowship 2pm Gentle Flow Yoga 4pm Soul Notes Guitar Lessons</p>	<p>12pm Week of Hope: Wellness At Noon 1pm Codependents & 12 Steps 6pm LICADD Eating Dis. Grp 6pm The Sangha 7:30pm LICADD Anger Mgmt. 8pm Emotional Sobriety "Step 7"</p>	<p>12pm Week of Hope: Wellness At Noon 6pm Getting to Know Yourself 7:30pm Responsible Walk Club</p>	<p>12pm Virtual Office Hours 12pm Week of Hope: Wellness At Noon 7pm Men's Support Group</p>	<p>12pm Week of Hope: Wellness At Noon 7pm FIST Family Support Group 7:30pm Responsible Walk Club 8pm – Matching Calamity with Serenity</p>	<p>12pm Week of Hope: Wellness At Noon 2:30pm Co-Dependents Anonymous 6:30pm Alcoholics Anonymous</p>	<p>10am G.Y.S.T. for Today "Early Recovery" 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 3:30pm Co-Occurring D/o Supp Grp. 5pm Book Club 7:30pm ONE Recovery Meeting</p>
19	20	21	22	23	24	25
<p>10am Gathering of Fellowship 2pm Gentle Flow Yoga</p>	<p>12pm Week of Hope: Wellness At Noon 1pm Codependents & 12 Steps 6pm LICADD Eating Dis. Grp 6pm The Sangha 7:30pm LICADD Anger Mgmt. 8pm Emotional Sobriety "Step 8"</p>	<p>12pm Week of Hope: Wellness At Noon 6pm Getting to Know Yourself 7:30pm Responsible Walk Club</p>	<p>12pm Virtual Office Hours 12pm Week of Hope: Wellness At Noon 7pm Men's Support Group</p>	<p>12pm Week of Hope: Wellness At Noon 5:30pm Volunteer Meeting 7pm FIST Family Support Group 7:30pm Responsible Walk Club 8pm – Matching Calamity with Serenity</p>	<p>12pm Week of Hope: Wellness At Noon 2:30pm Co-Dependents Anonymous 6:30pm Alcoholics Anonymous 8pm Voices of Empowerment</p>	<p>10am G.Y.S.T. for Today "Early Recovery" 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 3:30pm Co-Occurring D/o Supp Grp. 5pm Book Club 7:30pm ONE Recovery Meeting</p>
26	27	28	29	30	31	
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**LICADD program: registration required. Please contact Joanne at 631-979-1700. You can also follow us on Facebook @ <https://www.facebook.com/THRIVerecovery/> & Instagram @ [thrive_recovery](https://www.instagram.com/thrive_recovery)

SUNDAY

Gathering of Fellowship: This is a non-judgmental and supportive group that holds space to discuss topics of life, explore spirituality and to share our own experience, strengths, vulnerabilities and growth. Please join us this morning at 10am. Namaste There is no fee exchange for this group.

Join Zoom Meeting: <https://zoom.us/j/536124477>
Meeting ID: 536 124 477 [Dial In By Phone #:](https://zoom.us/j/536124477)+1 646 558 8656 US (New York)

Gentle Flow Yoga: A gentle yoga class that caters to all those exploring yoga for the first time, or those who've already begun the journey to greater flexibility and strength!

Join Zoom Meeting: <https://zoom.us/j/715130675>
Meeting ID: 715 130 675 [Dial In By Phone #:](https://zoom.us/j/715130675)+1 646 558 8656 US (New York)

Soul Notes Guitar Lessons- FREE guitar lessons!!! Beginners welcomed!

Join Zoom Meeting: <https://zoom.us/j/131712734>
Meeting ID: 131 712 734 [Dial In By Phone #:](https://zoom.us/j/131712734)+1 646 558 8656 US (New York)

MONDAY

Week of Hope - Daily Wellness – 12pm: Join us at 12pm EST Monday through Friday for 1 hour of creative visualization and fraternity.

Join Zoom Meeting: <https://zoom.us/j/684944857>
Meeting ID: 684 944 857 [Dial In By Phone #:](https://zoom.us/j/684944857)+1 646 558 8656 US (New York)

Codependents' Guide to the 12 Steps: "Codependency is a powerful force. So is denial, and the ability to ignore what is before our eyes. What's there has the power to hurt, especially when we feel helpless, vulnerable, frightened and ashamed by it all." That message comes straight from the book, "Codependents' Guide to the 12 Steps" by Melody Beattie. If you think you are codependent, this workshop will help. You will need the book to participate. Call Thrive; Fran Monaco will send you the first chapter so you can read along with us while you are waiting for your book to arrive. Buy your book on www.thriftbooks.com for a fraction of its cost.

Join Zoom Meeting: <https://zoom.us/j/86880998899>
Meeting ID: 868 8099 8899 [Dial In By Phone #:](https://zoom.us/j/86880998899)+1 646 558 8656 US (New York)

The Sangha: A spiritual community with a mission to explore and empower each other, through sharing and practice of spiritual principles, to connect with Oneness (the state of being one with all). We encourage this through community participation in discussion and shared practices which increases our awareness, compassion, acceptance and unity.

Join Zoom Meeting: <https://zoom.us/j/943695016>
Meeting ID: 943 695 016 [Dial In By Phone #:](https://zoom.us/j/943695016)+1 646 558 8656 US (New York)

LICADD Eating Disorder Group: Facilitated by LICADD; this is an OPEN group! CLOSED Group – Call LICADD to learn more. 631-979-1700

****LICADD Anger Mgmt.:** Facilitated by LICADD; this is a CLOSED group and requires registration! CLOSED Group – Call LICADD to learn more. 631-979-1700

Emotional Sobriety: 16 week rotating open study group which fosters in-depth discussions that translate the 12 Steps from abstract ideas into practical actions that can be applied in daily living. Moving from "doing the steps" to "living the steps" is the secret to developing the fit spiritual condition necessary for a daily reprieve from addiction. This conversation illuminates how the 12 Steps work together and will use experiences that are occurring in the lives of participants to translate these ideas into action. Anyone from any fellowship can join this conversation at any time. This is not a meeting of an anonymous fellowship: the conversations transcend a "drug of choice" and focus instead on the underlying causes and conditions of addiction. Literature from AA, NA, OA, AI-Anon, CODA and other sources are referenced in these conversations. Music is used to add a contemporary reference, offer a different model of prayer, and provide a mechanism for integrating program messaging beyond the weekly discussion.

Join Zoom Meeting: <https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNdDhZlZrRURTWnkwaWJodz09>
Meeting ID: 917 756 5845 [Password:](https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNdDhZlZrRURTWnkwaWJodz09) 767066
[Dial In #:](https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNdDhZlZrRURTWnkwaWJodz09) +1 929 205 6099 US (New York)

TUESDAY

Getting to Know Yourself: A peer led group designed to help you let go of the past that is NOT serving your highest good, moving forward with a new sense of self. Our life experiences make us who we are. Through thought provoking questions, learn to take a look at ourselves in a way you never thought before. What about who we were before makes us who we are today? What would happen if we released what we didn't know we were holding on to? Through sharing our knowledge and life experiences, we can help others. This group is open to anyone recovering from anything and their families.

Join Zoom Meeting: <https://zoom.us/j/716146752>
Meeting ID: 716 146 752 [Dial In By Phone #:](https://zoom.us/j/716146752)+1 646 558 8656 US (New York)

THRIVE Everywhere – Responsible Walk Club: Recovery can take many forms. Solo walking & hiking is a socially responsible way to relieve stress through introspection, mindfulness and physical activity during the current pandemic. Join me in fellowship each Tuesday and Thursday at 7:30pm EST as we share details on our daily solo walks/outdoor exploration.

Join Zoom Meeting: <https://zoom.us/j/158789583>
Meeting ID: 158 789 583 [Dial In By Phone #:](https://zoom.us/j/158789583)+1 646 558 8656 US (New York)

WEDNESDAY

Recovery Coach Office Hours: Do you ever wonder about what a recovery coach is? What they actually do? How they can support you in your recovery journey and process? Are you interested in exploring free Recovery Coaching through online services? If you answered yes to any of these questions or are curious about finding out more- Tune into THRIVES Virtual office hours and speak with our own recovery coaches weekly from 11AM- 1PM on Wednesdays. Take this opportunity to meet our staff and see if Recovery coaching can benefit you or a family member who may be struggling. Thrives staff is also available for personal recovery coach sessions. Call for an appointment today: 516-765-7600

Join Zoom Meeting: <https://us02web.zoom.us/j/81587601791>
Meeting ID: 815 8760 1791 [Dial In #:](https://us02web.zoom.us/j/81587601791) +1 646 558 8656 US (New York)

"Know Your Rights" - Legal Rights Education Series: Thrive Recovery Centers is partnering with the Legal Aid Society of Suffolk County to bring weekly 1-hr presentations to education, advocate and empower individuals on their legal rights.
July 1 - After Conviction - Understanding the collateral consequences of an arrest and conviction and possible solutions available in NY.
July 8th - Child Protective Services - Understanding your CPS case and how to advocate for yourself.

Join ZOOM Meeting: <https://zoom.us/j/86953961683>
Meeting ID: 869 5396 1683 [Dial In Phone #:](https://zoom.us/j/86953961683) 1-646-558-8656

Men's Group: A weekly discussion group about being a man as it relates to life today, covering all topics (sobriety, codependency, gender roles, etc.)
Join Zoom Meeting: <https://zoom.us/j/579784451>
Meeting ID: 579 784 451 [Dial In By Phone #:](https://zoom.us/j/579784451)+1 646 558 8656 US (New York)

THURSDAY

Volunteer Meeting (monthly): A forum for both prospective and current volunteers to discuss with Thrive staff upcoming service opportunities for the recovery community. Come share your voice, your ideas and passion as we continue Thrives mission.
Join Zoom Meeting: <https://zoom.us/j/86340083262>
Meeting ID: 863 4008 3262 [Dial In By Phone #:](https://zoom.us/j/86340083262)+1 646 558 8656 US (New York)

LICADD Narcan (Naloxone) Training: Narcan is a brand name for naloxone, a medication designed to rapidly reverse opioid overdose. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing with heroin or prescription opioid pain medications.

Join Zoom Meeting: <https://zoom.us/j/88153533728>
Meeting ID: 881 5353 3728 [Password:](https://zoom.us/j/88153533728) 548927
[Dial In By Phone #:](https://zoom.us/j/88153533728)+1 646 558 8656 US (New York)

FIST Family Support Group: Come join us for our ongoing Family Support Group. "Families helping Families". We understand having someone you love that has been impacted by addiction is often overwhelming for family members. The family needs to embark on their own road to recovery.

Join Zoom Meeting: <https://zoom.us/j/625780032>
Meeting ID: 625 780 032 [Password:](https://zoom.us/j/625780032) 997189
[Dial In By Phone #:](https://zoom.us/j/625780032)+1 646 558 8656 US (New York)

Matching Calamity with Serenity: Using the 12 Steps to Manage

Anxiety in Challenging Times: This group will demonstrate how to use the 12 Steps to relieve the anxiety we feel in uncertain times. The discussion will focus on problems or worries that are suggested by the group as topics. The meeting facilitator will then demonstrate how to use the 12 steps to uncover the underlying thinking that contributes to increased anxiety and offer suggestions for how to change it.

Join Zoom Meeting: <https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNdDhZlZrRURTWnkwaWJodz09>
Meeting ID: 917 756 5845 [Password:](https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNdDhZlZrRURTWnkwaWJodz09) 767066 [Dial In By Phone #:](https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNdDhZlZrRURTWnkwaWJodz09)+1 646 558 8656

FRIDAY

Voices Of Empowerment (bi-weekly): Now weekly! Voices of Empowerment event is a night dedicated to self-expression! Through the written word, poetry, music, etc. we share our stories, our triumphs, our mistakes, our strengths and our vulnerabilities with each other. We are a supportive community that listens without judgment and inspires without demands!

Join Zoom Meeting: <https://zoom.us/j/81868983935>
Meeting ID: 818 6898 3935 [Dial In By Phone #:](https://zoom.us/j/81868983935) +1 646 558 8656

Co-Dependents Anonymous (CoDA): Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.

Join Zoom Meeting: <https://us04web.zoom.us/j/77215063723?pwd=S2h3VUJhYUdVobGhU0VieGICTik5dZ09>
Meeting ID: 780-377-3280 [Password:](https://us04web.zoom.us/j/77215063723?pwd=S2h3VUJhYUdVobGhU0VieGICTik5dZ09) 772634 [Dial In By Phone #:](https://us04web.zoom.us/j/77215063723?pwd=S2h3VUJhYUdVobGhU0VieGICTik5dZ09)+1 646 558 8656

Alcoholics Anonymous (AA): Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Join Zoom Meeting: <https://zoom.us/j/337404910?pwd=2fTKIYSEtPA>
Meeting ID: 337 404 910 [Password:](https://zoom.us/j/337404910?pwd=2fTKIYSEtPA) 012275 [Dial In By Phone #:](https://zoom.us/j/337404910?pwd=2fTKIYSEtPA)+1 646 558 8656

SATURDAY

G.Y.S.T. for Today "Early Recovery Group": Recovery is awesome AND it can also be overwhelming, especially in the beginning. If you're new to recovery or you've been maintaining your recovery but you're having a hard time sifting through all of life's demands, join us at "G.Y.S.T. for Today!" This is a peer-led group that's focused on helping you "get your s*** together" so you can effectively maintain your recovery, regain your independence, and reintegrate into society living life on life's terms.

Join Zoom Meeting: <https://zoom.us/j/442671624>
Meeting ID: 442 671 624 [Dial In By Phone #:](https://zoom.us/j/442671624)+1 646 558 8656

LICADD Family Support Group: This is an OPEN family support group run and facilitated by LICADD clinicians. This is not a 12-step group. All are welcome, no appointment necessary!

Join Zoom Meeting: <https://zoom.us/j/866322295?pwd=M2pSS1pCbWJSeJNwODVhUjRPRHhXdz09>
Meeting ID: 866 322 295 [Password:](https://zoom.us/j/866322295?pwd=M2pSS1pCbWJSeJNwODVhUjRPRHhXdz09) 703555 [Dial In By Phone #:](https://zoom.us/j/866322295?pwd=M2pSS1pCbWJSeJNwODVhUjRPRHhXdz09)+1 646 558 8656

LICADD Bereavement: This group is open to families and friends who have lost someone to the disease of addiction. The group is professionally facilitated and focuses on the stages of grief and loss, managing one's emotions and working effectively through the healing process.

Join Zoom Meeting: <https://zoom.us/j/184058274?pwd=akFqQw1mbTdPVUQzQ1NudHIRTEhxUT09>
Meeting ID: 184 058 274 [Password:](https://zoom.us/j/184058274?pwd=akFqQw1mbTdPVUQzQ1NudHIRTEhxUT09) 669530 [Dial In By Phone #:](https://zoom.us/j/184058274?pwd=akFqQw1mbTdPVUQzQ1NudHIRTEhxUT09)+1 646 558 8656

Co-Occurring Disorders Support Group: Are you someone in recovery who also has been diagnosed with a mental illness (mood disorder, schizoaffective/schizophrenic, eating disorder, personality disorder, etc.)? The purpose of this group is to educate and express ourselves about our diagnosis, and how it interacts with addiction and dependency. Medication assisted diagnoses and all paths to treatment are welcome!!

Join Zoom Meeting: <https://zoom.us/j/89583611300>
Meeting ID: 895-8361-1300 [Dial In By Phone #:](https://zoom.us/j/89583611300)+1 646 558 8656

THRIVE Everywhere – Book Club: Gaining new perspectives on life through the pages of our favorite pieces of literature. Join us in weekly discussion as we explore novels chapter by chapter. Starting June 27th we will begin reading "The Education of Little Tree" by Forrester Carter.
Join Zoom Meeting: <https://us02web.zoom.us/j/86591925188>
Meeting ID: 865 9192 5188 [Dial In By Phone #:](https://us02web.zoom.us/j/86591925188)+1 646 558 8656

LIRA's One Recovery@ Meeting: A meeting that welcomes all who struggle with addiction, are affected by addiction, and/or support the recovery lifestyle. All pathways of recovery are embraced; not affiliated with any particular approach.

Join Zoom Meeting: <https://zoom.us/j/697132967>
Meeting ID: 697 132 967 [Dial In By Phone #:](https://zoom.us/j/697132967)+1 646 558 8656