

SEPTEMBER 2020 Thrive Suffolk Calendar

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

KEY: In-Person – REGISTRATION REQUIRED 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: 12pm – 8pm

Sunday: 10am – 5pm



Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<div style="border: 1px solid black; padding: 5px; text-align: center;"> In-Person Gatherings for Select Groups (By Registration Only) Sign up on https://signup.com/group/I16356593607 </div>		12pm Wellness At Noon 6pm Getting to Know Yourself 7:30pm Responsible Walk Club	12pm Virtual Office Hours 12pm Wellness At Noon 2pm Parenting Group 7pm Men's Support Group	12pm Wellness At Noon 7pm FIST Family Support Group 8pm – Matching Calamity with Serenity	12pm Wellness At Noon 2:30pm Co-Dependents Anonymous - CoDA	10am G.Y.S.T. for Today "Early Recovery" 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 5pm Book Club 7:30pm ONE Recovery Meeting
6	7	8	9	10	11	12
10am Gathering of Fellowship	CLOSED In Observance of Labor Day 6pm LICADD Eating Dis. Grp ** 7:30pm LICADD Anger Mgmt. ** 8pm Emotional Sobriety "Step 10"	12pm Wellness At Noon 6pm Getting to Know Yourself 7:30pm Responsible Walk Club	12pm Virtual Office Hours 12pm Wellness At Noon 2pm Parenting Group 7pm Men's Support Group	12pm Wellness At Noon 7pm FIST Family Support Group 8pm – Matching Calamity with Serenity	12pm Wellness At Noon 2:30pm Co-Dependents Anonymous - CoDA 3pm Dual Recovery 8pm Voices of Empowerment	10am G.Y.S.T. for Today "Early Recovery" 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 1pm-4pm Nature Hike 5pm Book Club 7:30pm ONE Recovery Meeting
13	14	15	16	17	18	19
4pm Soul Notes Guitar Lessons	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 11"	12pm Week of Hope: Wellness At Noon 6pm Getting to Know Yourself 7:30pm Responsible Walk Club	12pm Virtual Office Hours 12pm Wellness At Noon 2pm Parenting Group 7pm Men's Support Group	12pm Wellness At Noon 7pm FIST Family Support Group 8pm – Matching Calamity with Serenity	12pm Wellness At Noon 2:30pm Co-Dependents Anonymous - CoDA 3pm Dual Recovery	10am G.Y.S.T. - "Early Recovery" 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 1pm Gathering of the Fellowship 1pm-4pm Nature Hike 5pm Book Club 7:30pm ONE Recovery Meeting
20	21	22	23	24	25	26
2pm Vision Board Event	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 12"	12pm Wellness At Noon 5:30pm Volunteer Meeting 6pm Getting to Know Yourself 7:30pm Responsible Walk Club	12pm Virtual Office Hours 12pm Wellness At Noon 2pm Parenting Group 6pm Financial Workshop 7pm Men's Support Group	12pm Wellness At Noon 7pm FIST Family Support Group 8pm – Matching Calamity with Serenity	6pm Design For Living Workshop – Steps 10, 11, 12 12pm Wellness At Noon 2:30pm CoDA 3pm Dual Recovery 6pm Design For Living Workshop – Steps 10, 11, 12 8pm LIRA's Rock' N' Recovery	10am G.Y.S.T. for Today "Early Recovery" 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 1pm Gathering of the Fellowship 1pm-4pm Nature Hike 5pm Book Club 7:30pm ONE Recovery Meeting
27	28	29	30	<div style="border: 1px solid black; padding: 10px; text-align: center;"> THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. (In-Person by appointment) Schedule with one of THRIVE'S Recovery Coaches Today! </div>		
4pm Soul Notes Guitar Lessons	12pm Wellness At Noon 1pm Codependents & 12 Steps 6pm LICADD Eating Dis. Grp ** 6pm The Sangha 7:30pm LICADD Anger Mgmt. ** 8pm Emotional Sobriety "Step 1"	12pm Wellness At Noon 6pm Getting to Know Yourself 7:30pm Responsible Walk Club	12pm Virtual Office Hours 12pm Wellness At Noon 2pm Parenting Group 5pm Art Competition Gala! 7pm Men's Support Group			

**LICADD program: registration required. Please contact Joanne at 631-979-1700. You can also follow us on Facebook @ <https://www.facebook.com/THRIVERecoverly/> & Instagram @ [thrive_recovery](https://www.instagram.com/thrive_recovery)

SUNDAY

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 #: +1 646 558 8656 US (New York)

Vision Board Event: A vision board is a creative process to set clear intentions and goals for what you want in your life, so you can grow and transform yourself. In-person event on the third Sunday.

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 #: +1 646 558 8656 US (New York)

Codependents' Guide to the 12 Steps: Held in-person in Thrive Suffolk and on Zoom. "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/8688098899>

Meeting ID: 868 8099 8899 Dial In By Phone #: +1 646 558 8656 US (New York)

The Sangha: Held in-person in Thrive Suffolk and on Zoom. 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 #: +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=MDBGQnNddDhlazZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845 Password: 767066

Dial In #: +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 #: +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 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 #: +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 12PM- 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 #: +1 646 558 8656 US (New York)

Parenting Group: Current life events have dramatically changed our traditional parenting roles and have challenged our family routines and dynamics. How do you sort this out, while maintaining effective, positive relationships?. The group explores how family concerns can be developed into positive methods of personal interaction.

Join Zoom Meeting: <https://us02web.zoom.us/j/83836843395>

Meeting ID: 838 3684 3395 Dial In #: +1 646 558 8656 US (New York)

Financial Workshop (monthly): A workshop addressing the root causes of financial problems. Presenting principles to apply to your life to change your financial situation.

Join Zoom Meeting: <https://us02web.zoom.us/j/82605356321>

Meeting ID: 826 0535 6321 Dial In By Phone #: +1 646 558 8656 US (New York)

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 #: +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 #: +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: 997189

Dial In By Phone #: +1 646 558 8656 US (New York)

Matching Calamity with Serenity: Using the 12 Steps to Manage

Anxiety in Challenging Times: This group with 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=MDBGQnNddDhlazZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845 Password: 767066 Dial In By Phone #: +1 646 558 8656

FRIDAY

Voices of Empowerment (bi-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 #: +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=S2h3VjUjYUDVobGhU0UjVieGICTik5dZ09>

Meeting ID: 780-377-3280 Password: 772634 Dial In By Phone #: +1 646 558 8656

Dual Recovery: Held in-person in Thrive Suffolk and on Zoom. 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 #: +1 646 558 8656

Design For Living Workshop – Steps 10, 11, 12: Have you felt stuck in your recovery process? Have you felt unsure whether you did the steps right? This is the workshop for you. This workshop is for men and women of all programs. Workshop goals: Have peace with yourself consistently. Be able to handle situations that use to baffle you. (BB) Have a certainty that you are OK exactly where you are right now. Desire to seek Gods Will in your life.

Join Zoom Meeting: <https://us02web.zoom.us/j/87597548535>

Meeting ID: 875 9754 8535 Dial In By Phone #: +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 #: +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=M2pSS1pCbWJSeJlNwODVhUjJPRHhXdz09>

Meeting ID: 866 322 295 Password: 703555 Dial In By Phone #: +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=akFqQW1mbTdpVUQzQ1NudHRTExhU09>

Meeting ID: 184 058 274 Password: 669530 Dial In By Phone #: +1 646 558 8656

Gathering of Fellowship: Held in-person at Thrive Suffolk and on Zoom. 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 Saturdays at 1pm. 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 #: +1 646 558 8656 US (New York)

Thrive Everywhere – Autumn Nature Hikes - Join us each Saturday at 1pm EST as we gather for walks/hikes!

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.

Join Zoom Meeting: <https://us02web.zoom.us/j/86591925188>

Meeting ID: 865 9192 5188 Dial In By Phone #: +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 #: +1 646 558 8656