

February 2020 @ Thrive Nassau

1025 Old Country Road, Suite 400, Westbury, NY, 11590
Entrance located on the corner of Bond St. & Old Country Rd
516-765-7600



Mon-Thurs: 10am-8pm
Fri-Sat 10am-10pm

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

KEY: Weekly Groups New at Thrive Monthly Repeating Special Events

**ALL GROUPS AND WORKSHOPS ARE FREE
AND OPEN TO THE PUBLIC!**

Activities/Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|--|
| | | | | | | 1 |
| <p>One-on-One Recovery Coaching Available! (By appointment only) Schedule with THRIVE'S Recovery Coaches Today! *Call the Front Desk - 516-765-7600</p> | | | | | | <p>Art Therapy-2:00pm-3:30pm</p> <p>Refuge Recovery-7:00pm</p> |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | <p>Empowering Women Through ACA Solutions-7:00pm</p> | <p>Rainbow Recovery 7:30p</p> <p>The Road to a Healthier You 6:00pm</p> <p>FIST Family Support Group (SMART Recovery)-7:00pm</p> | <p>Wellness For Recovery-12:00pm</p> <p>Community Reintegration and Support-6:00pm</p> <p>Keeping Cool in Rec.-7p</p> | <p>Beginner Vinyasa Flow Yoga 6:30pm</p> <p>Codependents' 12 Steps 7:00 pm</p> | <p>One Recovery Meeting 6:30pm</p> | <p>Refuge Recovery-7:00pm</p> |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | <p>Empowering Women Through ACA Solutions-7:00pm</p> | <p>Rainbow Recovery 7:30p</p> <p>FIST/LICADD Family Support Group (Grief and Loss)- 7:00pm</p> | <p>Wellness for Recovery-12pm</p> <p>LICADD Narcan Training -6pm</p> <p>Community Reintegration and Support-6:00pm</p> <p>Keeping Cool in Rec. - 7p</p> | <p>Reiki 7:00pm</p> <p>Codependents' 12 Steps 7:00 pm</p> | <p>One Recovery Meeting 6:30pm</p> | <p>LICYPAA & NYCYPAA VALENTINE'S DANCE 6pm – 10pm</p> <p>\$10 suggested donation (Open 12-step meeting @ 6:15)</p> <p>Refuge Recovery-7:00pm</p> |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | <p>PRESIDENT'S DAY</p> | <p>Rainbow Recovery-7pm</p> <p>FIST Family Support Group (SMART Recovery)- 7:00pm</p> | <p>Wellness for Recovery-12:00pm</p> <p>Community Reintegration and Support-6:00pm</p> <p>Keeping Cool in Rec-7p</p> | <p>Beginner Vinyasa Flow Yoga 6:30pm</p> <p>Codependents' 12 Steps 7:00 pm</p> <p>Wharf Rats Group-7:30pm</p> | <p>One Recovery Meeting - 6:30pm</p> <p>Voices of Empowerment: Open Mic Night- 7:30 pm</p> | <p>Emotional Sobriety- 7:00pm</p> <p>Refuge Recovery-7:00pm</p> |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | <p>Empowering Women Through ACA Solutions-7:00pm</p> <p>ACA Recovery Writing Program-7:00pm</p> | <p>Rainbow Recovery-7:00p</p> <p>FIST/LICADD Family Support Group (Grief and Loss)- 7:00pm</p> <p>M.A.T. Support Group- 7:30pm</p> | <p>Wellness for Recovery-12:00pm</p> <p>Community Reintegration and Support-6:00pm</p> <p>Keeping Cool in Recovery-7:00pm</p> | <p>Vision Team 11:30 a.m.</p> <p>Codependents' 12 Steps 7:00 pm</p> | <p>One Recovery Meeting 6:30pm</p> | <p>****Coming Soon: Financial Peace University group will be held at 7:00 pm on Mondays.</p> <p>*Closed Group - Sign up at front desk until group is filled.</p> |

You can also follow us on Facebook @ <https://www.facebook.com/groups/ThriveNassau/> & Instagram @ [thrive_recovery](https://www.instagram.com/thrive_recovery).

Please flip over for all group descriptions →

MONDAY

Empowering Women Through ACA Solutions: Adult Children of Alcoholics (ACA)/Dysfunctional Families is a Twelve Step, Twelve Tradition program of men and women who grew up in dysfunctional homes. We meet to share our experience of growing up in an environment where abuse, neglect and trauma infected us. This affects us today and influences how we deal with all aspects of our lives. ACA provides a safe, nonjudgmental environment that allows us to grieve our childhoods and conduct an honest inventory of ourselves and our family—so we may (i) identify and heal core trauma, (ii) experience freedom from shame and abandonment, and (iii) become our own loving parents.

ACA Recovery through Writing Program: Join us for a monthly 90min theoretical and practical session, which offers those suffering from childhood alcoholism, para-alcoholism, abuse, and dysfunction a venue in which to learn about the issues that affected them and write and share about their adverse experiences in a healing, group dynamic setting.

TUESDAY

Rainbow Recovery: Everyone recovers on their own terms and in their own ways - your recovery supports should be as personal as you. Recovering as a person in the LGBT+ communities comes with a host of challenges you can process with us, Tuesdays at 7pm. Lead by an out gay social worker. A support and process group committed to the spirit of affirmation, acceptance, and recovery.

The Road to a Healthier You: This monthly writing workshop is designed for family members. It takes participants through a series of steps and poems so that you can write your own story of recovery from your perspective as a family member. It is a creative method of self-expression that will encourage you to reflect on why you started on your journey, where you are, and where you hope to be. Changing the way we see ourselves and others with a healthy, positive, new, and exciting outlook on life. The purpose is to love and respect yourself in spite of the obstacles.

FIST Family Support: If you are a family member, loved ones or friend who has been impacted by someone else's addiction, join us for support and discussion. (First and Third Wednesday focus on SMART. Second and Fourth focus on Grief and Loss.)

M.A.T. (Medication Assisted Treatment) Support Group:

Educational, non-judgmental evening of discussions as it relates to managing your medication to enhance your recovery.

WEDNESDAY

Wellness for Recovery: A peer support group meeting that explores recovery wellness tools and how to build a wellness "Toolbox Kit" utilizing the 8 dimensions of Wellness.

Community Re-integration and Support: After incarceration, coming home can be harder than we think - the old people, places and things make re-adjustment a challenge; our family and friends have trouble understanding the barriers we face; our communities rarely welcome us with open arms. Join us to talk

about the challenges of re-entry and find support from people going through the same things.

Keeping Cool in Recovery

Recovery can be a tough road - managing our emotions on top of everything can make things feel even tougher. Keeping Cool is a group for people in all stages of recovery to find mutual support and learn skills to manage anger, frustration, boredom, sadness, excitement, and all the feelings that can get overwhelming at times. Join us!

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. **This a LICADD Training. To register please call LICADD at 516-747-2606**

THURSDAY

Wharf Rats- A group of concert-goers who have chosen to live drug and alcohol free. They arose out of the environment around the rock group The Grateful Dead and their followers the Deadheads, both of which were rooted in the drugs-embracing counterculture of the 1960s.

Codependency/12Steps: Come explore an explanation of each of the Twelve Steps and how they can be applied to codependency issues. Specific exercises and activities will be explored that can be used in a group setting or on your own. A copy of Melody Beattie's book "Codependents' Guide to the Twelve Steps" will be needed.

FRIDAY:

Voices of Empowerment-Open Mic Night: Our monthly 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!

In the Wildflowers "Healing from Childhood Abuse": A 10 step series that helps us to heal from the trauma of childhood and adult abuse. "In the Wildflowers" is meant for those who have suffered the trauma of emotional, physical, sexual, or spiritual abuse/neglect. Are you ready to heal? Gather with other women who have experienced this trauma in their past and long for freedom. We have tried forgetting it, getting on with our lives, denial, and many other solutions. In this series, God meets us in the present, helping us with our memories and the trauma of our abuse, healing us. Our trained facilitators will help you walk through the 10 steps to healing and let go of the trauma of the past at your own pace.

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

SATURDAY

Art Therapy: Art therapy uses the process of self-expression, and the resulting artwork to help clients understand their emotional conflicts, develop social skills, improve self-esteem, manage addictions, reduce anxiety, and restore normal function to their lives.

Refuge Recovery: A Meditation and Mindfulness Based Recovery Program. Refuge Recovery is a non-profit organization grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction.

Emotional Sobriety: This is an open study group 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, AL 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.

NEXT MONTH:

Bilingual Health-Ed

Come learn about all aspects of wellness with us! Focused on our community. Education on mindfulness, physical health, sexual health, and more

Financial Peace University: Learn how money doesn't have to be stressful with Financial Peace University. Win with money. Dump debt. Communicate in marriage. Build a legacy. Plan for your future.

Financial Peace University group will be held at 7:00 pm on Mondays. *Closed Group* - Sign up at front desk until group is filled.