

MARCH 2020 Thrive Suffolk Virtual Calendar

1324 Motor Parkway, Hauppauge, NY 11749
 631-822-3396
 Mon-Sat: 1pm-9pm For Recovery Coaching
 Sunday: Building Closed - Online Programming Only



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

KEY: Online - OPEN Online - CLOSED Conference Call In-Person Group

[Back of calendar contains group descriptions and online meeting links!](#)

Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Emotional Sobriety "Step 2" 8pm	(Wildflowers)- Healing Childhood Abuse 7pm	Families Anon- 5:30pm	**Narcan Training 6:00pm		LICADD Fam. Supp. Grp. 10am THRIVE HIKE 11:00AM LICADD Bereavement 11:30am Co-Occurring D/o Supp Grp. 3:30pm ONE Recovery Meeting 7:30pm
22	23	24	25	26	27	28
Gathering of Fellowship 10:00am Healing Modalities 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm	Week of Hope: Wellness At Noon – 12pm LICADD Eating Dx Grp 6pm The Sangha 6:15pm LICADD Anger Mgmt. 7:30pm Emotional Sobriety "Step 3" 8pm	G.Y.S.T. for Today "Early Recovery" 9:00-10:00am Week of Hope: Wellness At Noon – 12pm (Wildflowers)- Healing Childhood Abuse 7pm "Getting to Know Yourself" 7:30pm	Week of Hope: Wellness At Noon – 12pm Families Anon 5:30pm	Week of Hope: Wellness At Noon – 12pm	Week of Hope: Wellness At Noon – 12pm	LICADD Family Support Group 10am LICADD Bereavement 11:30am Co-Occurring Disorders Support Group 3:30pm ONE Recovery Meeting 7:30pm
29	30	31				
Gathering of Fellowship 10:00am Healing Modalities 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm	Week of Hope: Wellness At Noon – 12pm LICADD Eating Dx Grp 6pm The Sangha 6:15pm LICADD Anger Mgmt. 7:30pm Emotional Sobriety "Step 4" 8pm	G.Y.S.T. for Today "Early Recovery" 9:00-10:00am Week of Hope: Wellness At Noon – 12pm Men's Support Group – 1pm (Wildflowers)- Healing Childhood Abuse 7pm		*Need Assistance with Clarifying Career Direction, Resume Preparation/ Updating, LinkedIn Profile, Job S Strategy, and Interview Preparation? Please call to make an appointment with our Career Coach Alyssa		

One on One Recovery Coaching Also Available!
 (By appointment only)
 Schedule with one of THRIVE'S Recovery Coaches Today!
 *Fran

**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 FREE Zoom Meeting:

<https://us04web.zoom.us/j/684944857>

Meeting ID: 684 944 857

Healing Modalities: This workshop is set up to be a platform for introducing different techniques and practices for self-care and wellness. Each week a different speaker or workshop series is held ranging from sound vibration, Reiki, drum circles and mindfulness meditation. Check out our monthly calendar for specific topics!

Join FREE Zoom Meeting:

<https://us04web.zoom.us/j/130718277>

Meeting ID: 130 718 277

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 FREE Zoom Meeting:

<https://us04web.zoom.us/j/715130675>

Meeting ID: 715 130 675

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

Join FREE Zoom Meeting:

<https://zoom.us/j/131712734>

Meeting ID: 131 712 734

MONDAY

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

Join FREE Zoom Meeting:

<https://zoom.us/j/684944857>

Meeting ID: 684 944 857

One tap mobile:

+16465588656,,684944857# 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 FREE Zoom Meeting:

<https://us04web.zoom.us/j/943695016>

Meeting ID: 943 695 016

LICADD Eating Disorder Group: Facilitated by LICADD; this is an OPEN group! Contact Joanne for info at 631-979-1700.

Join FREE Zoom Meeting:

CLOSED Group – Call LICADD to learn more. 631-979-1700

****LICADD Anger Mgmt.:** Facilitated by LICADD; this is a CLOSED group and requires registration! Contact Joanne for info at 631-979-1700.

Join FREE Zoom Meeting:

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, 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.

Join FREE Zoom Meeting:

<https://zoom.us/j/9177565845>

Meeting ID: 917 756 5845

TUESDAY

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 FREE Zoom Meeting:

<https://us04web.zoom.us/j/442671624>

Meeting ID: 442 671 624

Men's Group: A weekly discussion group about being a man as it relates to life today, covering all topics (sobriety, codependency, gender roles, and many more).

Join FREE Zoom Meeting:

<https://zoom.us/j/579784451>

Meeting ID: 579 784 451

One tap mobile:

+16465588656,,579784451# US (New York)

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.

This group is held every 1st Tuesday of the month & 5th when applicable.

Join FREE Zoom Meeting:

<https://us04web.zoom.us/j/716146752>

Meeting ID: 716 146 752

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. Join FREE Zoom Meeting: CLOSED Group – Call THRIVE to learn more. 631-822-3396

WEDNESDAY

Families Anonymous: Families Anonymous is a 12-Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them. Whether caused by drugs, alcohol, or related behavioral problems, we welcome you to join us and share.

Join FREE Conference Call:

Dial In to: 605-313-5795

Access Code: 120102#

THURSDAY

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 Joanne at 631-979-1700**

SATURDAY

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 FREE Zoom Meeting:

<https://zoom.us/j/866322295?pwd=M2pSS1pCbWJSeINwODVhUHJPRHhXdz09>

Meeting ID: 866 322 295

Password: 703555

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 FREE Zoom Meeting:

<https://zoom.us/j/184058274?pwd=akFgQW1mbTdPVUQzQ1NudHIREhUT09>

Meeting ID: 184 058 274

Password: 669530

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 FREE Zoom Meeting:

<https://us04web.zoom.us/j/406905268>

Meeting ID: 406 905 268

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://us04web.zoom.us/j/697132967>

Meeting ID: 697 132 967