

# OCTOBER 2020 Thrive Nassau Calendar

For our most current information/updates, please visit [www.ThriveLI.org](http://www.ThriveLI.org)

KEY: GREEN: IN-PERSON/ZOOM – REGISTRATION REQUIRED BLUE: ZOOM – ONLINE ONLY

Blue underlined group names are clickable links

Back of calendar contains group descriptions and online meeting links!

1025 Old Country Road, Suite 400, Westbury, NY 11590

USE BOND STREET ENTRANCE

Phone: 516-765-7600

Mon-Sat: 11am-8pm

Sunday: Building Closed



## Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<p><b>In-Person Gatherings for Select Groups (By Registration Only)</b> Sign up on <a href="https://signup.com/group/116356593607">https://signup.com/group/116356593607</a></p>		<p><b>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. (In-Person By Appointment)</b>  Schedule with one of THRIVE'S Recovery Coaches Today!</p>		<p>6pm <a href="#">Got Defects</a></p> <p>6pm <a href="#">LGBTQ+ in Recovery?</a></p>	<p>6:30pm LIRAs ONE Recovery Meeting</p> <p>7:15pm <a href="#">Social Hour</a></p>	<p>10am <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>12pm <a href="#">Intro To Yoga</a></p> <p>1:30pm Volunteer Training</p> <p>6pm-8pm Saturday Night Hangout</p>
4	5	6	7	8	9	10
	<p>1pm <a href="#">Gratitude in Recovery</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 7"</a></p>	<p>11am <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>7:30pm <a href="#">Women's Support Groups</a></p>	<p>11am <a href="#">Recovery Support Group</a></p> <p>12pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Stress Management In Recovery</a></p>	<p>6pm <a href="#">Got Defects</a></p> <p>6pm <a href="#">LGBTQ+ in Recovery?</a></p>	<p>6:30pm LIRAs ONE Recovery Meeting</p> <p>7:15pm <a href="#">Social Hour</a></p>	<p>10am <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>12pm <a href="#">Intro To Yoga</a></p> <p>1pm Nature Hike</p> <p>6pm-8pm Saturday Night Hangout</p>
11	12	13	14	15	16	17
	<p>1pm <a href="#">Gratitude in Recovery</a></p> <p>6pm <a href="#">Financial Workshop</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 8"</a></p>	<p>11am <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>7pm <a href="#">Women's Support Groups</a></p>	<p>11am <a href="#">Recovery Support Group</a></p> <p>12pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Stress Management In Recovery</a></p>	<p>6pm <a href="#">Got Defects</a></p> <p>6pm <a href="#">LGBTQ+ in Recovery?</a></p> <p>7:30pm <a href="#">Wharf Rats / Yellow Balloon</a></p>	<p>6:30pm LIRAs ONE Recovery Meeting</p> <p>7:15pm <a href="#">Social Hour</a></p> <p>8pm <a href="#">Voices of Empowerment</a></p>	<p>10am <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>12pm <a href="#">Intro To Yoga</a></p> <p>1pm Nature Hike</p> <p>6pm-8pm Saturday Night Hangout</p>
18	19	20	21	22	23	24
	<p>1pm <a href="#">Gratitude in Recovery</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 9"</a></p>	<p>11am <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>7pm <a href="#">Women's Support Groups</a></p>	<p>11am <a href="#">Recovery Support Group</a></p> <p>12pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Stress Management In Recovery</a></p>	<p>6pm <a href="#">Got Defects</a></p> <p>6pm <a href="#">LGBTQ+ in Recovery?</a></p>	<p>6:30pm LIRAs ONE Recovery Meeting</p> <p>7:15pm <a href="#">Social Hour</a></p>	<p>10am <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>12pm <a href="#">Intro To Yoga</a></p> <p>1pm Nature Hike</p> <p>6pm-8pm Saturday Night Hangout</p>
25	26	27	28	29	30	31
	<p>1pm <a href="#">Gratitude in Recovery</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 10"</a></p>	<p>11am <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>7pm <a href="#">Women's Support Groups</a></p>	<p>11am <a href="#">Recovery Support Group</a></p> <p>12pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Stress Management In Recovery</a></p>	<p>6pm <a href="#">Got Defects</a></p> <p>6pm <a href="#">LGBTQ+ in Recovery?</a></p>	<p>6:30pm LIRAs ONE Recovery Meeting</p> <p>7:15pm <a href="#">Social Hour</a></p>	<p>10am <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>12pm <a href="#">Intro To Yoga</a></p> <p>6pm-8pm Saturday Night Hangout</p>

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

## MONDAYS:

**Gratitude in Recovery:** Join us at our weekly Gratitude in Recovery group every Monday at 1pm in-person at Thrive Nassau and via Zoom. What a better way to start your week than looking at the blessings life has to offer?! We will be going over different gratitude activities that allow us to express what we are grateful for. Registration required to attend in-person.

**Join Zoom Meeting:**

Meeting ID: [Dial In By Phone #:](https://us02web.zoom.us/j/84126481485)+1 646 558 8656

**FIST Family Hope Support Group:** is for friends & families who have a loved one that struggles with addiction/substance use disorder. We are a solution based support group & we work with Smart Recovery for Friends & Family as well as CRAFT - Community Reinforcement Family Training from the Center for Motivation & Change. We explore and share evidence-based experiences & solutions for healing & improving our lives and the health of our families. #FamiliesHelpingFamilies

**Join Zoom Meeting:**

<https://us02web.zoom.us/j/102090848?pwd=YXlwWnRTEhHRC85NU8wdHNNWDRSQTO9>

Meeting ID: 102-090-848 Meeting Password: 244143

[Dial In By Phone #:](https://us02web.zoom.us/j/102090848?pwd=YXlwWnRTEhHRC85NU8wdHNNWDRSQTO9)+1 646 558 8656

**THRIVE's Emotional Sobriety:** 16 week rotating open study group which fosters in-depth discussions that translate the 12 Steps from abstract ideas to practical actions that can be applied to 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.

**Join Zoom Meeting:**

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNddDhIazZrRURTWnkwawJodz09>

Meeting ID: 917 756 5845 Password: 767066

[Dial In #:](https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNddDhIazZrRURTWnkwawJodz09) +1 929 205 6099 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://zoom.us/j/84469449738>

Meeting ID: 844 6944 9738 [Dial In By Phone #:](https://zoom.us/j/84469449738)+1 646 558 8656

## TUESDAYS:

**Gathering of the Fellowship Meditation Meeting:** Gathering of the Fellowship: This is a non-judgmental and supportive group that holds online space to discuss topics of life, explore spirituality and to share our own experience, strengths, vulnerabilities and growth. Please join us Tuesday morning at 11am in-person at Thrive Nassau and on Zoom.

**Join Zoom Meeting:** <https://zoom.us/j/615516887>

Meeting ID: 615 516 887 [Dial In By Phone #:](https://zoom.us/j/615516887)+1 646 558 8656

**Women's Support Group:** No labels, no categories, open meeting for all women. We are empowered women talking out our daily life, looking for the positive and sharing it with others in a non-judgmental and safe environment. This is not a man bashing meeting, it is a safe place TO JUST BE, and let your guard down.

**Join Zoom Meeting:**

<https://zoom.us/j/95637050176?pwd=VlIRd1AyQUF1ZHRBWlFBdkVOL1FDdz09>

Meeting ID: 956 3705 0176 Password: 939152

[Dial In By Phone #:](https://zoom.us/j/95637050176?pwd=VlIRd1AyQUF1ZHRBWlFBdkVOL1FDdz09)+1 646 558 8656

## WEDNESDAYS

**Recovery Support Group:** A weekly meeting in-person at Thrive Nassau and on Zoom for individuals looking to strengthen and expand their recovery network. Discussions will center on topics surrounding the principles of recovery and how they can help improve our health and wellness. All are welcome to share in their experiences and struggles in finding a successful pathway to recovery. Pre-registration required for in-person attendance.

**Join Zoom Meeting:** <https://us02web.zoom.us/j/81587601791>

Meeting ID: 815 8760 1791 [Dial In By Phone #:](https://us02web.zoom.us/j/81587601791)+1 646 558 8656

**Recovery Coach Office Hours:** What is Recovery Coaching?

Peer-to-Peer: Working closely with a recovery coach, you will establish a personalized recovery plan. The coaching relationship helps support you to identify self-directed goals and set an attainable plan to achieve them. Through sessions with your coach and open communication, your coach will be able to help support you and help identify solutions that will keep you safe on your recovery journey.

**Join Zoom Meeting:** <https://us02web.zoom.us/j/81587601791>

Meeting ID: 815 8760 1791 [Dial In By Phone #:](https://us02web.zoom.us/j/81587601791)+1 646 558 8656

**Stress Management in Recovery:**

Having trouble dealing with isolation during COVID-19? Is the isolation and stress causing anxiety? Stress Management during COVID-19 is a peer support group that will be going over ways to manage stress during the pandemic. We will be meeting over zoom Wednesdays at 7:30PM.

**Join Zoom Meeting:**

<https://zoom.us/j/98986405586?pwd=MHFTWjIzSkRxbVc5RWdNOXZ3WWI4UT09>

Meeting ID: 989 8640 5586 Password: 439452

[Dial In By Phone #:](https://zoom.us/j/98986405586?pwd=MHFTWjIzSkRxbVc5RWdNOXZ3WWI4UT09)+1 646 558 8656

## THURSDAYS

**Got Defects: "Drop the Rock"** is a book with important insights to help people truly transform their recovery. Join us every Thursday on zoom at 6PM in reading "Drop the Rock" as we explore steps 6 and 7.

**Join Zoom Meeting:** <https://us02web.zoom.us/j/89409958317>

Meeting ID: 894 0995 8317 [Dial In By Phone #:](https://us02web.zoom.us/j/89409958317)+1 646 558 8656

**Wharf Rats / Yellow Balloon Group:** 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. Now weekly!

**Join Zoom Meeting:** <https://zoom.us/j/389957519>

Meeting ID: 389 957 519 [Dial In By Phone #:](https://zoom.us/j/389957519)+1 646 558 8656

**LGBTQ+ in 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 LGBTQ+ communities comes with a host of challenges you can process with us. Lead by an out gay social worker. A support and process group committed to the spirit of affirmation, acceptance, and recovery.

**Click to join Meeting:** <https://us02web.zoom.us/j/82961114063>

Meeting ID: 829 6111 4063 [Dial In By Phone #:](https://us02web.zoom.us/j/82961114063)+1 646 558 8656

## FRIDAYS:

**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/84126481485>

Meeting ID: 841 2648 1485 [Dial In By Phone #:](https://us02web.zoom.us/j/84126481485)+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

**Secured meeting - For registration and access please email:**

[admin@liranv.org](mailto:admin@liranv.org)

**Social Hour –** Join us for some fun and relaxing times with friend's in-person at Thrive Nassau and on Zoom. We've got some fun planned for you!

**Join Zoom Meeting:**

<https://us02web.zoom.us/j/82829627381?pwd=cVQvd1EwUjJtOW83KzIzSXZlQzBhdz09>

Meeting ID: 828 2962 7381 Passcode:586276 [Dial-in#:](https://us02web.zoom.us/j/82829627381?pwd=cVQvd1EwUjJtOW83KzIzSXZlQzBhdz09) +1 646 558 8656

**Voices Of Empowerment (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!

**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

## SATURDAYS

**G.Y.S.T. 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#:](https://zoom.us/j/442671624) +1 646 558 8656 US (New York)

**Intro to Yoga:** Join us in-person each Saturday afternoon for a 12pm introduction to yoga class. Also available on Zoom.

**Join Zoom Meeting:** <https://us02web.zoom.us/j/85395396142>

Meeting ID: 853 9539 6142 [Dial-in#:](https://us02web.zoom.us/j/85395396142) +1 646 558 8656 US (New York)

**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

**Thrive Everywhere – Autumn Nature Hikes** - Join us Saturday at 1pm as we gather for walks/hikes! Masks/face coverings are required when social distancing is not possible. In addition, all participants will need to answer a health questionnaire.

- Oct 10 – Tackapausha Preserve, 2225 Washington Ave, Seaford

- Oct 17 – Caumsett State Park, 25 Lloyd Harbor, Lloyd Harbor (meet at Walled Garden)

-Oct 24 – Cathedral Pines County Park, 116 Yaphank Middle Island Rd, Lloyd Harbor

**Saturday Night Hangout:** Come meet up with other people in recovery to watch movies and sports, play video games or just to hang out.

We have three big screen TVs that can stream Netflix and sporting events. Bring your own gaming systems and games or use ours (Xbox, PS4 and SNES).

**Join Zoom Meeting:** <https://us02web.zoom.us/j/86464813984>

Meeting ID: 864 6481 3984 [Dial In #:](https://us02web.zoom.us/j/86464813984) +1 646 558 8656 US (New York)