

JULY 2020 Thrive Nassau Virtual Calendar

For our most current information/updates, please visit www.ThriveLL.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!](#)

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

Use Bond Street Entrance

Phone: 516-765-7600

Mon-Sat: 10am-8pm

Sunday: Building Closed



Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>One on One Recovery Coaching Also Available! (By appointment only) Schedule with one of THRIVE'S Recovery Coaches Today!</p> </div>			<p>11am – 1pm Virtual Office Hours 2pm "Know Your Rights" – Legal Rights Education Series</p> <p>6pm Relapse Prevention 7:30pm Stress Management During Covid-19</p>	<p>10am Rise & Shine Morning Meeting 7pm LGBTQ+ in Recovery? 7:30pm Responsible Walk Club 7:30pm Wharf Rats / Yellow Balloon</p>	<p>2pm Creativity Hour 6:30pm LIRAs ONE Recovery Meeting 8pm Voices of Empowerment</p>	<p>HAPPY INDEPENDENCE DAY!</p> <p>5pm Book Club</p>
5	6	7	8	9	10	11
	<p>12pm Gratitude in Recovery 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 6"</p>	<p>10am Rise & Shine Morning Meeting 7:30pm Responsible Walk Club 7:30pm Be-YOU-tiful: The Power of Womanhood</p>	<p>11am – 1pm Virtual Office Hours 2pm "Know Your Rights" – Legal Rights Education Series</p> <p>6pm Relapse Prevention 7:30pm Stress Management During Covid-19</p>	<p>10am Rise & Shine Morning Meeting 7pm LGBTQ+ in Recovery? 7:30pm Responsible Walk Club 7:30pm Wharf Rats / Yellow Balloon</p>	<p>2pm Creativity Hour 6:30pm LIRAs ONE Recovery Meeting 8pm Game Night! 8pm Voices of Empowerment</p>	<p>10am G.Y.S.T. for Today "Early Recovery" 5pm Book Club</p>
12	13	14	15	16	17	18
	<p>12pm Gratitude in Recovery 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 7"</p>	<p>10am Rise & Shine Morning Meeting 7:30pm Responsible Walk Club 7:30pm Be-YOU-tiful: The Power of Womanhood</p>	<p>11am – 1pm Virtual Office Hours 6pm Relapse Prevention 7:30pm Stress Management During Covid-19</p>	<p>10am Rise & Shine Morning Meeting 7pm LGBTQ+ in Recovery? 7:30pm Responsible Walk Club 7:30pm Wharf Rats / Yellow Balloon</p>	<p>2pm Creativity Hour 6:30pm LIRAs ONE Recovery Meeting 8pm Game Night!</p>	<p>10am G.Y.S.T. for Today "Early Recovery" 5pm Book Club</p>
19	20	21	22	23	24	25
	<p>12pm Gratitude in Recovery 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 8"</p>	<p>10am Rise & Shine Morning Meeting 7:30pm Responsible Walk Club 7:30pm Be-YOU-tiful: The Power of Womanhood</p>	<p>11am Peer Recovery Support Group 12pm Virtual Office Hours 6pm Relapse Prevention 7:30pm Stress Management During Covid-19</p>	<p>10am Rise & Shine Morning Meeting 5:30pm Volunteer Meeting 7pm LGBTQ+ in Recovery? 7:30pm Responsible Walk Club 7:30pm Wharf Rats / Yellow Balloon</p>	<p>2pm Creativity Hour 6:30pm LIRAs ONE Recovery Meeting 8pm Game Night! 8pm Voices of Empowerment</p>	<p>10am G.Y.S.T. for Today "Early Recovery" 5pm Book Club</p>
26	27	28	29	30	31	
	<p>12pm Gratitude in Recovery 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 9"</p>	<p>10am Rise & Shine Morning Meeting 7:30pm Responsible Walk Club 7:30pm Be-YOU-tiful: The Power of Womanhood</p>	<p>11am Peer Recovery Support Group 12pm Virtual Office Hours 6pm Relapse Prevention 7:30pm Stress Management During Covid-19</p>	<p>10am Rise & Shine Morning Meeting 7pm LGBTQ+ in Recovery? 7:30pm Responsible Walk Club 7:30pm Wharf Rats / Yellow Balloon</p>	<p>2pm Creativity Hour 6:30pm LIRAs ONE Recovery Meeting 8pm Game Night!</p>	

You can also follow us on Facebook @ <https://www.facebook.com/THRIVERecoverly/> & 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 12pm 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.

Join Zoom Meeting: <https://zoom.us/j/84004092213>

Meeting ID: 840 0409 2213 **Dial In By Phone #:** +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://zoom.us/j/102090848>

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

Dial In By Phone #: +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.

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 for prayer, and provide a mechanism for integrating program messaging beyond the weekly discussion.

Join Zoom Meeting:

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNddDhlazZrURTWnkwaWJodz09>

Meeting ID: 917 756 5845 **Password:** 767066

Dial In #: +1 929 205 6099 US (New York)

TUESDAYS:

Daily Rise & Shine Morning 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 and Thursday morning at 10am.

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

Meeting ID: 615 516 887 **Dial In By Phone #:** +1 646 558 8656

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. Post your daily walk/hike photos on social media using the hashtags:

#thriveeverywhere #dailywalk #responsible recovery

Join Zoom Meeting: <https://zoom.us/j/158789583>

Meeting ID: 158 789 583 **Dial In By Phone #:** +1 646 558 8656

Be-YOU-tiful: The Power of Womanhood: The Ultimate Woman's Guide to Discovering Your True Beauty, Gaining a Higher Self-Confidence and Developing Personal Success in All Areas of Your Life! Be-YOU-tiful: The Power of Womanhood aims to inspire women with the courage to break free from the chains of limiting belief patterns and societal or religious conditioning that have traditionally kept women suppressed and unable to see their true beauty and power.

Join Zoom Meeting:

<https://zoom.us/j/95637050176?pwd=VIRd1AvQUF1ZHRBWFbkdVQOL1FDdz09>

Meeting ID: 956 3705 0176 **Password:** 939152

Dial In By Phone #: +1 646 558 8656

WEDNESDAYS

Peer Recovery Support Group: A weekly meeting 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.

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

Meeting ID: 815 8760 1791 **Dial In By Phone #:** +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.

Family Services: Healthy family dynamics and a strong support system are important. Data supports when recovery is an inclusive process, the results are much better.

Therefore, THRIVE offers recovery coaching for family members too! We believe that the education and support services are just as important for loved ones and our coaches can help support family members in learning the best ways to support a loved one who is newly in recovery or might be still struggling.

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

Meeting ID: 815 8760 1791 **Dial In By Phone #:** +1 646 558 8656

"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 #:** 1-646-558-8656

Relapse Prevention: is a Peer Support Group. This is a space to share and explore how relapse is preventable with others.

Join Zoom Meeting:

<https://zoom.us/j/141727891?pwd=WUHEmB1QnYwbVycWZcWh2RUEydz09>

Meeting ID: 848 7205 5226 **Password:** 857046 **Dial In By Phone #:** +1 646 558 8656

Stress Management during COVID 19:

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=MHFTWlZSkRxbVc5RWFdNOXZ3WVW4UT09>

Meeting ID: 989 8640 5586 **Password:** 439452

Dial In By Phone #: +1 646 558 8656

THURSDAYS

Daily Rise & Shine Morning Meeting: See Tues.

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 Thrive's mission.

Join Zoom Meeting: <https://zoom.us/j/86340083262>

Meeting ID: 863 4008 3262 **Dial In By Phone #:** +1 646 558 8656

Thrive Everywhere - Responsible Walk Club: See Tues.

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:** 548927 **Dial In By Phone #:** +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 #:** +1 646 558 8656

LGBTQ+ in Recovery?: Everyone recovers on their own terms and in their own way - 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://zoom.us/j/93250850355>

Meeting ID: 932 5085 0355 **Dial In By Phone #:** +1 646 558 8656

FRIDAYS:

Creative Hour: Our facilitator invites you to bring any and every creative endeavor that enriches your recovery to a zoom group where we can all work together and chat. Think of it like a knitting club, but with the creative outlet of your choice!

Join Zoom Meeting - <https://zoom.us/j/151163593>

Meeting ID: 151 163 593 **Dial-in#:** +1 646 558 8656 US (New York)

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

Game Night! - Join us for some fun and relaxing times with friends on Zoom. We've got some fun planned for you!

Join Zoom Meeting: <https://zoom.us/j/661306041>

Meeting ID: 661 306 041 **Dial-in#:** +1 646 558 8656 US (New York)

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:** +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 URL: <https://zoom.us/j/442671624>

Meeting ID: 442 671 624 **Dial-in#:** +1 646 558 8656 US (New York))

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 Forrest Carter.

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

Meeting ID: 865 9192 5188 **Dial In #:** +1 646 558 8656 US (New York)