

# FEBRUARY 2021 Thrive Nassau Calendar

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

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

USE BOND STREET ENTRANCE

Phone: 516-765-7600

Mon-Sat: 12pm-8pm

Sunday: Building Closed



KEY: GREEN – IN-PERSON & ON ZOOM BLUE - ZOOM ONLY

[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
	<p>1pm <a href="#">Gratitude in Recovery</a></p> <p>5pm <a href="#">SoberMoms: Unfiltered</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 4"</a></p>	<p>12pm <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>7pm <a href="#">Women's Support Group</a></p>	<p>1pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Stress Management In Recovery</a></p> <p>6pm <a href="#">Financial Workshop</a></p> <p>7pm <a href="#">Virtual Reiki Energy Healing &amp; Guided Meditation</a></p>	<p>12pm <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>3pm <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>6pm <a href="#">LGBTQ+ in Recovery</a></p> <p>7pm <a href="#">Virtual Narcan Training</a></p>	<p>12pm <a href="#">Emotions Anonymous</a></p> <p>6:30pm <a href="#">LIRAs ONE Recovery Mtg</a></p> <p>6:30pm <a href="#">Fellowship Friday</a></p>	<p>12pm <a href="#">Intro To Yoga</a></p> <p>1:30pm <a href="#">Volunteer Orientation</a></p> <p>6pm-8pm <a href="#">Saturday Night Hangout</a></p>
7	8	9	10	11	12	13
<p>6pm <a href="#">Sober Bowl</a> – limited to 25 in-person participants. Please <a href="#">register</a> to reserve you space!</p>	<p>1pm <a href="#">Gratitude in Recovery</a></p> <p>5pm <a href="#">SoberMoms: Unfiltered</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 5"</a></p>	<p>9:30am – 3pm <a href="#">Stand Up For Recovery Day - Viewing Party</a></p> <p>12pm <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>7pm <a href="#">Women's Support Group</a></p>	<p>1pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Stress Management In Recovery</a></p> <p>7pm <a href="#">Cancelled Tonight - Virtual Reiki Energy Healing &amp; Guided Meditation</a></p>	<p>12pm <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>3pm <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>6pm <a href="#">LGBTQ+ in Recovery</a></p> <p>7pm <a href="#">Virtual Narcan Training</a></p>	<p>12pm <a href="#">Emotions Anonymous</a></p> <p>6:30pm <a href="#">LIRAs ONE Recovery Mtg</a></p> <p>6:30pm <a href="#">Fellowship Friday</a></p>	<p>12pm <a href="#">Intro To Yoga</a></p> <p>7pm <a href="#">Saturday Night Hangout</a></p>
14	15	16	17	18	19	20
	<p>1pm <a href="#">Gratitude in Recovery</a></p> <p>5pm <a href="#">SoberMoms: Unfiltered</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 6"</a></p>	<p>12pm <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>7pm <a href="#">Women's Support Group</a></p>	<p>1pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Stress Management In Recovery</a></p> <p>7pm <a href="#">Virtual Reiki Energy Healing &amp; Guided Meditation</a></p>	<p>12pm <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>3pm <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>6pm <a href="#">LGBTQ+ in Recovery</a></p> <p>7pm <a href="#">Virtual Narcan Training</a></p>	<p>12pm <a href="#">Emotions Anonymous</a></p> <p>6:30pm <a href="#">LIRAs ONE Recovery Mtg</a></p> <p>6:30pm <a href="#">Fellowship Friday</a></p>	<p>12pm <a href="#">Intro To Yoga</a></p> <p>6pm <a href="#">Alcoholics Anonymous – Step Meeting</a></p> <p>7pm <a href="#">Saturday Night Hangout</a></p>
21	22	23	24	25	26	27
	<p>1pm <a href="#">Gratitude in Recovery</a></p> <p>5pm <a href="#">SoberMoms: Unfiltered</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 7"</a></p>	<p>12pm <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>6pm <a href="#">Dharma Recovery</a></p> <p>7pm <a href="#">Women's Support Group</a></p>	<p>1pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Stress Management In Recovery</a></p> <p>6pm <a href="#">Nassau Vision Team Meeting</a></p> <p>7pm <a href="#">Virtual Reiki Energy Healing &amp; Guided Meditation</a></p>	<p>12pm <a href="#">Gathering of the Fellowship Meditation Meeting</a></p> <p>3pm <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>6pm <a href="#">LGBTQ+ in Recovery</a></p> <p>7pm <a href="#">Virtual Narcan Training</a></p>	<p>12pm <a href="#">Emotions Anonymous</a></p> <p>6pm-8pm <a href="#">Confidential HIV Testing and Education by Northwell Health</a></p> <p>6:00pm <a href="#">Black History Month Celebration: Panel Discussion</a></p> <p>6:30pm <a href="#">LIRAs ONE Recovery Mtg</a></p>	<p>12pm <a href="#">Intro To Yoga</a></p> <p>6:30pm <a href="#">Alcoholics Anonymous – Step Meeting</a></p> <p>7pm <a href="#">Saturday Night Hangout</a></p>
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Vocational/Resume Writing/Job Readiness Assistance by Appointment. Please call 516-765-7600 to schedule an appointment!

In-Person Groups Highlighted in Green, these are also available on remotely on Zoom. Current Building Capacity - 25 Participants <https://signup.com/group/116356593607>

THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Schedule with one of THRIVE'S Recovery Coaches Today!

## 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: https://us02web.zoom.us/j/83629803428](https://us02web.zoom.us/j/83629803428)

Meeting ID: 836 2980 3428 Dial In By Phone #: +1 646 558 8656

**SoberMoms: Unfiltered:** This is a gathering of mom, mommies and mothers who are in recovery and are looking to find the balance in their life so they can support their own recovery and still be a mother to their children. This is a space where you can say whatever you like with NO judgement from anyone else. This is also a space to realize how being a sober mom is a gift in itself to your children. With this unprecedented year of COVID and school, there has definitely been another layer of stress for moms to be everything to their children when needed. However if you head is not in a good place then how helpful can one truly be. We will meet weekly and have someone speak briefly with a topic given after. BUT to reiterate, you can share whatever you want during your time as it will be key to your own self-care.

[Join Zoom Meeting: https://us02web.zoom.us/j/82423831925](https://us02web.zoom.us/j/82423831925)

Meeting ID: 824 2383 1925 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.

[Join Zoom Meeting: https://zoom.us/j/102090848](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.

[Join Zoom Meeting: https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlazZrRURTWnkwaWJodz09](https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlazZrRURTWnkwaWJodz09)

Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 929 205 6099

## 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 Tuesdays and Thursdays at 12pm in-person at Thrive Nassau or Zoom.

[Join Zoom Meeting: https://zoom.us/j/615516887](https://zoom.us/j/615516887)

Meeting ID: 615 516 887 Dial In By Phone #: +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](https://zoom.us/j/95637050176?pwd=VlIRd1AyQUF1ZHRBWlFBdkVOL1FDdz09)

Meeting ID: 956 3705 0176 Password: 939152 Dial In #: +1-646-558-8656

**Dharma Recovery:** Recovery Dharma is a peer-led movement and community that is unified by our trust in the potential of each of us to recover and find freedom from the suffering of addiction. We believe that recovery means empowerment, and we support each other as partners walking the path of recovery together. Our program uses the Buddhist practices of meditation, self-inquiry, wisdom, compassion, and community as tools for recovery and healing. We believe that recovery is about finding our own inner wisdom and our own path. We believe that the traditional Buddhist teachings, often referred to as the Dharma, offer a powerful approach to healing from addiction and living a life of true freedom.

## WEDNESDAYS

**Virtual Reiki Energy Healing and Guided Meditation:** Have you ever felt stuck in a rut with no explanation? Maybe you are lost in a sea of thoughts and emotions. Are you ready to go FAASH your Self? Together we will take you through a journey of relaxation and healing where you will learn to Find Align Accept Strengthen & Heal your Self. Meditation gives you a chance to identify and acknowledge those things that consume your everyday thoughts. Reiki provides you with the ability to enliven your inner healing energy. Join us every Wednesday at 7pm.

[Join Zoom Meeting: https://us02web.zoom.us/j/88650156821](https://us02web.zoom.us/j/88650156821)

Meeting ID: 886 5015 6821 Dial In By Phone #: 1 646 558 8656

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

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](https://us02web.zoom.us/j/81587601791)

Meeting ID: 815 8760 1791 Dial In By Phone #: +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 6PM

[Join Zoom Meeting: https://zoom.us/j/98986405586?pwd=MHFTWjlzSkRxbVc5RWdNOXZ3WVl4UT09](https://zoom.us/j/98986405586?pwd=MHFTWjlzSkRxbVc5RWdNOXZ3WVl4UT09)

Meeting ID: 989 8640 5586 Password: 439452

Dial In By Phone #: +1 646 558 8656

**Financial Workshop (1st Wednesday 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/86308555173](https://us02web.zoom.us/j/86308555173)

Meeting ID: 863 0855 5173 Dial In By Phone #: +1 646 558 8656

**Vision Team (3<sup>rd</sup> Wednesday monthly):** The Vision Team is also responsible for being a voice for the community THRIVE intends to serve. It is the driving force behind program development and implementation as well as county-focused community outreach and engagement. Vision Teams meet on a monthly basis and as needed when there are special events or specific needs of the community that must be discussed. If you're interested, please join us at our next meeting!

[Join Zoom Meeting: https://us02web.zoom.us/j/85499171155](https://us02web.zoom.us/j/85499171155)

Meeting ID: 854 9917 1155 Dial In By Phone #: +1 646 558 8656

## THURSDAYS

**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 Tuesdays and Thursdays at 12pm in-person at Thrive Nassau or Zoom.

[Join Zoom Meeting: https://zoom.us/j/615516887](https://zoom.us/j/615516887)

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

**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](https://zoom.us/j/442671624)

Meeting ID: 442 671 624 Dial-in#: +1 646 558 8656

**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](https://us02web.zoom.us/j/89409958317)

Meeting ID: 894 0995 8317 Dial In By Phone #: +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](https://us02web.zoom.us/j/82961114063)

Meeting ID: 829 6111 4063 Dial In By Phone #: +1 646 558 8656

**Virtual Narcan Training:** Join us for a 30-min training on how to properly administer Naloxone (Narcan). This training will be offered each Thursday from 7-7:30pm. 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://us02web.zoom.us/j/81059824171](https://us02web.zoom.us/j/81059824171)

Meeting ID: 810 5982 4174 Dial In By Phone #: +1 646 558 8656

## FRIDAYS:

**Emotions Anonymous:** Emotions Anonymous International (EAI) is a nonprofit organization that facilitates the ongoing efforts of an international fellowship of men and women who desire to improve their emotional well-being. EA members come together in weekly meetings for the purpose of working toward recovery from any sort of emotional difficulties. EA members are of diverse ages, races, and economic status, social and educational backgrounds. The only requirement for membership is a desire to become well emotionally.

[Join Zoom Meeting: https://us02web.zoom.us/j/86881869855](https://us02web.zoom.us/j/86881869855)

Meeting ID: 868 8186 9855 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://us02web.zoom.us/j/82796236576](https://us02web.zoom.us/j/82796236576)

Meeting ID: 827 9623 6576 Dial-in By Phone: 929-205-6099

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

**Black History Month Celebration: Panel Discussion:** We invite all to join us on Friday, February 26th at 6pm EST for an important conversation as Thrive Recovery Centers celebrates Black History Month. We are grateful to be joined by voices throughout the recovery, spiritual, and professional communities for a panel discussion available on Zoom or in-person at either of our locations.

[Join Zoom Meeting: https://us02web.zoom.us/j/81795447128](https://us02web.zoom.us/j/81795447128)

Meeting ID: 817 9544 7128 Dial-in#: +1 646 558 8656

## SATURDAYS

**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](https://us02web.zoom.us/j/85395396142)

Meeting ID: 853 9539 6142 Dial-in#: +1 646 558 8656

**Alcoholics Anonymous: Open Step Meeting** - "Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."

**Volunteer Orientation (monthly):** A forum for prospective 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](https://zoom.us/j/86340083262)

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

**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.