

MAY 2021 Thrive Nassau Calendar

For our most current information/updates, please visit 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
<p>Vocational/Resume Writing/Job Readiness Assistance by Appointment. Please call 516-765-7600 to schedule an appointment!</p>		<p>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey.</p> <p>Schedule with one of THRIVE'S Recovery Coaches Today!</p>				<p>12pm Intro To Yoga 1:30pm Volunteer Orientation 6:30pm Alcoholics Anonymous – Step Meeting 6pm-8pm Saturday Night Hangout</p>
2	3	4	5	6	7	8
	<p>1pm Gratitude in Recovery 2pm-5pm Quiet Time – Study/School/Step/Reading Hours 7pm FIST Family Hope Support Group 7pm Healing & Resiliency Through Herbalism 8pm Emotional Sobriety</p>	<p>10am Your FICO Score & Why It Matters 12pm Lunchtime Meditation Meeting 7pm Women's Support Group</p>	<p>2pm-5pm Quiet/Study Time 6pm Financial Workshop 6pm Stress Management In Recovery 7pm Reiki Energy Healing & Guided Meditation</p>	<p>12pm Lunchtime Meditation Meeting 3pm G.Y.S.T. for Today "Early Recovery" 6pm LGBTQ+ in Recovery 7pm Virtual Narcan Training</p>	<p>5:30pm Community Re-integration Peer Support Group 6pm Fellowship Friday – Creative Crafting 6:30pm LIRAs ONE Recovery Mtg</p>	<p>12pm Intro To Yoga 6:30pm Alcoholics Anonymous – Step Meeting 6pm-8pm Saturday Night Hangout</p>
9	10	11	12	13	14	15
	<p>1pm Gratitude in Recovery 2pm-5pm Quiet Time – Study/School/Step/Reading Hours 7pm FIST Family Hope Support Group 7pm Healing & Resiliency Through Herbalism 8pm Emotional Sobriety</p>	<p>10am Your FICO Score & Why It Matters 12pm Lunchtime Meditation Meeting 6:30pm Thrive University Peer Development 7pm Women's Support Group</p>	<p>2pm-5pm Quiet Time – Study/School/Step/Reading Hours 6pm Stress Management In Recovery 7pm Reiki Energy Healing & Guided Meditation</p>	<p>12pm Lunchtime Meditation Meeting 3pm G.Y.S.T. for Today "Early Recovery" 6pm LGBTQ+ in Recovery 7pm Virtual Narcan Training</p>	<p>5:30pm Community Re-integration Peer Support Group 6pm Mental Health Awareness Month – Movie Screening and Discussion – "Silver Linings Playbook" 6:30pm LIRAs ONE Recovery Mtg</p>	<p>12pm Intro To Yoga 2pm Unification Fitness 3pm Sit N Dance Workshop 6:30pm Alcoholics Anonymous – Step Meeting 6pm-8pm Saturday Night Hangout</p>
16	17	18	19	20	21	22
	<p>1pm Gratitude in Recovery 2pm-5pm Quiet Time – Study/School/Step/Reading Hours 6pm Paying For College 7pm FIST Family Hope Support Group 7pm Healing & Resiliency Through Herbalism 8pm Emotional Sobriety</p>	<p>10am Your FICO Score & Why It Matters 12pm Lunchtime Meditation Meeting 6:30pm Thrive University Peer Development 7pm Women's Support Group</p>	<p>2pm-5pm Quiet Time – Study/School/Step/Reading Hours 6pm Stress Management In Recovery 7pm Reiki Energy Healing & Guided Meditation</p>	<p>12pm Lunchtime Meditation Meeting 3pm G.Y.S.T. for Today "Early Recovery" 6pm LGBTQ+ in Recovery 7pm Virtual Narcan Training</p>	<p>5:30pm Community Re-integration Peer Support Group 6pm Fellowship Friday – Voices of Empowerment – Open Mic Night 6:30pm LIRAs ONE Recovery Mtg</p>	<p>10:30am – 5:30pm Spring Wellness Retreat 6:30pm Alcoholics Anonymous – Step Meeting 6pm-8pm Saturday Night Hangout</p>
23/30	24/31	25	26	27	28	29
	<p>1pm Gratitude in Recovery 2pm-5pm Quiet Time – Study/School/Step/Reading Hours 7pm FIST Family Hope Support Group 7pm Healing & Resiliency Through Herbalism 8pm Emotional Sobriety</p>	<p>10am Your FICO Score & Why It Matters 12pm Lunchtime Meditation Meeting 6:30pm Thrive University Peer Development 7pm Women's Support Group</p>	<p>2pm-5pm Quiet Time 6pm Stress Management In Recovery 6pm Nassau Vision Team Meeting 7pm Reiki Energy Healing & Guided Meditation</p>	<p>12pm Lunchtime Meditation Meeting 3pm G.Y.S.T. for Today "Early Recovery" 6pm LGBTQ+ in Recovery 7pm Virtual Narcan Training</p>	<p>12pm Emotions Anonymous 5:30pm Community Re-integration Peer Support Group 6pm Fellowship Friday – Arcade Basketball Tournament! 6:30pm LIRAs ONE Recovery Mtg</p>	<p>12pm Intro To Yoga 6:30pm Alcoholics Anonymous – Step Meeting 6pm-8pm Saturday Night Hangout</p>

You can also follow us on Facebook @ <https://www.facebook.com/THRIVRecovery/> & 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: <https://us02web.zoom.us/j/83629803428>

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

Quiet Time (Mondays and Wednesdays): Are you looking for a quiet space that won't have any distractions? Join us at Thrive Nassau on Mondays and Wednesdays between 2PM-5PM for our "Quiet Time". This is designated time for:

-Studying, course work, step-work, reading, journaling, projects, resume building, zoom meetings, etc.

-Community computer and printer access

-Recovery Coach Peers available to meet individually.

Paying For College Workshop (3rd Monday):

- Deciding what you want to study

- Deciding where you want to study

- What does college cost? How are expenses calculated?

- Paying for your choice

Zoom Meeting Link: <https://us02web.zoom.us/j/81822168643>

Zoom Meeting ID: 818 2216 8643 **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>

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=MDBGQnNkdDhIazZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845

Password: 767066

Dial In #: +1 929 205 6099

TUESDAYS:

Your FICO Score & Why It Matters: Take the first steps in becoming financially literate by understanding what a FICO score is, what affects it, and how to improve it

Zoom Link: <https://us02web.zoom.us/j/5449797565>

Meeting ID: 544 979 7565 **Dial In #:** +1 929 205 6099

Lunchtime Meditation Meetings (Tues/Thurs): 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>

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=VlIRd1AvQUF1ZHRBWFIBdkVOL1FDdDz09>

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

WEDNESDAYS

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>

Meeting ID: 886 5015 6821 **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=MHFTWjZSkRxbVc5RWdNOXZ3WWI4UT09>

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>

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

Vision Team (4th 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>

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

THURSDAYS

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#:** +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 #:** +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>

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>

Meeting ID: 868 8186 9855 **Dial In By Phone #:** +1 646 558 8656

Community Re-integration and Support: After detox, rehab, treatment or 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 talk about the challenges of re-entry and find support from people going through the same things.

Join Zoom Meeting: <https://us02web.zoom.us/j/83349989578>

Meeting ID: 833 4998 9578 **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>

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!

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>

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."

Unification Fitness (3rd Sat): Reconnecting Body, Soul and Mind. Format of the Session: Basic Fitness. Decompress and become part of unifying energy driven movement by way of movement, music and loads of laughter!!!

Join Zoom Meeting: <https://us02web.zoom.us/j/82887706831>

Meeting ID: 828 8770 6831 **Dial In By Phone #:** +1 646 558 8656

Sit N' Dance (3rd Sat): A program that provides individuals with a group dance experience. Participants are seated in chairs, wheelchairs or even on stretchers, arranged in a circle. Simple, easy to follow dance movements are taught based on polkas, two-steps, jazz dances, waltzes and many other traditional dance forms. These are demonstrated by the instructor and imitated by the group. No previous dance experience is needed for the program, just a desire to have fun!

Join Zoom Meeting: <https://us02web.zoom.us/j/89723663345>

Meeting ID: 897 2366 3345 **Dial In By Phone #:** +1 646 558 8656

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>

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.