

NOVEMBER 2020 Thrive Nassau Calendar

For our most current information/updates, please visit www.ThriveLL.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: HYBRID (IN-PERSON & ZOOM) BLUE: ZOOM (ONLINE 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	7
	1pm Gratitude in Recovery 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 11"	12pm Gathering of the Fellowship Meditation Meeting 7pm Women's Support Group	12pm Recovery Support Group 1pm Virtual Office Hours 2pm Parenting Group 6pm Stress Management In Recovery	3pm G.Y.S.T. for Today "Early Recovery" 6pm Got Defects? 6pm LGBTQ+ in Recovery	5:30pm Community Re-integration and Support 6:30pm LIRAs ONE Recovery Meeting 6:30pm Fellowship Friday	12pm Intro To Yoga 1:30pm Volunteer Orientation 6pm-8pm Saturday Night Hangout
8	9	10	11	12	13	14
	1pm Gratitude in Recovery 6pm Financial Workshop 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 12"	12pm Gathering of the Fellowship Meditation Meeting 7pm Women's Support Group	12pm Recovery Support Group 1pm Virtual Office Hours 2pm Parenting Group 6pm Stress Management In Recovery	3pm G.Y.S.T. for Today "Early Recovery" 6pm Got Defects? 6pm LGBTQ+ in Recovery	5:30pm Community Re-integration and Support 6:30pm LIRAs ONE Recovery Meeting 6:30pm Fellowship Friday	12pm Intro To Yoga 2pm – 4pm HIV Testing and Educational Presentation by Northwell Health 6pm-8pm Sat Night Hangout
15	16	17	18	19	20	21
	1pm Gratitude in Recovery 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 1"	12pm Gathering of the Fellowship Meditation Meeting 7pm Women's Support Group	12pm Recovery Support Group 1pm Virtual Office Hours 2pm Parenting Group 6pm Stress Management In Recovery	12pm Gathering of the Fellowship Meditation Meeting 3pm G.Y.S.T. for Today "Early Recovery" 6pm Got Defects? 6pm LGBTQ+ in Recovery 7:30pm Wharf Rats / Yellow Balloon	5:30pm Community Re-integration and Support 6:30pm LIRAs ONE Recovery Meeting 6:30pm Fellowship Friday 8pm Voices of Empowerment	12pm Intro To Yoga 6pm-8pm Saturday Night Hangout
22	23	24	25	26	27	28
	1pm Gratitude in Recovery 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 2"	12pm Gathering of the Fellowship Meditation Meeting 1pm-3pm Community Healing Circle (FCA) 7pm Women's Support Group	12pm Recovery Support Group 1pm Virtual Office Hours 2pm Parenting Group 6pm Stress Management In Recovery 7pm-9pm A Night of Gratitude – Holiday Recovery Gathering	Modified Hours 12pm-3pm Happy Thanksgiving 1:30pm LIRA's One Recovery, Gratitude Pitch Meeting	5:30pm Community Re-integration and Support 6:30pm LIRAs ONE Recovery Meeting 6:30pm Fellowship Friday	12pm Intro To Yoga 6pm-8pm Saturday Night Hangout
29	30					
	1pm Gratitude in Recovery 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 3"					

In-Person Gatherings for Select Groups
(By Registration Only)
 Sign up on
<https://signup.com/group/116356593607>

THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey.
(In-Person By Appointment)
 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>
Meeting ID: 836 2980 3428 **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.

Join Zoom Meeting:
<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhIazZrURJTWnkwaWJodzO9>
Meeting ID: 917 756 5845 **Password:** 767066
Dial In #: +1 929 205 6099

Financial Workshop (2nd Monday 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 #:** +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 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=VlIRd1AyQUF1ZHRBWlFBdkVOL1FDdzO9>
Meeting ID: 956 3705 0176 **Password:** 939152
Dial In By Phone #: +1 646 558 8656

WEDNESDAYS

Parenting Group: Current life events have dramatically changed our traditional parenting roles and have challenged our family routines and dynamics. How do you sort this out, while maintaining effective, positive relationships?. The group explores how family concerns can be developed into positive methods of personal interaction.

Join Zoom Meeting: <https://us02web.zoom.us/j/83836843395>
Meeting ID: 838 3684 3395 **Dial In #:** +1 646 558 8656 US (New York)

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 #:** +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 #:** +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=MHFTWjZSkRxbVc5RWdNOXZ3WWl4UT09>
Meeting ID: 989 8640 5586 **Password:** 439452
Dial In By Phone #: +1 646 558 8656

Thanksgiving Eve A Night of Gratitude: Join us on November 25th from 7 - 9pm at Thrive in Westbury for a special evening of gratitude, thankfulness, and appreciation! Come experience our Gratitude Circle Meeting, fun recovery activities/games and lots of fellowship before the Thanksgiving holiday. Abiding by our current health and safety protocols, we are limited to 25 individuals joining us in-person. So please reserve your spot today! <https://signup.com/go/ZMmDpBj>

Join Zoom Meeting: <https://us02web.zoom.us/j/88415839558>
Meeting ID: 884 1583 9558 **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>
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>
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>
Meeting ID: 894 0995 8317 **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 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

FRIDAYS:

Community Re-integration and Support: After 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 Fridays at 5:30PM to 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/8334989578>
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

Secured meeting - For registration and access please email:
admin@lirany.org

Fellowship Friday – 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!

Voices Of Empowerment (3rd Friday 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:** +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>
Meeting ID: 853 9539 6142 **Dial-in#:** +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. Bring your own gaming systems and games or use ours (Xbox, PS4 and SNES).