

# SEPTEMBER 2023 THRIVE Suffolk Calendar

For our most current information/updates, please visit [www.THRIVELI.org](http://www.THRIVELI.org)  
**KEY:** GREEN- IN-PERSON & ON ZOOM ORANGE- IN-PERSON ONLY BLUE- ZOOM ONLY PURPLE- SPECIAL EVENTS  
[Back of calendar contains group descriptions and online meeting links](#)



1324 Motor Parkway, Suite 102, Hauppauge, NY 11749  
 631-822-3396

Mon: 12pm – 6pm Tues-Thurs: 12pm – 8pm  
 Fri: 1pm – 9pm Sat: 1pm - 9pm Sun: 10am – 6pm

Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Schedule with one of THRIVE'S Recovery Coaches today!</b></p> <p><b>September is National Recovery Month – to celebrate THRIVE is sponsoring and/or hosting several community-based events. Transportation can be arranged.</b>                      Sept 9<sup>th</sup> – Wellness Walk for Recovery, Huntington 11am-2pm                      Sept 24<sup>th</sup> – Recovery Wellness Retreat, Bayport 9am-5pm                      Sept 30<sup>th</sup> – LI United Walk for Recovery, Massapequa 10am-2pm</p>						
3	4	5	6	7	8	9
<p><b>Labor Day</b></p> <p>10:30am <a href="#">Feel Good Yoga-Easy Flow</a>                      12pm <a href="#">Tai Chi Gung</a> *Call to Register                      1pm <a href="#">Crafting</a>                      2pm <a href="#">Recovery Playlist Group</a>                      3pm <a href="#">Afternoon Movie</a></p>	<p><b>Modified Hours: 1:00pm – 3:00pm</b></p> <p>8pm <a href="#">Emotional Sobriety</a></p>	<p>2pm <a href="#">Quiet Time</a>                      5pm <a href="#">Women's Support Group</a>                      7pm <a href="#">Al-Anon Meeting</a>                      7pm <a href="#">AA Meeting</a>                      7pm <a href="#">THRIVE University</a></p>	<p>2pm <a href="#">Parenting Group</a>                      6pm <a href="#">Men's Support Group</a>                      7:15pm <a href="#">Narcotics Anonymous</a></p>	<p>6pm <a href="#">Recovery Dharma</a>                      7pm <a href="#">Virtual Narcan Training</a>                      7pm <a href="#">FIST Family Support Group</a>                      7:30pm <a href="#">HA: Pride Meeting</a>                      8pm <a href="#">Matching Calamity with Serenity</a></p>	<p>5pm <a href="#">Dual Recovery</a>                      7pm <a href="#">Voices of Empowerment</a></p> <p>5pm <a href="#">Dual Recovery</a>                      6:30pm <a href="#">Vision Team Meeting</a>                      7pm <a href="#">Community Living Group</a></p>	<p>2pm <a href="#">HA: Women's Meeting</a>                      3pm <a href="#">Codependents &amp; 12 Steps</a>                      4:30pm <a href="#">Emotions Anonymous</a>                      6pm <a href="#">Gathering of the Fellowship</a>                      7:30pm <a href="#">LIRA One Recovery Meeting</a></p>
10	11	12	13	14	15	16
<p>10:30am <a href="#">Feel Good Yoga-Easy Flow</a>                      12pm <a href="#">Tai Chi Gung</a> *Call to Register                      1pm <a href="#">Crafting</a>                      2pm <a href="#">Recovery Playlist Group</a>                      3pm <a href="#">Afternoon Movie</a></p>	<p>8pm <a href="#">Emotional Sobriety</a></p>	<p>2pm <a href="#">Quiet Time</a>                      5pm <a href="#">Women's Support Group</a>                      7pm <a href="#">Al-Anon Meeting</a>                      7pm <a href="#">AA Meeting</a></p>	<p>2pm <a href="#">Parenting Group</a>                      6pm <a href="#">Men's Support Group</a>                      7:15pm <a href="#">Narcotics Anonymous</a></p>	<p><b>Staff Training – THRIVE Suffolk Open 7pm – 9pm</b></p> <p>7pm <a href="#">FIST Family Support Group</a>                      7:30pm <a href="#">HA: Pride Meeting</a>                      8pm <a href="#">Matching Calamity with Serenity</a></p>	<p>5pm <a href="#">Dual Recovery</a>                      6:30pm <a href="#">Volunteer Appreciation Night</a></p>	<p>2pm <a href="#">HA: Women's Meeting</a>                      3pm <a href="#">Codependents &amp; 12 Steps</a>                      4:30pm <a href="#">Emotions Anonymous</a>                      6pm <a href="#">Gathering of the Fellowship</a>                      7:30pm <a href="#">LIRA One Recovery Meeting</a></p>
17	18	19	20	21	22	23
<p>10:30am <a href="#">Feel Good Yoga-Easy Flow</a>                      12pm <a href="#">Tai Chi Gung</a> *Call to Register                      1pm <a href="#">Crafting</a>                      2pm <a href="#">Ping Pong Tournament</a></p>	<p>8pm <a href="#">Emotional Sobriety</a></p>	<p>2pm <a href="#">Quiet Time</a>                      5pm <a href="#">Women's Support Group</a>                      7pm <a href="#">Al-Anon Meeting</a>                      7pm <a href="#">AA Meeting</a></p>	<p>2pm <a href="#">Parenting Group</a>                      6pm <a href="#">Men's Support Group</a>                      7:15pm <a href="#">Narcotics Anonymous</a></p>	<p>6pm <a href="#">Recovery Dharma</a>                      7pm <a href="#">Virtual Narcan Training</a>                      7pm <a href="#">FIST Family Support Group</a>                      7:30pm <a href="#">HA: Pride Meeting</a>                      8pm <a href="#">Matching Calamity with Serenity</a></p>	<p>5pm <a href="#">Dual Recovery</a>                      6:30pm <a href="#">Narcan Training</a>                      7pm <a href="#">Jeopardy</a>                      7:30pm <a href="#">Comfort Therapy Dogs</a></p>	<p>2pm <a href="#">HA: Women's Meeting</a>                      3pm <a href="#">Codependents &amp; 12 Steps</a>                      4:30pm <a href="#">Emotions Anonymous</a>                      6pm <a href="#">Gathering of the Fellowship</a>                      7:30pm <a href="#">LIRA One Recovery Meeting</a></p>
24	25	26	27	28	29	30
<p><b>THRIVE Suffolk Closed</b></p> <p>9am-5pm <a href="#">Recovery Month Wellness Retreat @ Camp Edey, Bayport</a></p>	<p>7pm <a href="#">LIRA Peer Learning Collaborative</a>                      8pm <a href="#">Emotional Sobriety</a></p>	<p>2pm <a href="#">Quiet Time</a>                      5pm <a href="#">Women's Support Group</a>                      7pm <a href="#">Al-Anon Meeting</a>                      7pm <a href="#">AA Meeting</a></p>	<p>2pm <a href="#">Parenting Group</a>                      6pm <a href="#">Men's Support Group</a>                      7:15pm <a href="#">Narcotics Anonymous</a></p>	<p>6pm <a href="#">Recovery Dharma</a>                      7pm <a href="#">Virtual Narcan Training</a>                      7pm <a href="#">FIST Family Support Group</a>                      7:30pm <a href="#">HA: Pride Meeting</a>                      8pm <a href="#">Matching Calamity with Serenity</a></p>	<p>5pm <a href="#">Dual Recovery</a>                      7pm <a href="#">Volunteer Meeting</a>                      7:30pm <a href="#">Karaoke Night</a>                      7:30pm <a href="#">Comfort Therapy Dogs</a></p>	<p>2pm <a href="#">HA: Women's Meeting</a>                      3pm <a href="#">Codependents &amp; 12 Steps</a>                      4:30pm <a href="#">Emotions Anonymous</a>                      6pm <a href="#">Gathering of the Fellowship</a>                      7:30pm <a href="#">LIRA One Recovery Meeting</a></p>

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

## MONDAY

**Emotional Sobriety: Zoom Only.** 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 relapse from addiction.

Join Zoom Meeting:

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlazZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 929 205 6099 US (New York)

**LIRA Peer Learning Collaborative:** Long Island Recovery Association (LIRA) hosts a monthly Peer Learning Collaborative (PLC) open to individuals they have trained as recovery coaches. The group focuses on continuing professional development with trainings in addition to presentations from community providers. Last Monday of each month. **Zoom Only**

If you are interested in attending, please send an email to [admin@liranv.org](mailto:admin@liranv.org) and they will send you the Zoom meeting access information.

## TUESDAY

**Quiet Time:** This time is designated for resume writing, studying, step-work, reading, journaling, etc. (2pm - 5pm)

**Women's Support Group:** A weekly topic meeting that gathers to discuss, learn, and share all things women's issues related. Recovery-friendly group. In-person at THRIVE Suffolk and on Zoom

Join Zoom Meeting: <https://us02web.zoom.us/j/87330672236>

Meeting ID: 873 3067 2236 Dial In #: +1 646 558 8656 US (New York)

**Al-Anon:** Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether the alcoholic admits the existence of a drinking problem or seeks help. In-person and on Zoom.

Zoom Meeting ID: 850 3627 4610

**Alcoholics Anonymous:** "Alcoholics Anonymous is a fellowship of people 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."

**THRIVE University – Peer Development Education and Training:** THRIVE University will be providing FREE education and training for Certified Recovery Peer Advocates who are new to and/or working in the field. Our experienced team of professionals will be developing trainings based on feedback from those in the field and the community partners we work with.

Meeting ID: 876 9134 7644 Dial In #: +1 646 558 8656

## WEDNESDAY

**Parenting Group:** Life events can dramatically change our parenting roles and 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/82632141685>

Meeting ID: 826 3214 1685 Dial In #: +1 646 558 8656 US (New York)

**Men's Support Group:** A weekly discussion group about being a man as it relates to life today, covering all topics (sobriety, codependency, gender roles, etc)

Join Zoom Meeting: <https://us02web.zoom.us/j/82010465743>

Meeting ID: 820 1046 5743 Dial In #: +1 646 558 8656 US (New York)

**Narcotics Anonymous:** "NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clear. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our

program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work."

Meeting ID: 841 7534 9356 Passcode: Hope2cu

## THURSDAY

**Recovery Dharma:** Recovery Dharma offers an approach to recovery based on Buddhist principles. Our program is peer-led and non-theistic. We welcome all those who wish to pursue recovery as part of our community.

**Virtual Narcan Training:** A 30-min training on how to properly administer Naloxone (Narcan). Narcan is a medication designed to rapidly reverse opioid overdose. It can quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing on heroin or prescription opioid pain medications.

Join Zoom Meeting – <https://us02web.zoom.us/j/81059824171>

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

**FIST Family Support Group:** "Families helping Families". We understand having someone you love that has been impacted by addiction is often overwhelming. The family needs to embark on their own road to recovery.

Join Zoom Meeting: <https://zoom.us/j/625780032>

Meeting ID: 625 780 032 Password: 997189 Dial In #: +1 646 558 8656 US (New York)

**HA (Heroin Anonymous): Pride Meeting:** "Heroin Anonymous (HA) is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from addiction. The only requirement for membership is a desire to stop suffering from addiction. There are no dues or fees for membership; we are self-supporting through our own contributions. H.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 addicts to achieve sobriety." **\*LGBTQ+ Friendly. Allies Welcome\***

Join Zoom Meeting: <https://us02web.zoom.us/j/4441387459>

Meeting ID: 444 138 7459

**Matching Calamity with Serenity: Using the 12 Steps to Manage Anxiety in**

**Challenging Times:** The discussion will focus on problems or worries that are suggested by the group as topics. The facilitator will demonstrate how to use the 12 steps to uncover the underlying thinking that contributes to increased anxiety and offer suggestions for how to change it.

Join Zoom Meeting:

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlazZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 646 558 8656

## FRIDAY

**Dual Recovery:** Are you someone in recovery who also has been diagnosed with a mental illness (mood disorder, schizoaffective/schizophrenic, etc.) The purpose of this group is to educate and express ourselves about our diagnosis, and how it interacts with addiction and dependency.

Join Zoom Meeting: <https://zoom.us/j/89583611300>

Meeting ID: 895 8361 1300 Dial In #: +1 646 558 8656

**Narcan Training:** An in-person training on how to properly administer Naloxone (Narcan). Narcan is a medication designed to rapidly reverse opioid overdose.

**Voices of Empowerment:** Join us on the first Friday of each month for our monthly open mic event dedicated to self-expression in a supportive community.

**Comfort Therapy Dogs (Last 2 Fridays):** Trained certified therapy dogs to help aid healing through Comfort Therapy. **No outside pets or animals please.**

**Community Living Group:** A monthly discussion about how to cope with challenges we may face while living in sober housing, community residences or long-term in-patient programs.

**Volunteer Appreciation Night:** Join us while we honor and celebrate our volunteers! In-person only.

**Vision Team Meeting:** THRIVE's programming is driven by the community, and the Vision Team is an opportunity for you to share what you think the recovery community at THRIVE needs!

Join Zoom Meeting: <https://us02web.zoom.us/j/85710745465>

Meeting ID: 857 1074 5465

**Volunteer Meeting:** This meeting is for anyone interested in learning about our volunteer opportunities and/or active volunteers.

Join Zoom Meeting: <https://us02web.zoom.us/j/89486589123>

Meeting ID: 894 8658 9123 Dial In #: +1 646 558 8656

## SATURDAY

**HA (Heroin Anonymous): Women's Meeting:** "Heroin Anonymous (HA) is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from addiction. The only requirement for membership is a desire to stop suffering from addiction. There are no dues or fees for membership; we are self-supporting through our own contributions. H.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 addicts to achieve sobriety." Meeting ID: 444 138 7459

**Codependents' Guide to the 12 Steps:** "Codependency is a powerful force. So is denial, and the ability to ignore what is before our eyes. What's there has the power to hurt, especially when we feel helpless, vulnerable, frightened and ashamed by it all." That comes from the book, "Codependents' Guide to the 12 Steps" by Melody Beattie. If you think you are codependent, this workshop will help.

Join Zoom Meeting: <https://zoom.us/j/86880998899>

Meeting ID: 868 8099 8899 Dial In By Phone #: +1 646 558 8656 US (New York)

**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/87185878756>

Meeting ID: 871 8587 8756

**Gathering of the Fellowship:** This is a non-judgmental and supportive group that holds space to discuss topics of life, explore spirituality and to share our own experience, strengths, vulnerabilities and growth. Namaste!

Join Zoom Meeting: <https://zoom.us/j/536124477>

Meeting ID: 536 124 477 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..

Join Zoom Meeting: <https://zoom.us/j/697132967>

Meeting ID: 697 132 967 Dial In #: +1 646 558 8656

## SUNDAY

**Feel Good Yoga – Easy Flow:** A certified yoga instructor will lead a group focused on beginner's movement and supporting your recovery.

**Tai Chi Gung:** Learn the ancient system of tai chi gung, dating back over 3,000 years. Tai Chi Gung combines slow, deliberate movements, meditation, and breathing exercises.

**\*Please call us to register\***

Join Zoom Meeting: <https://us02web.zoom.us/j/81547149064>

Meeting ID: 815 4714 9064

**Recovery Playlist Group:** Music is one of the best motivational tools you can use to stay focused on recovery. Join us as we build and discuss a new Recovery Playlist together every week.

Join Zoom Meeting: <https://us02web.zoom.us/j/81115158549>

Meeting ID: 811 1515 8549 Dial In #: +1 646 558 8656