

May 2023 THRIVE Nassau Calendar

For our most current information/updates, please visit www.ThriveLI.org

KEY: **GREEN – IN-PERSON & ZOOM** **ORANGE – IN-PERSON ONLY** **BLUE - ZOOM ONLY**
PURPLE – COMMUNITY EVENT

Back of calendar contains group descriptions and online meeting links!



1025 Old Country Road, Suite 400, Westbury, NY 11590
 USE ENTRANCE CORNER OF BOND STREET & OLD COUNTRY RD

Phone: 516-765-7600
Monday-Friday: 12pm - 8pm
Saturday: 2pm-10pm
Sunday: Building Closed

Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	2pm-5pm Quiet Time Canceled Tonight 6:30pm Sound Meditation 7pm FIST Family Support Group 8pm Emotional Sobriety	5:30pm Intro To Yoga 7pm Marijuana Anonymous	12:30pm Alcoholics Anonymous 1:30pm Women's Self-Care & Wellness 2pm-5pm Quiet Time 4pm-6pm Community Gardening @ St. Francis, Bellmore **Zoom Only** 7pm Reiki Energy Healing Canceled Tonight 7pm LGBTQIA+ Support Group	12:30pm Mindful Meditation 12pm-3pm Tutoring 6pm-7pm Social Hour @ The Cup (registration required 516-434-8397) 7pm The Human Connection Circle 7pm Narcan Training	5:30pm Art Expression Fridays 6:30pm LIRA ONE Recovery 6:30pm Tai Chi Gung 6:30pm Creative Journaling	2pm-7pm Overeaters Anonymous: Newcomer Open House - Special Event 2:15pm Overeaters Anonymous - Beginners Writing Meeting 2:30pm Recovery Dharma 4pm OA - Body Image Book and the OA Third Edition 8pm NA- Narcotics Anonymous
7	8	Fentanyl Awareness Day 9	10	11	12	13
	2pm-5pm Quiet Time 6:30pm Sound Meditation 7pm FIST Family Support Group 8pm Emotional Sobriety	5:30pm Intro To Yoga 7pm Marijuana Anonymous 7pm Warf Rats 7pm THRIVE University – Emotional Intelligence	12:30pm Alcoholics Anonymous 1:30pm Women's Self-Care & Wellness 2pm-5pm Quiet Time 7pm Reiki Energy Healing	12:30pm Mindful Meditation 12pm-3pm Tutoring 6pm-7pm Social Hour @ The Cup (registration required 516-434-8397) 7pm The Human Connection Circle 7pm Narcan Training	5:30pm Art Expression Fridays 6:30pm LIRA ONE Recovery 6:30pm Tai Chi Gung 6:30pm Creative Journaling	10am THRIVE Hike @ Norman J Levy Preserve 2:15pm Overeaters Anonymous - Beginners Writing Meeting 2:30pm Recovery Dharma 4pm OA - Body Image Book and the OA Third Edition 8pm NA- Narcotics Anonymous
14	15	16	17	18	19	20
HAPPY MOTHER'S DAY!!!	2pm-5pm Quiet Time 6:30pm Sound Meditation 7pm FIST Family Support Group 8pm Emotional Sobriety	5:30pm Intro To Yoga 7pm Marijuana Anonymous	12:30pm Alcoholics Anonymous 1:30pm Women's Self-Care & Wellness 4pm-6pm Community Gardening @ St. Francis, Bellmore 2pm-5pm Quiet Time 7pm Reiki Energy Healing 7pm LGBTQIA+ Support Group	12:30pm Mindful Meditation 12pm-3pm Tutoring 6pm-7pm Social Hour @ The Cup (registration required 516-434-8397) 6:30pm-8pm "She Recovers Everyday" – Author Book Reading & Q/A	5:30pm Art Expression 6:30pm LIRA ONE Recovery Mtg 6:30pm Tai Chi Gung 6:30pm Creative Journaling	2:15pm OA- Beginners Meeting 2:30pm Recovery Dharma 4pm OA - Body Image Book and the OA Third Edition 6pm Men's Support Group 8pm NA- Narcotics Anonymous
21	22	23	24	25	26	27
	2pm-5pm Quiet Time 6:30pm Sound Meditation 7pm FIST Family Support Group 8pm Emotional Sobriety	5:30pm Intro To Yoga 7pm Marijuana Anonymous	12:30pm Alcoholics Anonymous 1:30pm Women's Self-Care & Wellness 2pm-5pm Quiet Time 7pm Reiki Energy Healing	12:30pm Mindful Meditation 12pm-3pm Tutoring 6pm-7pm Social Hour @ The Cup (registration required 516-434-8397) 6pm Volunteer Orientation 7pm The Human Connection Circle 7pm Narcan Training	5:30pm Art Expression Fridays 6:30pm LIRA ONE Recovery 6:30pm Tai Chi Gung 7pm-9pm Community Living Group	2:15pm Overeaters Anonymous - Beginners Writing Meeting 2:30pm Recovery Dharma 4pm OA - Body Image Book and the OA Third Edition 6pm Men's Support Group 8pm NA- Narcotics Anonymous
28	Memorial Day 29	30	31			
	2pm-5pm Quiet Time 6:30pm Sound Meditation 7pm FIST Family Support Group 8pm Emotional Sobriety	5:30pm Intro To Yoga 7pm Marijuana Anonymous	12:30pm Alcoholics Anonymous 1:30pm Women's Self-Care & Wellness 2pm-5pm Quiet Time 7pm Reiki Energy Healing 7pm LGBTQIA+ Support Group			THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Call us 516-765-7600 To schedule with one of THRIVE'S Recovery Coaches.

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

MONDAYS:

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.

Sound Meditation: Himalayan sound bowls, gongs and other instruments performed by Vibrational Sound Works. Every Monday at 6:30pm at THRIVE Nassau

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

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=MDBGQnNDbDhlazZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845

Password: 767066

Dial In #: +1 929 205 6099

TUESDAYS:

Intro to Yoga: Join us in-person each Tuesday evening for a 6pm 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

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.

Join Zoom Meeting: <https://us02web.zoom.us/j/87691347644>

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

Wharf Rats (2nd Tuesday monthly): The Wharf Rats are a well-established group of concert-goers who have chosen to live alcohol- and drug-free. They define themselves as "a group of friends sharing a common bond, providing support, information, and hope in a rather slippery environment."

Marijuana Anonymous: A fellowship of people who share our experience, strength, and hope to solve our common problem and help others to recover from marijuana addiction.

WEDNESDAYS

Alcoholics Anonymous: Open Discussion - "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."

Women's Self-Care & Wellness: Join us for a time of healing, sharing, and empowerment in a safe, judgement-free environment. Wednesdays at 1:30pm at THRIVE Nassau.

Community Gardening @ St. Francis Church, Bellmore: Are you interested in Gardening? Join us for a hands-on Gardening Group at the Garden at St. Francis. No gardening experience is required! Gardening gloves and tools will be provided. Location: 1692 Bellmore Ave, North Bellmore NY 11710

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 Zoom Meeting: <https://us02web.zoom.us/j/88650156821>

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

LGBTQIA+ Support Group (1st and 3rd Wednesdays): A safe place for all those within the LGBTQIA+ community to come together, share, listen, and support in a nonjudgmental and respectful space.

Join Zoom Meeting: <https://us02web.zoom.us/j/82961114063>

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

THURSDAYS

Mindful Meditation: Please join us Thursdays at 12:30pm in-person at Thrive Nassau or Zoom for a 30-minute guided meditation. A great way to distress and refocus.

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

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

Tutoring: Do you have homework trouble? Test questions? Do you need help studying? Get FREE tutoring at THRIVE Nassau. Any Subject! Ages 18+ are all welcome. Call to reserve your timeslot today! 516-765-7600

The Human Connection Circle: A safe place for all to meet, share, and listen from a place of inclusiveness, curiosity, and non-judgement.

Join Zoom Meeting: <https://us02web.zoom.us/j/82961114063>

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

Narcan Training: Join us for a 45-min training on how to properly administer Naloxone (Narcan). This training will be offered each Thursday from 7-7:45pm both in-person at THRIVE Nassau and remotely via Zoom. 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

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 #:** +1 646 558 865

FRIDAYS:

Art Expression Fridays: Join us for a night of drawing, painting, and bracelet beading as well as other kinds of art and creative expression. A method of stress management.

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. Held each Friday at 6:30pm.

Creative Journaling: Exploring different ways to journal through prompts and styles, we'll spend an hour delving into ourselves through creative means. Each week a new prompt and style will be explored to combat those times we don't know what to write. Come for the creativity; leave with self-discovery.

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/85120004598>

Meeting ID: 851 2000 4598 **Dial-in By Phone:** 929-205-6099

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.

SATURDAYS

Overeaters Anonymous: "Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food."

Join Zoom Meeting: <https://us04web.zoom.us/j/234613613884>

Meeting ID: 234-613-884 **Password:** 535356 **Dial in #:** 1.646.876.9923

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.

Men's Support Group: Starting May 20th! A weekly discussion group about being a man as it relates to life today, covering all topics (sobriety, codependency, gender roles, etc)

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 clean. This is a program of complete abstinence from all drugs. 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: 789 197 892 **Password:** odat **Dial in #:** 1.646.876.9923

12 in 12 (every other month) The Twelve Steps are a spiritual program of action for tackling life problems including alcoholism, drug addiction, compulsion and so much more. All are invited to come have a personal experience of going through the steps.

THRIVE Everywhere Hike (monthly/seasonal): This month our THRIVE Nature Walk is going to be at Norman Levy Preserve on May 13th from 10:30am-12:30pm. All are welcome to attend! We will be meeting in the parking lot of the preserve. Need a ride? Contact Erin at 516-434-8397.