

NOVEMBER 2023 THRIVE Suffolk Calendar

For our most current information/updates, please visit 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>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Schedule with one of THRIVE'S Recovery Coaches today!</p>						
			1	2	3	4
			2pm Parenting Group 6pm Men's Support Group 7:15pm Narcotics Anonymous	4:30pm Healthy Relationships Workshop Series : Registration required 6pm Recovery Dharma 7pm Virtual Narcan Training 7pm Recovery Playlist Group 7pm FIST Family Support Group 7:30pm HA: Pride Meeting 8pm Matching Calamity with Serenity	5pm Dual Recovery 6:30pm Voices of Empowerment	2pm HA: Women's Meeting 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
5	6	7	8	9	Veteran's Day 10	11
10:30am Feel Good Yoga-Easy Flow 12pm Tai Chi Gung *Call to Register 1pm Fall Crafting 2pm Guided Meditation 3pm Afternoon Movie	8pm Emotional Sobriety	2pm Quiet Time 5pm Women's Support Group 7pm Al-Anon Meeting 7pm AA Meeting	2pm Parenting Group 6pm Men's Support Group 7:15pm Narcotics Anonymous	6pm Recovery Dharma 7pm Virtual Narcan Training 7pm Recovery Playlist Group 7pm FIST Family Support Group 7:30pm HA: Pride Meeting 8pm Matching Calamity with Serenity	5pm Dual Recovery 6:30pm Vision Team Meeting 7pm Community Living Group: Gratitude Discussion	2pm HA: Women's Meeting 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
12	13	14	15	16	17	18
10:30am Feel Good Yoga-Easy Flow 12pm Tai Chi Gung *Call to Register 1pm Crafting 2pm Guided Meditation 3pm Afternoon Movie	8pm Emotional Sobriety	2pm Quiet Time 5pm Women's Support Group 7pm Al-Anon Meeting 7pm AA Meeting 7pm THRIVE University	2pm Parenting Group 6pm Men's Support Group 7:15pm Narcotics Anonymous	6pm Recovery Dharma 7pm Virtual Narcan Training 7pm Recovery Playlist Group 7pm FIST Family Support Group 7:30pm HA: Pride Meeting 8pm Matching Calamity with Serenity	5pm Dual Recovery 6pm Jovia Financial Credit Union Workshop 7:30pm Comfort Therapy Dogs	2pm HA: Women's Meeting 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
19	20	21	22	Thanksgiving 23	24	25
10:30am Feel Good Yoga-Easy Flow 12pm Tai Chi Gung *Call to Register 1pm Crafting 2pm Guided Meditation 3pm Afternoon Movie	8pm Emotional Sobriety	2pm Quiet Time 5pm Women's Support Group 7pm Al-Anon Meeting 7pm AA Meeting	2pm Parenting Group 6pm Men's Support Group 7:15pm Narcotics Anonymous	Modified Hours: 12:00pm – 3:00pm 1:30pm LIRA's One Recovery Thanksgiving Day Meeting	5pm Dual Recovery 6:30pm Volunteer Meeting 7pm Friendsgiving Potluck 7:30pm Comfort Therapy Dogs	2pm HA: Women's Meeting 3pm Codependents & 12 Steps 4pm Narcan Training 4:30pm Emotions Anonymous 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
26	27	28	29	30		
10:30am Feel Good Yoga-Easy Flow 12pm Tai Chi Gung *Call to Register 1pm Crafting 2pm Guided Meditation 3pm Afternoon Movie	7pm LIRA Peer Learning Collaborative 8pm Emotional Sobriety	2pm Quiet Time 5pm Women's Support Group 7pm Al-Anon Meeting 7pm AA Meeting	2pm Parenting Group 6pm Men's Support Group 7:15pm Narcotics Anonymous	1:00pm Mother to Mother Discussion Group 6pm Recovery Dharma 7pm Virtual Narcan Training 7pm Recovery Playlist Group 7pm FIST Family Support Group 7:30pm HA: Pride Meeting 8pm Matching Calamity with Serenity		

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 reprieve from addiction.

Join Zoom Meeting:

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlazZrRURTWnkwWJodz09>

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@lirany.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 Passcode: 833740

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

Healthy Relationships Workshop Series: This workshop is brought to us by Project Forward. Group will be closed to new members after the first 3 sessions. Pre-registration required. Text 'Happier' to 888-370-1115.

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.

Mother to Mother Discussion Group: Join us on the last Thursday of each month for a Mother to Mother Recovery based discussion group.

Zoom Meeting ID: 841 5406 1980

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

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.

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=MDBGQnNDdDhlazZrRURTWnkwWJodz09>

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

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: Gratitude Discussion: A discussion about what we are grateful for while living in sober housing, community residences or long-term in-patient programs.

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

Jovia Financial Credit Union Workshop: A financial literacy workshop based on the basics of personal finance, budgeting and understanding credit scores.

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)

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

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

Guided Meditation: A beginner's meditation that can assist you on your recovery journey by helping relax your mind and allow thoughts and feelings to flow without judgment. All focus in on the present moment.

