

September 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!



RECOVERY
MONTH 2023



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
<p>September is National Recovery Month - to celebrate THRIVE is sponsoring and/or hosting several community-based events. Transportation can be arranged.</p> <p>Sat. Sept 9th - Wellness Walk for Recovery, Huntington 11am-2pm Sun. Sept 24th - Recovery Wellness Retreat, Bayport 9am-5pm Sun. Sept 30th - LI United Walk for Recovery, Massapequa 10am-2pm</p>		<p>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.</p>			1	2
3	Labor Day 4	5	6	7	8	9
	<p>THRIVE Nassau Closed</p>	<p>5:30pm Intro To Yoga</p> <p>6pm Dad's Discussion Group</p> <p>7pm Marijuana Anonymous</p>	<p>1:30pm Women's Self-Care & Wellness</p> <p>2pm-5pm Quiet Time</p> <p>2pm Parenting Group</p> <p>4pm-6pm Community Gardening @ St. Francis, Bellmore</p> <p>7pm Reiki Energy Healing</p>	<p>12:30pm Mindful Meditation</p> <p>12pm-3pm Tutoring</p> <p>6pm-7:30pm Social Hour @ The Cup</p> <p>6:30pm Narc Training</p> <p>7pm Nar-Anon</p>	<p>5:30pm Art Expression Fridays</p> <p>6:30pm Tai Chi Gung</p> <p>6:30pm Creative Journaling</p>	<p>2:15pm Overeaters Anonymous - Beginners Writing Meeting</p> <p>2:30pm Recovery Dharma</p> <p>4pm OA - Body Image Book and the OA Third Edition</p> <p>6pm Men's Support Group</p> <p>8pm NA- Narcotics Anonymous</p>
10	11	12	13	14	15	16
	<p>2pm-5pm Quiet Time</p> <p>6:30pm Sound Meditation</p> <p>7pm FIST Family Support Group</p> <p>8pm Emotional Sobriety</p>	<p>5:30pm Intro To Yoga</p> <p>7pm Warf Rats</p> <p>7pm Marijuana Anonymous</p> <p>7pm THRIVE University - Emotional Intelligence</p>	<p>1:30pm Women's Self-Care & Wellness</p> <p>2pm-5pm Quiet Time</p> <p>2pm Parenting Group</p> <p>4pm-6pm Community Gardening @ St. Francis, Bellmore</p> <p>7pm Reiki Energy Healing</p> <p>7pm LGBTQIA+ Support Group</p>	<p>Staff Training - THRIVE Nassau Open 6pm - 8pm</p> <p>6pm Al-Anon</p> <p>7pm Nar-Anon</p>	<p>5:30pm Art Expression</p> <p>6:30pm Tai Chi Gung</p> <p>6:30pm Creative Journaling</p>	<p>2:15pm OA- Beginners Meeting</p> <p>2:30pm Recovery Dharma</p> <p>4pm OA - Body Image Book and the OA Third Edition</p> <p>6:30pm Men's Support Group</p> <p>8pm NA- Narcotics Anonymous</p>
17	18	19	20	21	22	23
	<p>2pm-5pm Quiet Time</p> <p>6:30pm Sound Meditation</p> <p>7pm FIST Family Support Group</p> <p>8pm Emotional Sobriety</p>	<p>5:30pm Intro To Yoga</p> <p>6pm Dad's Discussion Group</p> <p>7pm Marijuana Anonymous</p>	<p>1:30pm Women's Self-Care & Wellness</p> <p>2pm-5pm Quiet Time</p> <p>2pm Parenting Group</p> <p>4pm-6pm Community Gardening @ St. Francis, Bellmore</p> <p>7pm Reiki Energy Healing</p>	<p>12:30pm Mindful Meditation</p> <p>12pm-3pm Tutoring</p> <p>6pm-7:30pm Social Hour @ The Cup</p> <p>6:30pm Narc Training</p> <p>7pm Nar-Anon</p>	<p>5:30pm Art Expression Fridays</p> <p>6:30pm Tai Chi Gung</p> <p>7:30pm-11pm Community Living Group</p>	<p>2:15pm Overeaters Anonymous - Beginners Writing Meeting</p> <p>2:30pm Recovery Dharma</p> <p>4pm OA - Body Image Book and the OA Third Edition</p> <p>6:30pm Men's Support Group</p> <p>8pm NA- Narcotics Anonymous</p>
24	25	26	27	28	29	30
<p>9am-5pm Recovery Month Wellness Retreat @ Camp Edey, Bayport</p> <p>Registration</p>	<p>2pm-5pm Quiet Time</p> <p>6:30pm Sound Meditation</p> <p>7pm FIST Family Support Group</p> <p>7pm LIRA Peer Learning Collaborative</p> <p>8pm Emotional Sobriety</p>	<p>5:30pm Intro To Yoga</p> <p>7pm Marijuana Anonymous</p>	<p>1:30pm Women's Self-Care & Wellness</p> <p>2pm-5pm Quiet Time</p> <p>2pm Parenting Group</p> <p>4pm-6pm Community Gardening @ St. Francis, Bellmore</p> <p>7pm Reiki Energy Healing</p> <p>7pm LGBTQIA+ Support Group</p>	<p>12:30pm Mindful Meditation</p> <p>12pm-3pm Tutoring</p> <p>6pm-7:30pm Social Hour @ The Cup</p> <p>6:30pm Narc Training</p> <p>7pm Nar-Anon</p>	<p>5:30pm Art Expression</p> <p>6:30pm Tai Chi Gung</p> <p>6:30pm Creative Journaling</p> <p>8pm Trivia Night</p>	<p>2:15pm Overeaters Anonymous - Beginners Writing Meeting</p> <p>2:30pm Recovery Dharma</p> <p>3pm Nassau AA General Service: Bilingual Bingo</p> <p>4pm OA</p> <p>6:30pm Men's Support Group</p> <p>8pm NA- Narcotics Anonymous</p>

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=MDBGQnNkdDhlazZrRURTWnkwaWJodz09>

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.

Dad's Support Group (1st and 3rd Tuesdays monthly): Navigating Fatherhood in Recovery. If you're a dad in recovery looking to share your experience as a parent in recovery with other dads, check it out.

WEDNESDAYS

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.

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/82632141685>

Meeting ID: 826 3214 1685

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

Nar-Anon: The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve Step Program, we offer our help by sharing our experience, strength, and hope.

Narcan Training: Join us for a 45-min training on how to properly administer Naloxone (Narcan). This training will be offered each Thursday from 6-6:30pm 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.

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 Recovery Wellness Retreat (September 24th): Join us on Sunday, September 24th, for a FREE all-day Wellness Retreat. Breakfast and Lunch will be provided! Indoor and Outdoor workshops throughout the day include, Yoga, Meditation, Reiki, Gong Therapy, Crafting, Bracelet Beading and more!

Book your spot now and get ready to enjoy the beautiful outdoor grounds of Camp Edey in Bellport. This will be an amazing day. Something to do for everyone!

REGISTRATION IS REQUIRED. <https://www.eventbrite.com/e/recovery-wellness-retreat-tickets-703542112397?aff=oddtcreator>

Need a ride? Contact 516-434-8397 to schedule a ride for you.