

April 2024 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-Thursday: 12pm - 8pm
Friday: 12pm – 10pm // 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 6:30pm Sister 2 Sister Inspirational Hour 8pm Emotional Sobriety	5:30pm Intro To Yoga 6pm Dad's Discussion Group @ YES Levittown 7pm Marijuana Anonymous	2pm Mother to Mother 2pm-5pm Quiet Time 2pm Parenting Group 7pm Reiki Energy Healing	12:30pm Mindful Meditation 12pm-3pm Tutoring 5:30pm Women's Self-Care & Wellness 7pm Narcan Training 7pm Nar-Anon 7pm FIST Family Support Group 8pm Matching Calamity with Serenity**NEW**	5:30pm Art Expression 6:30pm Creative Journaling 8pm-10pm Solar Eclipse Preparation	12pm Nar-Anon Hybrid Meeting 2pm OA – Beginners Writing Meeting 2:30pm Recovery Dharma 4pm OA - Body Image Book & the OA Third Edition 6pm Men's Support Group 7:30pm Manifesting for Misfits 7:30pm NA- Narcotics Anonymous
7	8	9	10	11	12	13
	2pm-5pm Quiet Time 6:30pm Sound Scapes Meditation 8pm Emotional Sobriety	5:30pm Intro To Yoga 6pm Dad's Discussion Group @ YES Levittown 7pm Wharf Rats 7pm Marijuana Anonymous *New Hybrid* 7pm THRIVE University – Professional Boundaries	2pm-5pm Quiet Time 2pm Parenting Group 7pm Reiki Energy Healing	12:30pm Mindful Meditation 12pm-3pm Tutoring 5:30pm Women's Self-Care & Wellness 7pm Narcan Training 7pm Nar-Anon 7pm FIST Family Support Group 8pm Matching Calamity with Serenity**NEW**	5:30pm Art Expression 6:30pm Creative Journaling 8pm-10pm Craft Night - Crocheting	2pm OA – Beginners Writing Meeting 2:30pm Recovery Dharma 4pm OA - Body Image Book & the OA Third Edition 6pm Men's Support Group 7:30pm Manifesting for Misfits 7:30pm NA- Narcotics Anonymous
14	15	16	17	18	19	20
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21	22	23	24	25	26	27
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28	29	30				
9am-9pm 12 in 12	2pm-5pm Quiet Time 8pm Emotional Sobriety	5:30pm Intro To Yoga 6pm Dad's Discussion Group @ YES Levittown 7pm Marijuana Anonymous				<div style="border: 1px solid black; padding: 10px; text-align: center;"> <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> </div>

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.

Sister 2 Sister Inspirational Hour (1st and 3rd Mondays): an hour-long women's meeting to acknowledge our need for Self-Care through devotionals, questions, laughter, conversing with one another by way of empowerment, encouraging and Love.
Join Zoom Meeting: <https://us02web.zoom.us/j/82943117548>
Meeting ID: 829 4311 7548 **Dial In By Phone #:** 1 646 558 8656

Sound Scapes Meditation (2nd and 4th Mondays monthly): a guided meditation through your chakras and symphonic sound resonating from an array of instruments. Join us on an audible vibrational healing journey of relaxation and healing.

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=MDBGQnNDdDhlazZrRURTWnkwaWJodz09>
Meeting ID: 917 756 5845 **Password:** 767066 **Dial In #:** +1 929 205 6099

TUESDAYS

Intro to Yoga: Join us in-person or Zoom each Tuesday evening for a 5:30pm introduction to yoga class.
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. Now in-person and on Zoom!

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.
Join Zoom Meeting:
<https://us02web.zoom.us/j/88114613102?pwd=TIM4SHF6cnFOTc1c1VhaVJ5WGltQT09> **Passcode:** 235152

WEDNESDAYS

Mother to Mother: Join us for a safe space for mothers in recovery to connect with one another, share our experiences, and gather strength from each other.
Join Zoom Meeting: <https://us02web.zoom.us/j/8124868368>
Meeting ID: 812 4868 8368

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

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

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 destress 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

Women's Self-Care & Wellness: Join us for a time of healing, sharing, and empowerment in a safe, judgement-free environment. Thursdays at 5:30pm at THRIVE Nassau.

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 7-7:30pm 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

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

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

Vision Team & Volunteer Forum (monthly): Come share your voice, your ideas and passion as we continue THRIVE's mission.
Join Zoom Meeting: <https://zoom.us/j/86340083262> **Meeting ID:** 863 4008 3262

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.

Creative Journaling: Exploring different ways to journal through a new prompt each week, we'll spend an hour delving into ourselves through creative means 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.

Craft Night: A monthly night to come together and craft. Seasonal and holiday crafts or a new craft to just explore that you have always wanted to try.

Open Mic Night: Join us for a monthly gathering for music, songs, and poetry, among other talents. Share your gifts with the community and enjoy the gifts of others.

SATURDAYS

Nar-Anon Hybrid Meeting (1st Saturday): 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.

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: A weekly discussion group about being a man as it relates to life today, covering all topics (sobriety, codependency, gender roles, etc).

Manifesting for Misfits: Feel like an outsider? Come for support, hope, and encouragement to achieve your dreams and grow in a positive environment.

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

SUNDAYS

12 in 12 (periodically) 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.