

# November 2024 THRIVE Nassau Calendar

For our most current information/updates, please visit [www.ThriveLI.org](http://www.ThriveLI.org)

KEY: **GREEN** – IN-PERSON & ZOOM   **ORANGE** – IN-PERSON ONLY   **BLUE** - ZOOM ONLY  
**PURPLE** – COMMUNITY EVENT   **PINK** – SPECIAL 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
<p><b>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.</b></p>		<p><b>SHERPA Harm Reduction Services: In-person FREE confidential HIV, Hepatitis C, STI's testing and linkage to treatment. PrEP/PEP screenings and linkage to providers. Prevention kits also available. Testing available at FCA Outpatient Clinics (Hempstead/Hicksville)</b></p>			<p>5:30pm <b>Art Expression</b>                      6:30pm <b>Junk Journals</b></p>	<p>12pm <b>Nar-Anon Hybrid Meeting</b>                      2pm <b>OA – Beginners Writing Meeting</b>                      2:30pm <b>Recovery Dharma</b>                      4pm <b>OA - Body Image Book &amp; the OA Third Edition</b>                      7:30pm <b>NA- Narcotics Anonymous</b></p>
3	4	5	6	7	8	9
<p><b>Closing @ 5pm</b>                       8pm <b>Emotional Sobriety</b></p>	<p>6pm <b>Dad's Discussion Group @ YES Levittown</b>                      7pm <b>Marijuana Anonymous</b></p>	<p>1pm-3pm <b>Project 55+</b>                      2pm-5pm <b>Quiet Time</b>                      2pm <b>Parenting Group</b>                      7pm <b>Reiki Energy Healing</b>                      7pm <b>AA – Alcoholics Anonymous</b></p>	<p>12pm-3pm <b>Tutoring</b>                      7pm <b>Nar-Anon</b>                      7pm <b>FIST Family Support Group</b>                      8pm <b>Matching Calamity with Serenity</b></p>	<p><b>Opening @ 5pm</b>                       5:30pm <b>Art Expression</b>                      6:30pm <b>Creative Journaling</b></p>	<p>2pm <b>OA – Beginners Writing Meeting</b>                      2:30pm <b>Recovery Dharma</b>                      4pm <b>OA - Body Image Book &amp; the OA Third Edition</b>                      7:30pm <b>NA- Narcotics Anonymous</b></p>	
10	11	12	13	14	15	16
<p><b>CLOSED</b>                       8pm <b>Emotional Sobriety</b></p>	<p>6pm <b>Dad's Discussion Group @ YES Levittown</b>                      7pm <b>Wharf Rats</b>                      7pm <b>Marijuana Anonymous</b>                      7pm <b>THRIVE University – Conflict Resolution</b></p>	<p>1pm-3pm <b>Project 55+</b>                      2pm-5pm <b>Quiet Time</b>                      2pm <b>Parenting Group</b>                      7pm <b>Reiki Energy Healing</b>                      7pm <b>AA – Alcoholics Anonymous</b></p>	<p>12pm-3pm <b>Tutoring</b>                      7pm <b>Nar-Anon</b>                      7pm <b>FIST Family Support Group</b>                      8pm <b>Matching Calamity with Serenity</b></p>	<p>5:30pm <b>Art Expression</b>                      6:30pm-10pm <b>Community Living Group: Tie-Dye Night!</b>                      7pm <b>Narc Training</b></p>	<p>2pm <b>OA – Beginners Meeting</b>                      2:30pm <b>Recovery Dharma</b>                      4pm <b>OA - Body Image Book &amp; the OA Third Edition</b>                      4pm-6pm <b>Writing My Recovery Workshop: Hero's Journey</b>                      7:30pm <b>NA- Narcotics Anonymous</b></p>	
17	18	19	20	21	22	23
<p>8pm <b>Emotional Sobriety</b></p>	<p>6pm <b>Dad's Discussion Group @ YES Levittown</b>                      7pm <b>Marijuana Anonymous</b></p>	<p>1pm-3pm <b>Project 55+</b>                      2pm-5pm <b>Quiet Time</b>                      2pm <b>Parenting Group</b>                      7pm <b>Reiki Energy Healing</b>                      7pm <b>AA – Alcoholics Anonymous</b></p>	<p>12pm-3pm <b>Tutoring</b>                      7pm <b>Nar-Anon</b>                      7pm <b>FIST Family Support Group</b>                      8pm <b>Matching Calamity with Serenity</b></p>	<p>5pm-8pm <b>Stress Reduction &amp; Guided Meditation</b>                      6:30pm <b>Financial Literacy</b>                      7:30pm-10pm <b>Open Mic</b></p>	<p>2pm <b>OA – Beginners Writing Meeting</b>                      2:30pm <b>Recovery Dharma</b>                      4pm <b>OA - Body Image Book &amp; the OA Third Edition</b>                      7:30pm <b>NA- Narcotics Anonymous</b></p>	
24	25	26	27	28	29	30
<p><b>Closing @ 5pm</b>                       8pm <b>Emotional Sobriety</b></p>	<p>6pm <b>Dad's Discussion Group @ YES Levittown</b>                      7pm <b>Marijuana Anonymous</b></p>	<p>1pm-3pm <b>Project 55+</b>                      2pm <b>Parenting Group</b>                      5pm-8pm <b>Friendsgiving Gratitude Gathering</b>                      7pm <b>Reiki Energy Healing</b>                      7pm <b>AA – Alcoholics Anonymous</b>                      6pm-8pm <b>Vision Team &amp; Volunteer Forum</b></p>	<p><b>CLOSED</b>                      7pm <b>FIST Family Support Group</b>                      8pm <b>Matching Calamity with Serenity</b></p> 	<p><b>Opening @ 5pm</b>                       5pm-8pm <b>Gratitude Wreaths</b></p>	<p>2pm <b>OA – Beginners Writing Meeting</b>                      2:30pm <b>Recovery Dharma</b>                      4pm <b>OA - Body Image Book &amp; the OA Third Edition</b>                      7:30pm <b>NA- Narcotics Anonymous</b></p>	

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

## MONDAYS

**Project 55+:** Project 55+ is a group for those 55 years and older focused on the journey of recovery and healing using the arts. Together we will explore the transformative power of art, poetry, and music to deal with different aspects of life and growth. In conjunction with FCA's Senior Division funded by SAMHSA.

**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.

**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=MDBGQnNDdDhIazZrRURTWnkwaWJodz09>

**Meeting ID:** 917 756 5845

**Password:** 767066

**Dial In #:** +1 929 205 6099

## TUESDAYS

**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 (2<sup>nd</sup> 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:** 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. Meetings held at YES in Levittown or on Zoom.

## WEDNESDAYS

**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

**Alcoholics Anonymous:** "Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety."

**Meeting ID:** 823 2878 5960 **Passcode:** HERD1957

**Vision Team & Volunteer Forum (monthly):** Come share your voice, your ideas and passion as we continue THRIVE's mission.

**Join Zoom Meeting:** <https://us02web.zoom.us/j/88986494131> **Meeting ID:** 889 8649 4131

## THURSDAYS

**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.

**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=MDBGQnNDdDhIazZrRURTWnkwaWJodz09>

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

## 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.

**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

**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.

**Financial Literacy:** From budgeting and saving to credit scores and credit cards, come learn the skills and tips for becoming financially literate. Begin the journey to your dreams by giving yourself the financial tools to get there today.

**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 (1<sup>st</sup> 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.

**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.