

# DECEMBER 2024 THRIVE Suffolk Calendar

For our most current information/updates, please visit [www.THRIVELI.org](http://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
1	2	3	4	5	6	7
<p>10:30am <a href="#">Feel Good Yoga- Easy Flow</a></p> <p>12pm <a href="#">Weekly Affirmations</a></p> <p>1pm <a href="#">Crafting Group</a></p> <p>2pm <a href="#">Guided Meditation</a></p> <p>3pm <a href="#">Afternoon Movie</a></p> <p>3:30pm <a href="#">Al-Anon Beginner's Meeting</a></p>	<p>10am – 5:30pm <a href="#">Harm Reduction Services</a></p> <p>8pm <a href="#">Emotional Sobriety</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>5pm <a href="#">Women's Support Group</a></p> <p>7pm <a href="#">Al-Anon Meeting</a></p> <p>7pm <a href="#">AA Meeting</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>2pm <a href="#">Parenting Group</a></p> <p>6pm <a href="#">Men's Support Group</a></p> <p>7:15pm <a href="#">Narcotics Anonymous</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>6pm <a href="#">Recovery Playlist Group</a></p> <p>7pm <a href="#">FIST Family Support Group</a></p> <p>7pm <a href="#">HA: Pride Meeting</a></p> <p>8pm <a href="#">Matching Calamity with Serenity</a></p>	<p>10am – 5:30pm <a href="#">Harm Reduction Services</a></p> <p>2pm <a href="#">Quiet Time</a></p> <p>5pm <a href="#">Dual Recovery</a></p> <p>6:30pm <a href="#">Voices of Empowerment</a></p>	<p>2pm <a href="#">HA: Women's Meeting</a></p> <p>3pm <a href="#">Codependents &amp; 12 Steps</a></p> <p>4pm <a href="#">Emotions Anonymous</a></p> <p>5pm <a href="#">LIRA's Recovery Coach Information Session</a></p> <p>6pm <a href="#">Narcotics Anonymous (Spanish speaking)</a></p> <p>7:30pm <a href="#">LIRA One Recovery Meeting</a></p>
8	9	10	11	12	13	14
<p>10:30am <a href="#">Feel Good Yoga- Easy Flow</a></p> <p>12pm <a href="#">Weekly Affirmations</a></p> <p>1pm <a href="#">Crafting Group</a></p> <p>2pm <a href="#">Guided Meditation</a></p> <p>3pm <a href="#">Afternoon Movie</a></p> <p>3:30pm <a href="#">Al-Anon Beginner's Meeting</a></p>	<p>10am – 5:30pm <a href="#">Harm Reduction Services</a></p> <p>8pm <a href="#">Emotional Sobriety</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>5pm <a href="#">Women's Support Group</a></p> <p>7pm <a href="#">Al-Anon Meeting</a></p> <p>7pm <a href="#">AA Meeting</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>2pm <a href="#">Parenting Group</a></p> <p>6pm <a href="#">Men's Support Group</a></p> <p>7:15pm <a href="#">Narcotics Anonymous</a></p>	<p><b>Modified Hours: 3pm - 8pm</b></p> <p>3pm <a href="#">Quiet Time</a></p> <p>6pm <a href="#">Recovery Playlist Group</a></p> <p>7pm <a href="#">FIST Family Support Group</a></p> <p>7pm <a href="#">HA: Pride Meeting</a></p> <p>8pm <a href="#">Matching Calamity with Serenity</a></p>	<p><b>Modified Hours: 6pm – 9pm</b></p> <p>6:30pm <a href="#">Vision Team Meeting</a></p> <p>7pm <a href="#">Holiday Game Night</a></p>	<p>2pm <a href="#">HA: Women's Meeting</a></p> <p>3pm <a href="#">Codependents &amp; 12 Steps</a></p> <p>4pm <a href="#">Emotions Anonymous</a></p> <p>6pm <a href="#">Narcotics Anonymous (Spanish speaking)</a></p> <p>7:30pm <a href="#">LIRA One Recovery Meeting</a></p>
15	16	17	18	19	20	21
<p>10:30am <a href="#">Feel Good Yoga- Easy Flow</a></p> <p>12pm <a href="#">Weekly Affirmations</a></p> <p>1pm <a href="#">Crafting Group</a></p> <p>2pm <a href="#">Guided Meditation</a></p> <p>3pm <a href="#">Afternoon Movie</a></p> <p>3:30pm <a href="#">Al-Anon Beginner's Meeting</a></p>	<p>10am – 5:30pm <a href="#">Harm Reduction Services</a></p> <p>8pm <a href="#">Emotional Sobriety</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>5pm <a href="#">Women's Support Group</a></p> <p>7pm <a href="#">Al-Anon Meeting</a></p> <p>7pm <a href="#">AA Meeting</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>2pm <a href="#">Parenting Group</a></p> <p>5pm <a href="#">A Night at Urban Air</a></p> <p>6pm <a href="#">Men's Support Group</a></p> <p>7:15pm <a href="#">Narcotics Anonymous</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>6pm <a href="#">Recovery Playlist Group</a></p> <p>7pm <a href="#">FIST Family Support Group</a></p> <p>7pm <a href="#">HA: Pride Meeting</a></p> <p>8pm <a href="#">Matching Calamity with Serenity</a></p>	<p>10am – 5:30pm <a href="#">Harm Reduction Services</a></p> <p>2pm <a href="#">Quiet Time</a></p> <p>5pm <a href="#">Dual Recovery</a></p> <p>6pm <a href="#">Narcotics Anonymous (Spanish speaking)</a></p> <p>7pm <a href="#">Grief Support Group (Clinical Group)</a></p> <p>7pm <a href="#">Holiday Movie Night &amp; Cookie Exchange</a></p>	<p>2pm <a href="#">HA: Women's Meeting</a></p> <p>3pm <a href="#">Codependents &amp; 12 Steps</a></p> <p>4pm <a href="#">Emotions Anonymous</a></p> <p>6pm <a href="#">Narcotics Anonymous (Spanish speaking)</a></p> <p>7:30pm <a href="#">LIRA One Recovery Meeting</a></p>
22	23	24	25	26	27	28
<p>10:30am <a href="#">Feel Good Yoga- Easy Flow</a></p> <p>12pm <a href="#">Weekly Affirmations</a></p> <p>1pm <a href="#">Crafting Group</a></p> <p>2pm <a href="#">Guided Meditation</a></p> <p>3pm <a href="#">Afternoon Movie</a></p> <p>3:30pm <a href="#">Al-Anon Beginner's Meeting</a></p>	<p>10am – 5:30pm <a href="#">Harm Reduction Services</a></p> <p>8pm <a href="#">Emotional Sobriety</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>5pm <a href="#">Women's Support Group</a></p> <p>7pm <a href="#">Al-Anon Meeting Canceled</a></p> <p>7pm <a href="#">AA Meeting</a></p>	<p><b>Merry Christmas</b></p> <p>2pm <a href="#">Parenting Group</a></p> <p>6pm <a href="#">Men's Support Group</a></p> <p>7:15pm <a href="#">Narcotics Anonymous</a></p>	<p>2pm <a href="#">Quiet Time</a></p> <p>6pm <a href="#">Recovery Playlist Group</a></p> <p>7pm <a href="#">FIST Family Support Group</a></p> <p>7pm <a href="#">HA: Pride Meeting</a></p> <p>8pm <a href="#">Matching Calamity with Serenity</a></p>	<p>10am – 5:30pm <a href="#">Harm Reduction Services</a></p> <p>2pm <a href="#">Quiet Time</a></p> <p>5pm <a href="#">Dual Recovery</a></p> <p>6:30pm <a href="#">Holiday Karaoke</a></p> <p>7:30pm <a href="#">Comfort Therapy Dogs</a></p>	<p>2pm <a href="#">HA: Women's Meeting</a></p> <p>3pm <a href="#">Codependents &amp; 12 Steps</a></p> <p>4pm <a href="#">Emotions Anonymous</a></p> <p>6pm <a href="#">Narcotics Anonymous (Spanish speaking)</a></p> <p>7:30pm <a href="#">LIRA One Recovery Meeting</a></p>
29	30	31				
<p>10:30am <a href="#">Feel Good Yoga- Easy Flow</a></p> <p>12pm <a href="#">Weekly Affirmations</a></p> <p>1pm <a href="#">Crafting Group</a></p> <p>2pm <a href="#">Guided Meditation</a></p> <p>3pm <a href="#">Afternoon Movie</a></p> <p>3:30pm <a href="#">Al-Anon Beginner's Meeting</a></p>	<p>10am – 5:30pm <a href="#">Harm Reduction Services</a></p> <p>7pm <a href="#">LIRA Peer Learning Collaborative</a></p> <p>8pm <a href="#">Emotional Sobriety</a></p>	<p><b>New Year's Eve</b></p> <p>7pm <a href="#">Al-Anon Meeting Canceled</a></p> <p>7pm <a href="#">AA Meeting</a></p> <p>8:30pm <a href="#">New Year's Eve Celebration</a></p>	<p><b>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Schedule with one of THRIVE'S Recovery Coaches today!</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.</b></p>						

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

## MONDAY

**Harm Reduction Services: Every Monday and Friday from 10am – 5:30pm:** 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.

**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=MDBGQnNDdDhZlZrRURTWnkwaWJodz09>

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](mailto: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, artwork, etc. (**Every Tuesday through Friday from 2pm - 4pm**)

**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 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 Password: 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."

## 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 Password: Hope2cu

**A Night at Urban Air:** THRIVE Everywhere will be hosting a night at Urban Air in Lake Grove. Food and beverages provided! For more information, please contact 516-434-8397.

## THURSDAY

**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.

**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/88672607084>

Meeting ID: 886 7260 7084

**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=MDBGQnNDdDhZlZrRURTWnkwaWJodz09>

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

## FRIDAY

**Harm Reduction Services: Every Monday and Friday from 10am – 5:30pm:** 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.

**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.**

**Vision Team Meeting:** Our 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

**Grief Support Group (3<sup>rd</sup> Friday of each month):** If you have lost a loved one to an overdose/Fentanyl or a substance use disorder, this group is for you. This group is led by a clinician.

**Narcan Training:** An in-person 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.

## 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.

Meeting ID: 865 4059 7943 Passcode: 146564

Dial In By Phone #: +1 646 558 8656 US (New York)

**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

**LIRA's Recovery Coach Information Session:** Are you interested in a career as a Recovery Coach or want more information on what a CRPA does? Please join LIRA for this Q&A session!

**Narcotics Anonymous (Spanish Speaking):** "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. 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."

**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.

**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 is on the present moment.

**Weekly Affirmations:** A group focused on enhancing our well-being and recovery journey through various self-care practices such as positive affirmations, sound healing and grounding techniques.