

RECOVERY:
The process of returning to a balanced state of health, mind and strength.

RECOVERY COMMUNITY
THRIVE
AND OUTREACH CENTER

Open 7 days a week!

Long Island's Center for Transformation, Healing, Recovery, Inspiration, Validation and Empowerment.

WHY THRIVE?

- **FREE**, **Safe** & **Sober** Space
- Peer Support & Coaching
- 12-Step & Non-Fellowship Groups
- Volunteer Opportunities
- Meditation & Yoga
- Fitness Room
- Focus on **Your** Recovery
- Job Readiness & Resume Building

1324 Motor Parkway, Suite 102, Hauppauge, NY 11749
1025 Old Country Rd., Suite 400, Westbury, NY 11590
680 Elton Street, Riverhead, NY 11901

Upcoming Events: www.thriveli.org

We Are Ready For Your Call/Email:

Nassau: (516) 765-7600 | Suffolk: (631) 822-3396 | East End: (631) 822-3397

Daily Recovery Reminders

Talk to someone you trust.
You are never alone. Ask for help when you need it.

Get organized and find balance.

Let it go.

Create a **GRATITUDE LIST**. Add something new to it every day. Read it every morning.

BREATHE deeply and with purpose.

BE OF SERVICE TO OTHERS

Be patient. Change is certain but it isn't always quick!

Progress not perfection.

EAT.
Healthy foods throughout the day!

MEDITATE

FORGIVENESS
(of yourself and others)

One day at a time.

EXERCISE!
Go for a walk. Do something physical. Get moving!

Keep it simple.

Write.
Get it out on paper.

Acceptance doesn't mean approval.

Come to THRIVE! We're open 7 days a week!

THRIVE