

January 2026 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** **FUSCIA – 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: 4pm- 8pm // Tuesday-Thursday: 12pm - 8pm

Friday: 12pm – 8pm // Saturday: 2pm-9pm

Sunday: Building Closed

Activities/Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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 on site.		1  CLOSED Happy New Year! 	2 CLOSED	3 2pm OA – Beginners Writing Meeting 2:30pm Recovery Dharma 7:30pm NA - Narcotics Anonymous
4	5 QUIET TIME Every Day 2-5pm Open 4-8pm 7pm AA Big Book Meeting 8pm Emotional Sobriety	6 1pm-3pm Healing Through the Creative Arts 5:30pm Intro To Yoga **Registration Required* 6pm Dad's Group @YES Levittown 7pm-8:30pm Marijuana Anonymous	7 2pm Parenting Group 5:30pm-6:30pm Veterans Support Group 7pm Reiki Energy Healing 7pm AA- Alcoholics Anonymous	8 12pm-3pm Tutoring 6pm-7:30pm Gamblers Anonymous & Gam-Anon 7pm Narcan Training 7pm-8:30pm Nar-Anon 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	9 Open 4-8pm 5:30pm Art Expression 6:30pm Poetry for All	10 2pm OA – Beginners Writing Meeting 2:30pm Recovery Dharma 4pm-5pm Meditation Hour **NEW** 7:30pm NA - Narcotics Anonymous
11	12 Open 4-8pm 7pm AA Big Book Meeting 8pm Emotional Sobriety	13 1pm-3pm Healing Through the Creative Arts 5:30pm Intro To Yoga **Registration Required* 6pm Dad's Group @YES Levittown 7pm Wharf Rats 7pm-8:30pm Marijuana Anonymous	14 2pm Parenting Group 5:30pm-6:30pm Veterans Support Group 7pm Reiki Energy Healing 7pm AA- Alcoholics Anonymous	15 12pm-3pm Tutoring 6pm-7:30pm Gamblers Anonymous & Gam-Anon 7pm-8:30pm Nar-Anon 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	16 Open 4-10pm 5:30pm Art Expression 6:30pm Poetry for All 8pm-10pm Lotion Making	17 2pm OA – Beginners Meeting 2:30pm Recovery Dharma 4pm-5pm Meditation Hour **NEW** 7:30pm NA - Narcotics Anonymous
18	19 Open 4-8pm 7pm AA Big Book Meeting 8pm Emotional Sobriety	20 1pm-3pm Healing Through the Creative Arts 5:30pm Intro To Yoga **Registration Required* 6pm Dad's Group @YES Levittown 7pm-8pm Reiki for Recovery 7pm-8:30pm Marijuana Anonymous	21 2pm Parenting Group 5:30pm-6:30pm Veterans Support Group 7pm Reiki Energy Healing 7pm AA- Alcoholics Anonymous	22 12pm-3pm Tutoring 6pm-7:30pm Gamblers Anonymous & Gam-Anon 6pm-8pm MA Step Workshop 7pm-8:30pm Nar-Anon 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	23 Open 4-8pm 5:30pm Art Expression 6:30pm Poetry for All	24 2pm OA – Beginners Meeting 2:30pm Recovery Dharma 4pm-5pm Meditation Hour **NEW** 7:30pm NA - Narcotics Anonymous
25	26 Open 4-8pm 6pm-8pm LGBTQIA+ Support Group 7pm AA Big Book Meeting 8pm Emotional Sobriety	27 1pm-3pm Healing Through the Creative Arts 5:30pm Intro To Yoga **Registration Required* 6pm Dad's Group @YES Levittown 7pm-8:30pm Marijuana Anonymous	28 2pm Parenting Group 5:30pm-6:30pm Veterans Support Group 7pm Reiki Energy Healing 7pm AA- Alcoholics Anonymous	29 12pm-3pm Tutoring 6pm-7:30pm Gamblers Anonymous & Gam-Anon 7pm-8:30pm Nar-Anon 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	30 Open 4-10pm 5:30pm Art Expression 6:30pm Poetry for All 8pm-10pm Trivia Night	31 2pm OA – Beginners Meeting 2:30pm Recovery Dharma 4pm-5pm Meditation Hour **NEW** 7:30pm NA - Narcotics Anonymous

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

DAILY

Quiet Time (Monday-Saturday): Are you looking for a quiet space that won't have any distractions? Join us at Thrive Nassau daily between 2PM-5PM for our "Quiet Time". This is designated time for: Studying, course work, step-work, reading, journaling, resume building, zoom meetings, etc.. Community computer and printer access; Recovery Coach Peers available to meet individually.

MONDAYS

Healing Through the Creative Arts: Focused on the journey of recovery and healing using the arts, each week will explore our recovery with different arts. Together we will explore the transformative power of art, poetry, and music to deal with different aspects of life and growth.

AA Big Book Study: "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." This is a Big Book Study meeting.

LGBTQIA+ Support Group (Monthly): A monthly two-hour meeting for supporting and uplifting members of the LGBTQIA+ community.

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=MDBGQnNDdDhlaZrURTWazzRURTWNkwaWJodz09>

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

TUESDAYS

Intro to Yoga: ****REGISTRATION REQUIRED**** Join us in-person each Tuesday evening for an introduction to yoga class. Also available on Zoom. Join Zoom Meeting: <https://us02web.zoom.us/j/85395396142> Meeting ID: 853 9539 6142

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: Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope to solve our common problem and help others to recover from marijuana addiction. Meeting every Tuesday.

Dad's Discussion 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

HIATUS – RETURNING EARLY 2026 Project Forward: Healthy Relationships Workshop:

Relationships Workshop: A free workshop on relationships. The Love Notes workshop touches on many different topics including what healthy relationships look like, healthy communication, and how to navigate the different relationships in your life. The workshop is on an 8 to 10 week schedule.

Veterans Support Group: Join your brothers and sisters in arms and find the support and comradery of being veterans with this support group. Meeting every Wednesday join those who have served like you. Join Zoom Meeting: <https://us02web.zoom.us/j/86953991594> Meeting ID: 869 5399 1594

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

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.

MA: Step Workshop: Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope to solve our common problem and help others to recover from marijuana addiction. Every third Thursday of the month MA will host a Step Workshop to focus on one of the 12 Steps.

Gamblers Anonymous (GA) & Gam-Anon: GA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. Gam-Anon is a 12-step self-help fellowship of men and women who have been affected by the gambling problem of a loved one. This is a joint meeting open to all affected personally by problem gambling or the problem gambling of a loved one.

Narcan Training: Join us for a 45-min training on how to properly administer Naloxone (Narcan). This training will be offered the first Thursday of each month 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. Meeting ID: 848 0316 9980

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=MDBGQnNDdDhlaZrURTWazzRURTWNkwaWJodz09>

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.

Poetry for All: A weekly workshop in writing poetry from beginners to advanced. Come explore writing poetry as part of recovery and express yourself in a new way.

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. Each month involves a different event. Past events have included tie dye, terrariums, and tournaments.

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."

Meeting ID: 993-3464-6707 Password: 1212 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.

Meditation Hour: Mindfulness is effective for recovery and combatting stress. Take an hour to recenter and soothe yourself with meditative music and enjoy a quiet afternoon meditation.

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: oadaat 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.