November 2026 THRIVE Suffolk Calendar

For our most current information/updates, please visit 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: 10am – 6pm (IPS) | Tues: 12:30pm–8:30pm
Wed: 1pm–9pm
Thurs: 12:30-8:30pm | Fri: 1pm-9pm | Sat: 1pm-9pm
Sun: 10am–6pm

Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12pm Crafting 3pm Afternoon Movie 3:30pm Al-Anon Beginner's Meeting	**2** 10am – 6pm Integrated Prevention Services 8pm Emotional Sobriety	**3** 2pm Quiet Time 5pm Women's Support Group 7pm Al-Anon Meeting 7pm AA Meeting	**4** 2pm Quiet Time 2pm Parenting Group 6pm Men's Support Group 7pm Narcotics Anonymous	**5** 2pm Quiet Time 6pm Guided Meditation 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	**6** 10am – 6pm Integrated Prevention Services 2pm Quiet Time 5pm Dual Recovery 6:30pm Voices of Empowerment	**7** 3pm Codependents & 12 Steps 4pm Inspirational Writing Workshop 6pm Creative Crochet Group 7:30pm LIRA One Recovery Meeting
8 12pm Crafting 3pm Afternoon Movie 3:30pm Al-Anon Beginner's Meeting	**9** 10am – 6pm Integrated Prevention Services 8pm Emotional Sobriety	**10** 2pm Quiet Time 5pm Women's Support Group 7pm Al-Anon Meeting 7pm AA Meeting	**Veteran's Day 11** 2pm Quiet Time 2pm Parenting Group 6pm Men's Support Group 7pm Narcotics Anonymous	**12** 2pm Quiet Time 2pm – 4pm Resume Building 6pm Guided Meditation 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	**13** Modified Hours: Opening @ 4:30pm 10am – 6pm Integrated Prevention Services 2pm Quiet Time 5pm Dual Recovery 6:30pm Vision Team Meeting 7pm Recovery Comedy Show	**14** 3pm Codependents & 12 Steps 4pm Inspirational Writing Workshop 6pm Creative Crochet Group 7:30pm LIRA One Recovery Meeting
15 12pm Crafting 3pm Afternoon Movie 3:30pm Al-Anon Beginner's Meeting	**16** 10am – 6pm Integrated Prevention Services 8pm Emotional Sobriety	**17** 2pm Quiet Time 5pm Women's Support Group 7pm Al-Anon Meeting 7pm AA Meeting	**18** 2pm Quiet Time 2pm Parenting Group 6pm Men's Support Group 7pm Narcotics Anonymous	**19** 2pm Quiet Time 2pm – 4pm Resume Building 6pm Guided Meditation 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	**20** 10am – 6pm Integrated Prevention Services 2pm Quiet Time 5pm Dual Recovery 6pm Narcan Training 6:30pm Fall Game Night 7pm Grief Support Group (Clinical Group) (Back Conference Room) 7:30pm Comfort Therapy Dogs	**21** 3pm Codependents & 12 Steps 4pm Inspirational Writing Workshop 6pm Creative Crochet Group 7:30pm LIRA One Recovery Meeting
22 10:30am Sound Journey with Reiki 12pm Crafting 3pm Afternoon Movie 3:30pm Al-Anon Beginner's Meeting	**23** 10am – 6pm Integrated Prevention Services 8pm Emotional Sobriety	**24** 2pm Quiet Time 5pm Women's Support Group 6pm ACES Monthly Training 7pm Al-Anon Meeting 7pm AA Meeting	**25** 2pm Quiet Time 2pm Parenting Group 6pm Men's Support Group 7pm Narcotics Anonymous	**Thanksgiving 26** Modified Hours: 12pm – 3pm 1pm LIRA One Recovery Thanksgiving Day Meeting 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	**27** 10am – 6pm Integrated Prevention Services 2pm Quiet Time 5pm Dual Recovery 6:30pm Volunteer Meeting 7pm Friendsgiving 7:30pm Comfort Therapy Dogs	**28** 3pm Codependents & 12 Steps 4pm Inspirational Writing Workshop 6pm Creative Crochet Group 7:30pm LIRA One Recovery Meeting
29 12pm Crafting 3pm Afternoon Movie 3:30pm Al-Anon Beginner's Meeting	**30** 10am – 6pm Integrated Prevention Services 7pm LIRA Peer Learning Collaborative 8pm Emotional Sobriety					

THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Schedule with one of THRIVE'S Recovery Coaches today!

Integrated Prevention 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.

* You can also follow us on **Facebook** @ https://www.facebook.com/THRIVErecovery/ & **Instagram** @thrive_recovery

MONDAY

Integrated Prevention Services: **Every Monday and Friday from 10am – 6pm:** In-person FREE confidential HIV, Hepatitis C, STI's testing and linkage to treatment. PrEP/PEP screenings and linkage to providers. Prevention kits are 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=MDBGQnNDdDhIazZrRURTWnkwaWJodz09
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 training 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 and they will send you the Zoom meeting access information.

TUESDAY

Quiet Time: This time is designated for studying, step-work, reading, journaling, artwork, etc. **(Every Tuesday through Friday from 2pm - 5pm)**

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)

ACES Monthly Training (4TH Tuesday of Every Month): This **virtual** training is brought to us by FCA's Families Healing Together program. It is an introduction and overview of Adverse Childhood Experiences (ACES). The training covers various statistics, symptoms, prevention and intervention strategies.
Zoom Meeting ID: 831 1157 9970

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 Passcode: 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 Passcode: Hope2cu

THURSDAY

LIRA One Recovery Thanksgiving Meeting: Celebrate Thanksgiving with the LIRA community with a gratitude meeting. Food and refreshments provided.
In-person at THRIVE Suffolk and on Zoom.
Zoom Meeting ID: 813 2163 9752 Passcode: 682444

Resume Building: Free, no-appointment help to create or improve your resume- at whatever stage you're starting from! Thursday's from 2:00pm – 4:00pm.

Guided Meditation: A weekly beginner's guided meditation to help us relax our minds and stay in the present moment.

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)

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

FRIDAY

Integrated Prevention Services: **Every Monday and Friday from 10am – 6pm:** In-person FREE confidential HIV, Hepatitis C, STI's testing and linkage to treatment. PrEP/PEP screenings and linkage to providers. Prevention kits are 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 for our monthly open mic event dedicated to self-expression in a supportive community.

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

Recovery Comedy Show: Enjoy a recovery comedy show presented by Addicted to Laughter. Food and refreshments provided.

Narcan Training: An in-person training on how to properly administer Naloxone (Narcan). Narcan is a medication designed to rapidly reverse opioid overdose. Free certificate and Narcan kit provided after completion of this training.

Grief Support Group: 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.

Comfort Therapy Dogs (Last 2 Fridays): Trained certified therapy dogs to help aid healing through Comfort Therapy. **No outside pets or animals please.**

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

Friendsgiving: Celebrate Friendsgiving with food, fellowship, and connection the day after Thanksgiving. A full meal will be provided.

SATURDAY

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)

Inspirational Writing Workshop: Explore different writing styles each week during this relaxed, supportive workshop!
Join Zoom Meeting: https://us02web.zoom.us/j/83464422645
Meeting ID: 834 6442 2645 Passcode: 772579

Creative Crochet Group: A supportive and engaging group for individuals to learn, share, and enjoy the craft of crocheting.

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

Sound Journey with Reiki: Experience a relaxing, wellness session that combines the soothing vibrations of sound with Reiki, a gentle energy-healing practice.

Afternoon Movie: Join us to watch a movie every Sunday. Popcorn and snacks available.

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 only.