November 2026 THRIVE Nassau Calendar

For our most current information/updates, please visit www.ThriveLI.org

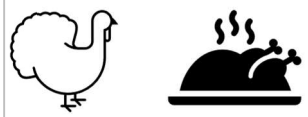
KEY: GREEN – IN-PERSON & ZOOM ORANGE – IN-PERSON ONLY
BLUE – ZOOM ONLY PURPLE – COMMUNITY EVENT FUSCIA – SPECIAL EVENT

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-Friday: 12pm - 8pm
Saturday: 2pm – 9pm
Sunday: Building Closed

Activities/Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12pm-5pm Resume Help Clinic 5pm-7pm Job Search Workshop 8pm Emotional Sobriety	3 1pm Healing Through the Creative Arts 6pm Dad's Group @YES Levittown 6:30pm-8pm Dharma Meditation *New* 7pm-8:30pm Marijuana Anonymous	4 2pm Parenting Group 4pm-6pm Healthy Relationships Workshop *Registration Required* 7pm Reiki Energy Healing 7pm AA- Alcoholics Anonymous	5 6pm Men's Support Group 7pm Narcan Training 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	6 5:30pm Art Expression	7 2pm OA – Beginners Writing Meeting 2:30pm Recovery Dharma 4pm Mindful Flow Yoga *New* 7:30pm NA- Narcotics Anonymous
8 QUIET TIME Every Day 2-5pm	9 12pm-5pm Resume Help Clinic 8pm Emotional Sobriety	10 1pm Healing Through the Creative Arts 6pm Dad's Group @YES Levittown 6:30pm-8pm Dharma Meditation *New* 7pm Wharf Rats 7pm-8:30pm Marijuana Anonymous	11 12pm-8pm All-Day Narcan Trainings 2pm Parenting Group 4pm-6pm Healthy Relationships Workshop *Registration Required* 7pm Reiki Energy Healing 7pm AA- Alcoholics Anonymous	12 **Opening @ 4pm** 6pm Men's Support Group 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	13 5:30pm Art Expression	14 2pm OA – Beginners Writing Meeting 2:30pm Recovery Dharma 7:30pm NA- Narcotics Anonymous
15	16 12pm-5pm Resume Help Clinic 8pm Emotional Sobriety	17 1pm Healing Through the Creative Arts 6pm Dad's Group @YES Levittown 6:30pm-8pm Dharma Meditation *New* 7pm-8:30pm Marijuana Anonymous	18 2pm Parenting Group 2pm Vision Team & Volunteer Orientation 4pm-6pm Healthy Relationships Workshop *Registration Required* 7pm Reiki Energy Healing 7pm AA- Alcoholics Anonymous	19 6pm Men's Support Group 7pm FIST Family Support Group 8pm Matching Calamity with Serenity	20 5:30pm Art Expression 6:30pm Building our Recovery: Clay Night	21 2pm OA– Beginners Meeting 2:30pm Recovery Dharma 4pm Mindful Flow Yoga *New* 6pm Healthy Living Coping Skills 7:30pm NA- Narcotics Anonymous
22	23 12pm-5pm Resume Help Clinic 8pm Emotional Sobriety	24 1pm Healing Through the Creative Arts 6pm Dad's Group @YES Levittown 6:30pm-8pm Dharma Meditation *New* 7pm-8:30pm Marijuana Anonymous	25 2pm Parenting Group 4pm-6pm Healthy Relationships Workshop *Registration Required* 5pm-8pm Friendsgiving 7pm Reiki Energy Healing 7pm AA- Alcoholics Anonymous	26 **CLOSED** 	27 **CLOSED**	28 2pm OA– Beginners Meeting 2:30pm Recovery Dharma 7:30pm NA- Narcotics Anonymous
29 9am-9pm 12 in 12	30 12pm-5pm Resume Help Clinic 6pm-8pm LGBTQIA+ Support Group 8pm Emotional Sobriety					

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. Testing available on site.



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.

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

Resume Help Walk-In Clinic: Every Monday there will be available a walk-in resume clinic. Learn how to create, edit, and perfect your resume.

Job Search Workshop (1st Monday): Looking for a new job? Every first Monday of the month, come to THRIVE Nassau to learn how to edit your resume, interviewing skills, and where to look for jobs.

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=MDBGQnNDdDhIazZrRURTWnkwaWJodz09
Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 929 205 6099

TUESDAYS

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.

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.

Dharma Meditation – Inner Light Sangha **NEW:** A weekly space for meditation, mindful awareness, and community.

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

Project Forward: Healthy Relationships Workshop: Healthy relationships are the foundation of all we do. With Project Forward's Healthy Relationships Workshop learn to develop and maintain healthy relationships in your recovery. This meets every Wednesday from 4pm-6pm for 7 weeks at a time. Pizza will be provided. Please register ahead of time with Celina at 516-728-2435 or clopez@centralnassau.org.

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.

Narcan Training (1st Thursday): Join us for a 45-min training on how to properly administer Naloxone (Narcan) 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

Men's Support Group: **NEW** A weekly discussion group for men focusing on recovery and how to maneuver being a man in recovery. Find support for the challenges you face and come celebrate the triumphs.

Moms in Recovery: **NEW** A peer-led support group for mothers in recovery, providing connection, shared experiences, and practical tools to support sobriety throughout the journey of motherhood. Meeting ID: 844 9245 1439

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/625780032
Meeting ID: 625 780 032 Password: 997189 Dial In #:+1 646 558 8656

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.

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.

Mindful Flow Yoga (1st and 3rd Saturdays): **NEW** Take a moment for yourself with Mindful Flow Yoga, a welcoming yoga and wellness group at THRIVE Nassau! Through gentle movement, mindful breathing, and relaxation, participants can explore ways to reduce stress, reconnect with themselves, and support their overall well-being. Whether you're new to yoga or have an established practice, all experience levels are welcome. Come as you are, move at your own pace, and discover the power of making space for yourself on your wellness and recovery journey. All are welcome. No prior yoga experience necessary!

Healthy Regulation Coping Skills (2nd to last Saturday monthly): Maintaining recovery and having healthy relationships takes working on ourselves and learning new coping mechanisms and techniques. Learn some new techniques and share your experiences with developing your recovery. This is a non-clinical group with a focus on lived experience and practical coping/life skills.

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: odaat 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.