

# JUNE 2020 Thrive Nassau Virtual Calendar

For our most current information/updates, please visit [www.ThriveLI.org](http://www.ThriveLI.org)

KEY: Zoom – OPEN GROUP Zoom - CLOSED GROUP Conference Call

Blue underlined group names are clickable links

Back of calendar contains group descriptions and online meeting links!

1025 Old Country Road, Suite 400, Westbury, NY 11590

Use Bond Street Entrance

Phone: 516-765-7600

Mon-Fri: 10am-8pm

Saturday: 10am – 4pm

Sunday: Building Closed



## Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 1"</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7:30pm <a href="#">Responsible Walk Club</a></p> <p>7:30pm <a href="#">Be-YOU-tiful: The Power of Womanhood</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>11am – 1pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Relapse Prevention</a></p> <p>7:30pm <a href="#">Stress Management During Covid-19</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7pm <a href="#">LGBTQ+ in Recovery?</a></p> <p>7:30pm <a href="#">Responsible Walk Club</a></p> <p>7:30pm <a href="#">Wharf Rats / Yellow Balloon</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>2pm <a href="#">Creativity Hour</a></p> <p>6:30pm <a href="#">LIRAs ONE Recovery Meeting</a></p> <p>8pm <a href="#">Game Night!</a></p> <p>8pm <a href="#">Voices of Empowerment</a></p>	<p>10am <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p>
7	8	9	10	11	12	13
	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 2"</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7:30pm <a href="#">Responsible Walk Club</a></p> <p>7:30pm <a href="#">Be-YOU-tiful: The Power of Womanhood</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>11am – 1pm <a href="#">Virtual Office Hours</a></p> <p>6pm <a href="#">Relapse Prevention</a></p> <p>7:30pm <a href="#">Stress Management During Covid-19</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7pm <a href="#">LGBTQ+ in Recovery?</a></p> <p>7:30pm <a href="#">Responsible Walk Club</a></p> <p>7:30pm <a href="#">Wharf Rats / Yellow Balloon</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>2pm <a href="#">Creativity Hour</a></p> <p>6:30pm <a href="#">LIRAs ONE Recovery Meeting</a></p> <p>8pm <a href="#">Game Night!</a></p> <p>8pm <a href="#">Voices of Empowerment</a></p>	<p>10am <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p>
14	15	16	17	18	19	20
	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 3"</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7:30pm <a href="#">Responsible Walk Club</a></p> <p>7:30pm <a href="#">Be-YOU-tiful: The Power of Womanhood</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>11am – 1pm <a href="#">Virtual Office Hours</a></p> <p>2pm <a href="#">"Know Your Rights" – Legal Rights Education Series</a></p> <p>6pm <a href="#">Relapse Prevention</a></p> <p>7:30pm <a href="#">Stress Management During Covid-19</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>6pm <a href="#">LICADD Narcan Training</a></p> <p>7pm <a href="#">LGBTQ+ in Recovery?</a></p> <p>7:30pm <a href="#">Responsible Walk Club</a></p> <p>7:30pm <a href="#">Wharf Rats / Yellow Balloon</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>2pm <a href="#">Creativity Hour</a></p> <p>6:30pm <a href="#">LIRAs ONE Recovery Meeting</a></p> <p>8pm <a href="#">Game Night!</a></p> <p>8pm <a href="#">Voices of Empowerment</a></p>	<p>10am <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p>
21	22	23	24	25	26	27
	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 4"</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>5:30pm <a href="#">Volunteer Meeting</a></p> <p>7:30pm <a href="#">Responsible Walk Club</a></p> <p>7:30pm <a href="#">Be-YOU-tiful: The Power of Womanhood</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>11am – 1pm <a href="#">Virtual Office Hours</a></p> <p>2pm <a href="#">"Know Your Rights" – Legal Rights Education Series</a></p> <p>6pm <a href="#">Relapse Prevention</a></p> <p>7:30pm <a href="#">Stress Management During Covid-19</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7pm <a href="#">LGBTQ+ in Recovery?</a></p> <p>7:30pm <a href="#">Responsible Walk Club</a></p> <p>7:30pm <a href="#">Wharf Rats / Yellow Balloon</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>2pm <a href="#">Creativity Hour</a></p> <p>6:30pm <a href="#">LIRAs ONE Recovery Meeting</a></p> <p>8pm <a href="#">Game Night!</a></p> <p>8pm <a href="#">Voices of Empowerment</a></p>	<p>10am <a href="#">G.Y.S.T. for Today "Early Recovery"</a></p> <p>5pm <a href="#">Book Club</a></p>
28	29	30				
	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7pm <a href="#">FIST Family Hope Support Group</a></p> <p>8pm <a href="#">Emotional Sobriety "Step 5"</a></p>	<p>10am <a href="#">Rise &amp; Shine Morning Meeting</a></p> <p>7:30pm <a href="#">Responsible Walk Club</a></p> <p>7:30pm <a href="#">Be-YOU-tiful: The Power of Womanhood</a></p>	<p><b>ALL GROUPS LISTED ARE ONLINE</b></p> <p>Call if you have questions. We are here to help!</p>		<p><b>One on One Recovery Coaching Also Available!</b></p> <p>(By appointment only)</p> <p>Schedule with one of THRIVE'S Recovery Coaches Today!</p> <p>*Erin *Greg</p>	

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

## MONDAY - FRIDAY

**Daily Rise & Shine Morning Meeting:** Gathering of the Fellowship: This is a non-judgmental and supportive group that holds online space to discuss topics of life, explore spirituality and to share our own experience, strengths, vulnerabilities and growth. Please join us every weekday morning at 10am. Join Zoom Meeting: <https://zoom.us/j/615516887>  
Meeting ID: 615 516 887 Dial In By Phone #: +1 646 558 8656

## MONDAYS:

**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. #FamiliesHelpingFamilies  
Join Zoom Meeting: <https://zoom.us/j/102090848>  
Meeting ID: 102-090-848 Meeting Password: 244143  
Dial In By Phone #: +1 646 558 8656

**THRIVE's 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.

Anyone from any fellowship can join this conversation at any time. This is not a meeting of an anonymous fellowship: the conversations transcend a "drug of choice" and focus instead on the underlying causes and conditions of addiction. Literature from AA, NA, OA, Al-Anon, CODA and other sources are referenced in these conversations. Music is used to add a contemporary reference, offer a different model for prayer, and provide a mechanism for integrating program messaging beyond the weekly discussion.

Join Zoom Meeting:  
<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNddDhlazZrRURlTWnkwaWJodz09>  
Meeting ID: 917 756 5845 Password: 767066  
Dial In #: +1 929 205 6099 US (New York)

## TUESDAYS

**Volunteer Meeting (monthly):** A forum for both prospective and current volunteers to discuss with Thrive staff upcoming service opportunities for the recovery community. Come share your voice, your ideas and passion as we continue Thrives mission.  
Join Zoom Meeting: <https://zoom.us/j/86340083262>  
Meeting ID: 863 4008 3262 Dial In By Phone #: +1 646 558 8656

**Thrive Everywhere - Responsible Walk Club:** Recovery can take many forms. Solo walking & hiking is a socially responsible way to relieve stress through introspection, mindfulness and physical activity during the current pandemic. Join me in fellowship each Tuesday and Thursday at 7:30pm EST as we share details on our daily solo walks/outdoor exploration. Post your daily walk/hike photos on social media using the hashtags: #thriveeverywhere #dailywalk #responsiblerecovery  
Join Zoom Meeting: <https://zoom.us/j/158789583>  
Meeting ID: 158 789 583 Dial In By Phone #: +1 646 558 8656

**Be-YOU-tiful: The Power of Womanhood:** The Ultimate Woman's Guide to Discovering Your True Beauty, Gaining a Higher Self-Confidence and Developing Personal Success in All Areas of Your Life!

Be-YOU-tiful: The Power of Womanhood aims to inspire women with the courage to break free from the chains of limiting belief patterns and societal or religious conditioning that have traditionally kept women suppressed and unable to see their true beauty and power.

Join Zoom Meeting:  
<https://zoom.us/j/95637050176?pwd=VIIRd1AyQUF1ZHRBWlFbkVQ1FDdz09>  
Meeting ID: 956 3705 0176 Password: 939152  
Dial In By Phone #: +1 646 558 8656

## WEDNESDAYS

**Recovery Coach Office Hours:** Do you ever wonder about what a recovery coach is? What they actually do? How they can support you in your recovery journey and process? Are you interested in exploring free Recovery Coaching through online services? If you answered yes to any of these questions or are curious about finding out more- Tune into THRIVES Virtual office hours and speak with our own recovery coaches weekly from 11AM-1PM on Wednesdays. Take this opportunity to meet our staff and see if Recovery coaching can benefit you or a family member who may be struggling. Thrives staff is also available for personal recovery coach sessions. Call for an appointment today: 516-765-7600

Join Zoom Meeting: <https://us02web.zoom.us/j/81587601791>  
Meeting ID: 815 8760 1791 Dial In By Phone #: +1 646 558 8656

**"Know Your Rights" - Legal Rights Education Series:** Thrive Recovery Centers is partnering with the Legal Aid Society of Suffolk County to bring weekly 1-hr presentations to education, advocate and empower individuals on their legal rights.

**June 17** - Enriching, Protecting, and Improving our Communities - "Know your Criminal Rights" - understanding the courts, appropriately handling police interactions, and what to expect if you are arrested.

**June 24** - After The Drug Arrest - Understanding the drug charges, possible sentences, and post-conviction relief available for people.

**July 1** - After Conviction - Understanding the collateral consequences of an arrest and conviction and possible solutions available in NY.

**July 8th** - Child Protective Services - Understanding your CPS case and how to advocate for yourself.

Join ZOOM Meeting: <https://zoom.us/j/86953961683>  
Meeting ID: 869 5396 1683 Dial In Phone #: 1-646-558-8656

**Relapse Prevention:** is a Peer Support Group. This is a space to share and explore how relapse is preventable with others.

Join Zoom Meeting:  
<https://zoom.us/j/141727891?pwd=WUhmMnB1QnYwblVycWZzZWhtRUeYdz09>  
Meeting ID: 848 7205 5226 Password: 857046  
Dial In By Phone #: +1 646 558 8656

## Stress Management During COVID 19:

Having trouble dealing with isolation during COVID-19? Is the isolation and stress causing anxiety? Stress Management during COVID-19 is a peer support group that will be going over ways to manage stress during the pandemic. We will be meeting over zoom Wednesdays at 7:30PM.

Join Zoom Meeting:  
<https://zoom.us/j/98986405586?pwd=MHFTWjZSkRxbVc5RWdNOXZ3WWI4UT09>  
Meeting ID: 989 8640 5586 Password: 439452  
Dial In By Phone #: +1 646 558 8656

## THURSDAYS

**Thrive Everywhere - Responsible Walk Club:** See Tues.

**LICADD Narcan (Naloxone) Training:** 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.

Join Zoom Meeting: <https://zoom.us/j/88153533728>

Meeting ID: 881 5353 3728 Password: 548927

Dial In By Phone #: +1 646 558 8656

**Wharf Rats / Yellow Balloon Group-** A group of concert-goers who have chosen to live drug and alcohol free. They arose out of the environment around the rock group The Grateful Dead and their followers the Deadheads, both of which were rooted in the drugs-embracing counterculture of the 1960s. Now weekly!  
Join Zoom Meeting - <https://zoom.us/j/389957519>  
Meeting ID: 389 957 519 Dial In By Phone #: +1 646 558 8656

**LGBTQ+ in Recovery?:** Everyone recovers on their own terms and in their own ways - your recovery supports should be as personal as you. Recovering as a person in the LGBTQ+ communities comes with a host of challenges you can process with us. Lead by an out gay social worker. A support and process group committed to the spirit of affirmation, acceptance, and recovery.  
Click to join Meeting: <https://zoom.us/j/93250850355>  
Meeting ID: 932 5085 0355 Dial In By Phone #: +1 646 558 8656

## FRIDAYS:

**Voices Of Empowerment (weekly):** Now weekly! Voices of Empowerment event is a night dedicated to self-expression! Through the written word, poetry, music, etc. we share our stories, our triumphs, our mistakes, our strengths and our vulnerabilities with each other. We are a supportive community that listens without judgment and inspires without demands!  
Join Zoom Meeting: <https://zoom.us/j/81868983935>  
Meeting ID: 818 6898 3935 Dial In By Phone: +1 646 558 8656

**Creative Hour:** Our facilitator invites you to bring any and every creative endeavor that enriches your recovery to a zoom group where we can all work together and chat. Think of it like a knitting club, but with the creative outlet of your choice!  
Join Zoom Meeting - <https://zoom.us/j/151163593>  
Meeting ID: 151 163 593 Dial-in#: +1 646 558 8656 US (New York)

**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  
**Secured meeting - For registration and access please email:** [admin@lirany.org](mailto:admin@lirany.org)

**Game Night! -** Join us for some fun and relaxing times with friends on Zoom. We've got some fun planned for you!  
Join Zoom Meeting: <https://zoom.us/j/661306041>  
Meeting ID: 661 306 041 Dial-in#: +1 646 558 8656 US (New York)

## SATURDAYS

**G.Y.S.T. Early Recovery Group -** Recovery is awesome AND it can also be overwhelming, especially in the beginning. If you're new to recovery or you've been maintaining your recovery but you're having a hard time sifting through all of life's demands, join us at "G.Y.S.T. for Today!" This is a peer-led group that's focused on helping you "get your s\*\*\* together" so you can effectively maintain your recovery, regain your independence, and reintegrate into society living life on life's terms.  
Join URL: <https://zoom.us/j/442671624>  
Meeting ID: 442 671 624 Dial-in#: +1 646 558 8656 US (New York)

**THRIVE Everywhere - Book Club:** Gaining new perspectives on life through the pages of our favorite pieces of literature. Join us in weekly discussion as we explore novels chapter by chapter. Starting June 27<sup>th</sup> we will begin reading "The Education of Little Tree" by Forrest Carter.  
Join Zoom Meeting: <https://us02web.zoom.us/j/86591925188>  
Meeting ID: 865 9192 5188 Dial In #: +1 646 558 8656 US (New York)