

# JANUARY 2022 THRIVE Nassau Calendar

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

KEY: GREEN – IN-PERSON & ZOOM BLUE - ZOOM ONLY

ALL GROUPS AND PROGRAMMING VIRTUAL THROUGH JANUARY 17<sup>th</sup>

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-Thursday: 12pm - 8pm

Friday: 12pm - 10pm Saturday: 2pm-10pm

Sunday: Building Closed

## Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<p>Looking to bring your passion or fellowship to THRIVE? Reach out to learn about hosting/facilitating a group at the recovery center! 516-765-7600</p>		<p>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 TODAY!</p>			<p>2:00pm <a href="#">Volunteer Orientation</a> 2:30pm <a href="#">Overeaters Anonymous - Beginners Writing Meeting</a> 4pm <a href="#">OA - Literature Meeting</a> 6:30pm <a href="#">AA - Step Meeting</a> 8pm <a href="#">NA- Narcotics Anonymous</a></p>	
2	3	4	5	6	7	8
	<p>12pm-3pm <a href="#">Tutoring</a> 1pm <a href="#">Gratitude in Recovery</a> 2pm-5pm <a href="#">Quiet Time</a> 6:30pm <a href="#">Sound Bath Meditation</a> 7pm <a href="#">FIST Family Support Group</a> 8pm <a href="#">Emotional Sobriety</a></p>	<p>10am <a href="#">Financial Literacy Group</a> 1pm <a href="#">Thrive University - "Active Listening"</a> 3pm <a href="#">G.Y.S.T. for Today "Early Recovery"</a> 6pm <a href="#">Intro To Yoga</a></p>	<p>7pm <a href="#">Reiki Energy Healing &amp; Guided Meditation</a></p>	<p>12pm <a href="#">Lunchtime Meditation</a> 6pm <a href="#">Dwyer Vet to Vet Support</a> 6pm <a href="#">LGBTQ+ in Recovery</a> 7pm <a href="#">CoDA</a> 7pm <a href="#">Virtual Narcan Training</a></p>	<p>12pm <a href="#">Emotions Anonymous</a> 6:30pm <a href="#">LIRA ONE Recovery Mtg</a> 7pm <a href="#">Zoom Game Night</a></p>	<p>2:30pm <a href="#">Overeaters Anonymous - Beginners Writing Meeting</a> 4pm <a href="#">OA - Body Image Book and the OA Third Edition</a> 6:30pm <a href="#">AA - Step Meeting</a> 8pm <a href="#">NA- Narcotics Anonymous</a></p>
9	10	11	12	13	14	15
	<p>1pm <a href="#">Gratitude in Recovery</a> 7pm <a href="#">FIST Family Support Group</a> 8pm <a href="#">Emotional Sobriety</a></p>	<p>10am <a href="#">Financial Literacy Group</a> 1pm <a href="#">Thrive University - "Recoveree Wellness Plan 101"</a> 3pm <a href="#">G.Y.S.T. for Today "Early Recovery"</a> 6pm <a href="#">Intro To Yoga</a></p>	<p>7pm <a href="#">Reiki Energy Healing &amp; Guided Meditation</a></p>	<p>12pm <a href="#">Lunchtime Meditation</a> 6pm <a href="#">Dwyer Vet to Vet Support</a> 6pm <a href="#">LGBTQ+ in Recovery</a> 7pm <a href="#">CoDA</a> 7pm <a href="#">Virtual Narcan Training</a></p>	<p>12pm <a href="#">Emotions Anonymous</a> 6:30pm <a href="#">LIRA ONE Recovery Mtg</a> 7pm <a href="#">Zoom Game Night</a> 8pm <a href="#">Refuge Recovery</a></p>	<p>2:30pm <a href="#">Overeaters Anonymous - Beginners Writing Meeting</a> 4pm <a href="#">OA - Body Image Book and the OA Third Edition</a> 6:30pm <a href="#">AA - Step Meeting</a> 8pm <a href="#">NA- Narcotics Anonymous</a></p>
16	17	18	19	20	21	22
	<p>1pm <a href="#">Gratitude in Recovery</a> 7pm <a href="#">FIST Family Support Group</a> 8pm <a href="#">Emotional Sobriety</a></p>	<p>10am <a href="#">Financial Literacy Group</a> 1pm <a href="#">Thrive University - "Cultural Competency"</a> 3pm <a href="#">G.Y.S.T. for Today "Early Recovery"</a> 6pm <a href="#">Intro To Yoga</a></p>	<p>7pm <a href="#">Reiki Energy Healing &amp; Guided Meditation</a></p>	<p>12pm <a href="#">Lunchtime Meditation</a> 6pm <a href="#">Dwyer Vet to Vet Support</a> 6pm <a href="#">LGBTQ+ in Recovery</a> 7pm <a href="#">CoDA</a> 7pm <a href="#">Virtual Narcan Training</a></p>	<p>12pm <a href="#">Emotions Anonymous</a> 6:30pm <a href="#">LIRA ONE Recovery Mtg</a> 8pm <a href="#">Voices of Empowerment</a></p>	<p>2:30pm <a href="#">OA - Beginners Meeting</a> 4pm <a href="#">OA - Body Image Book and the OA Third Edition</a> 6:30pm <a href="#">Alcoholics Anonymous - Step Meeting</a> 8pm <a href="#">NA- Narcotics Anonymous</a></p>
23/30	24/31	25	26	27	28	29
	<p>1pm <a href="#">Gratitude in Recovery</a> 7pm <a href="#">FIST Family Support Group</a> 8pm <a href="#">Emotional Sobriety</a></p>	<p>10am <a href="#">Financial Literacy Group</a> 1pm <a href="#">Thrive University - "Transference &amp; Counter- transference"</a> 3pm <a href="#">G.Y.S.T. for Today "Early Recovery"</a> 6pm <a href="#">Intro To Yoga</a></p>	<p>7pm <a href="#">Reiki Energy Healing &amp; Guided Meditation</a></p>	<p>12pm <a href="#">Lunchtime Meditation</a> 6pm <a href="#">Dwyer Vet to Vet Support</a> 6pm <a href="#">LGBTQ+ in Recovery</a> 7pm <a href="#">CoDA</a> 7pm <a href="#">Virtual Narcan Training</a></p>	<p>12pm <a href="#">Emotions Anonymous</a> 6:30pm <a href="#">LIRA ONE Recovery Mtg</a> 8pm <a href="#">Zoom Game Night</a> 8pm <a href="#">Refuge Recovery</a></p>	<p>2:30pm <a href="#">OA - Beginners Meeting</a> 4pm <a href="#">OA - Body Image Book and the OA Third Edition</a> 6:30pm <a href="#">Alcoholics Anonymous - Step Meeting</a> 8pm <a href="#">NA- Narcotics Anonymous</a></p>

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

## MONDAYS:

**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 time-slot today! 516-765-7600

**Gratitude in Recovery:** Join us at our weekly Gratitude in Recovery group every Monday at 1pm in-person at Thrive Nassau and via Zoom. What a better way to start your week than looking at the blessing's life has to offer?! We will be going over different gratitude activities that allow us to express what we are grateful for. Registration required to attend in-person.

Join Zoom Meeting: <https://us02web.zoom.us/j/83629803428>  
Meeting ID: 836 2980 3428 Dial In By Phone #: +1 646 558 8656

**Quiet Time (Mondays and Wednesdays):** Are you looking for a quiet space that won't have any distractions? Join us at Thrive Nassau on Mondays and Wednesdays between 2PM-5PM for our "Quiet Time". This is designated time for: -Studying, course work, step-work, reading, journaling, projects, resume building, zoom meetings, etc.

-Community computer and printer access  
-Recovery Coach Peers available to meet individually.

**Sound Bath Meditation:** Himalayan sound bowls, gongs and other instruments performed by Vibrational Sound Works. Every Monday at 6:30pm at THRIVE Nassau

**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  
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.

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:

**Financial Literacy Group:** Take the first steps in becoming financially literate by understanding what a FICO score is, what affects it, and how to improve it  
Zoom Link: <https://us02web.zoom.us/j/5449797565>  
Meeting ID: 544 979 7565 Dial In #: +1 929 205 6099

**THRIVE University – Peer Development Education and Training:** THRIVE University will be providing FREE education and training for Certified Recovery Peer Advocates who are new to and/or working in the field. Our experienced team of professionals will be developing trainings based on feedback from those in the field and the community partners we work with.

Join Zoom Meeting: <https://us02web.zoom.us/j/83126828535>  
Meeting ID: 831 2682 8535 Dial In By Phone #: +1 646 558 8656

**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 Zoom Meeting: <https://zoom.us/j/442671624>  
Meeting ID: 442 671 624 Dial-in#: +1 646 558 8656

**Intro to Yoga:** Join us in-person each Tuesday evening for a 6pm introduction to yoga class. Also available on Zoom.

Join Zoom Meeting: <https://us02web.zoom.us/j/85395396142>  
Meeting ID: 853 9539 6142 Dial-in#: +1 646 558 8656

## WEDNESDAYS

**Alcoholics Anonymous: Open, Discussion -** "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."

**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 us every Wednesday at 7pm.

Join Zoom Meeting: <https://us02web.zoom.us/j/88650156821>  
Meeting ID: 886 5015 6821 Dial In By Phone #: 1 646 558 8656

## THURSDAYS

**Lunchtime Meditation Meeting:** Please join us Thursdays at 12pm in-person at Thrive Nassau or Zoom for a 30-minute guided meditation to break up the day with grounding and serenity.

Join Zoom Meeting: <https://zoom.us/j/615516887>  
Meeting ID: 615 516 887 Dial In By Phone #: +1 646 558 8656

**Joseph p. Dwyer Veterans Peer Support Project:** Named to honor the memory of an Iraq war from Mount Sinai, NY, the Joseph P. Dwyer Veteran Peer Support Project is a peer-to-peer program for Veterans facing the challenges of Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI).

Join Zoom Meeting: <https://us02web.zoom.us/j/81717558122>  
Meeting ID: 817 1755 8122 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. Led 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://us02web.zoom.us/j/82961114063>  
Meeting ID: 829 6111 4063 Dial In By Phone #: +1 646 558 8656

**Co-Dependents Anonymous (Thursdays):** Co-Dependents Anonymous is a Fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery — learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

Join Zoom Meeting: <https://us02web.zoom.us/j/83825443424?pwd=T242QnNkdTlrT25KYVB4NG5iUFA0Zz09>  
Meeting ID: 838 2544 3424 Passcode: 345841  
Dial In By Phone Number: 1 646 558 8656

**Virtual Narcan Training:** Join us for a 30-min training on how to properly administer Naloxone (Narcan). This training will be offered each Thursday from 7-7:30pm. 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://us02web.zoom.us/j/81059824171>  
Meeting ID: 810 5982 4174 Dial In By Phone #: +1 646 558 8656

**Vision Team (4th Thursday monthly):** The Vision Team is responsible for being a voice for the community THRIVE intends to serve.

It is the driving force behind program development and implementation as well as county-focused community outreach and engagement.

. If you're interested, please join us at our next meeting!  
Join Zoom Meeting: <https://us02web.zoom.us/j/85499171155>  
Meeting ID: 854 9917 1155 Dial In By Phone #: +1 646 558 8656

## FRIDAYS:

**Emotions Anonymous:** Emotions Anonymous International (EAI) is a nonprofit organization that facilitates the ongoing efforts of an international fellowship of men and women who desire to improve their emotional well-being. EA members come together in weekly meetings for the purpose of working toward recovery from any sort of emotional difficulties. EA members are of diverse ages, races, and economic status, social and educational backgrounds. The only requirement for membership is a desire to become well emotionally.

Join Zoom Meeting: <https://us02web.zoom.us/j/87334805993>  
Meeting ID: 873 3480 5993 Dial In By Phone #: +1 646 558 8656

**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.

**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://us02web.zoom.us/j/85120004598>  
Meeting ID: 851 2000 4598 Dial-in By Phone: 929-205-6099

**Refuge Recovery (2<sup>nd</sup> and 4<sup>th</sup> Fridays):** "Refuge Recovery is a practice, a process, a set of tools, a treatment and a path to healing addiction and the suffering caused by addiction. The main inspiration and guiding philosophy for the Refuge Recovery program are the teachings of Siddhartha Gautama, a man who lived in India twenty-five hundred years ago."  
Join Zoom Meeting: <https://us02web.zoom.us/j/84831855625>  
Meeting ID: 848 3185 5625 Dial In By Phone #: +1 646 558 8656

**Comfort Therapy Dogs (1<sup>st</sup> and 2<sup>nd</sup> Fridays) –** Trained certified therapy dogs to help aid healing through Comfort Therapy. No outside pets or animals please.

**Fellowship Friday –** Join us for some fun and relaxing times with friend's in-person at Thrive Nassau. We've got some fun planned for you!  
Join Zoom Meeting: <https://us02web.zoom.us/j/82829627381>  
Meeting ID: 828 2962 7381 Dial In By Phone #: +1 646 558 8656

## 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."

Join Zoom Meeting: <https://us04web.zoom.us/j/234613613884>  
Meeting ID: 234-613-884 Password: 535356 Dial in #: 1.646.876.9923

**Alcoholics Anonymous: Open, Step Meeting -** "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."

**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: odat Dial in #: 1.646.876.9923

**Volunteer Orientation (monthly):** A forum for prospective 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