

JUNE 2021 THRIVE Nassau Calendar

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

KEY: GREEN – IN-PERSON BLUE - ZOOM ONLY

[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-Saturday: 12pm - 10pm

Sunday: Building Closed

Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<p>10am Your FICO Score & Why It Matters</p> <p>12pm Lunchtime Meditation</p> <p>3pm G.Y.S.T. for Today "Early Recovery"</p> <p>6:30pm Thrive University Peer Development</p> <p>7pm Women's Support Group</p>	<p>2pm-5pm Quiet Time – Study/School/Step/Reading Hours</p> <p>6pm Financial Workshop</p> <p>6:15pm Coping with Stress & Challenges</p> <p>7pm Reiki Energy Healing & Guided Meditation</p>	<p>12pm-12:30pm Lunchtime Meditation Meeting</p> <p>6pm LGBTQ+ in Recovery</p> <p>7pm Virtual Narcan Training</p>	<p>5:30pm Community Re-integration Support Group</p> <p>6:30pm LIRAs ONE Recovery Mtg</p> <p>8pm Trivia Night</p>	<p>12pm Intro To Yoga</p> <p>1:30pm Volunteer Orientation</p> <p>6:30pm Alcoholics Anonymous – Step Meeting</p> <p>7:30pm-10pm Saturday Night Hangout</p>
6	7	8	9	10	11	12
	<p>1pm Gratitude in Recovery</p> <p>2pm-5pm Quiet Time – Study/School/Step/Reading Hours</p> <p>7pm FIST Family Hope Support Group</p> <p>7pm Healing & Resiliency Through Herbalism</p> <p>8pm Emotional Sobriety</p>	<p>10am Your FICO Score & Why It Matters</p> <p>3pm G.Y.S.T. for Today "Early Recovery"</p> <p>6:30pm Sound Bath Meditation</p> <p>6:30pm Thrive University</p> <p>7pm Women's Support Group</p>	<p>6:15pm Coping with Stress & Challenges</p> <p>7pm Reiki Energy Healing & Guided Meditation</p>	<p>12pm-12:30pm Lunchtime Meditation Meeting</p> <p>6pm LGBTQ+ in Recovery</p> <p>7pm Virtual Narcan Training</p>	<p>5:30pm Community Re-integration Support Group</p> <p>6:30pm LIRAs ONE Recovery Mtg</p> <p>8pm Creative Crafting</p> <p>8pm Refuge Recovery</p>	<p>12pm Intro To Yoga</p> <p>2:30pm Overeaters Anonymous – Beginners Writing Meeting</p> <p>4pm Overeaters Anonymous - Body Image Book and the OA Third Edition</p> <p>6:30pm Alcoholics Anonymous – Step Meeting</p>
13	14	15	16	17	18	19
	<p>1pm Gratitude in Recovery</p> <p>2pm-5pm Quiet Time – Study/School/Step/Reading Hours</p> <p>7pm FIST Family Hope Support Group</p> <p>7pm Healing & Resiliency Through Herbalism</p> <p>8pm Emotional Sobriety</p>	<p>10am Your FICO Score & Why It Matters</p> <p>3pm G.Y.S.T. for Today "Early Recovery"</p> <p>6:30pm Sound Bath Meditation</p> <p>6:30pm Thrive University</p> <p>7pm Women's Support Group</p>	<p>12pm Stress Management</p> <p>2pm-5pm Quiet Time – Study/School/Step/Reading Hours</p> <p>6pm Self-Discovery Through Journaling</p> <p>7pm Reiki Energy Healing & Guided Meditation</p>	<p>12pm-12:30pm Lunchtime Meditation Meeting</p> <p>6pm LGBTQ+ in Recovery</p> <p>7pm Virtual Narcan Training</p>	<p>5:30pm Community Re-integration Support Group</p> <p>6:30pm LIRAs ONE Recovery Mtg</p> <p>7pm Voices of Empowerment – Open Mic Night</p>	<p>12pm Intro To Yoga</p> <p>2:30pm Overeaters Anonymous – Beginners Writing Meeting</p> <p>4pm Overeaters Anonymous - Body Image Book and the OA Third Edition</p> <p>6:30pm Alcoholics Anonymous – Step Meeting</p>
20	21	22	23	24	25	26
	<p>1pm Gratitude in Recovery</p> <p>2pm-5pm Quiet Time</p> <p>7pm FIST Family Hope Support Group</p> <p>7pm Healing & Resiliency Through Herbalism</p> <p>8pm Emotional Sobriety</p>	<p>10am Your FICO Score & Why It Matters</p> <p>3pm G.Y.S.T. for Today "Early Recovery"</p> <p>6:30pm Sound Bath Meditation</p> <p>6:30pm Thrive University</p> <p>7pm Women's Support Group</p>	<p>12pm Stress Management</p> <p>2pm-5pm Quiet Time – Study/School/Step/Reading Hours</p> <p>6pm Self-Discovery Through Journaling</p> <p>7pm Reiki Energy Healing & Guided Meditation</p>	<p>12pm-12:30pm Lunchtime Meditation Meeting</p> <p>6pm LGBTQ+ in Recovery</p> <p>7pm Virtual Narcan Training</p>	<p>5:30pm Community Re-integration Support Group</p> <p>6:30pm LIRAs ONE Recovery Mtg</p> <p>8pm Pride Month – Movie Screening and Discussion – "Milk"</p> <p>8pm Refuge Recovery</p>	<p>12pm Intro To Yoga</p> <p>2:30pm Overeaters Anonymous – Beginners Writing Meeting</p> <p>4pm Overeaters Anonymous - Body Image Book and the OA Third Edition</p> <p>6:30pm Alcoholics Anonymous – Step Meeting</p>
27	28	29	30			
	<p>1pm Gratitude in Recovery</p> <p>2pm-5pm Quiet Time – Study/School/Step/Reading Hours</p> <p>7pm FIST Family Hope Support Group</p> <p>7pm Healing & Resiliency Through Herbalism</p> <p>8pm Emotional Sobriety</p>	<p>10am Your FICO Score...</p> <p>3pm G.Y.S.T. for Today "Early Recovery"</p> <p>7pm Women's Support Group</p>	<p>12pm Stress Management</p> <p>2pm-5pm Quiet Time</p> <p>6pm Vision Team Meeting</p> <p>6pm Self-Discovery Through Journaling</p> <p>7pm Reiki Energy Healing & Guided Meditation</p>	<p>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey.</p> <p>Schedule with one of THRIVE'S Recovery Coaches Today!</p>		

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

MONDAYS:

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 blessings 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.

Paying For College Workshop (3rd Monday):

- Deciding what you want to study
- Deciding where you want to study
- What does college cost? How are expenses calculated?
- Paying for your choice

Zoom Meeting Link: <https://us02web.zoom.us/j/81822168643>

Zoom Meeting ID: 818 2216 8643 Dial In By Phone #: +1 646 558 8656

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=MDBGQnNDdDhlazZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845

Password: 767066

Dial In #: +1 929 205 6099

Healing and Resiliency through Herbalism: Empower yourself with herbal remedies that are within arm's reach for us all. Sometimes the little things make the biggest difference. We will sampling various tea's each week.

Zoom Meeting Link: <https://us02web.zoom.us/j/88400754394>

Zoom Meeting ID: 884 0075 4394

Dial In #: +1 929 205 6099

TUESDAYS:

Your FICO Score & Why It Matters: 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

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

Women's Support Group: No labels, no categories, open meeting for all women. We are empowered women talking out our daily life, looking for the positive and sharing it with others in a non-judgmental and safe environment. This is not a man bashing meeting, it is a safe place TO JUST BE, and let your guard down.

Join Zoom Meeting:

<https://zoom.us/j/95637050176?pwd=VlIRd1AyQUF1ZHRBWlFkdVQ1FDdz09>

Meeting ID: 956 3705 0176 Password: 939152 Dial In #: +1-646-558-8656

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

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

WEDNESDAYS

Stress Management: Join us each Wednesday at 12pm for a group designed to reduce distress. Project Hope will provide their crisis counselors to discuss family, emotional health and/or recovery supports.

Join Zoom Meeting: <https://us02web.zoom.us/j/82283023460>

Meeting ID: 822 8302 3460 Dial In By Phone #: +1 646 558 8656

Self-Discovery Through Journaling: Discovery of your emotional being. Becoming aware of your mind, body and spirit through journaling.

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

Financial Workshop (1st Wednesday monthly): A workshop addressing the root causes of financial problems. Presenting principles to apply to your life to change your financial situation.

Join Zoom Meeting: <https://us02web.zoom.us/j/86308555173>

Meeting ID: 863 0855 5173 Dial In By Phone #: +1 646 558 8656

Vision Team (4th Wednesday monthly): The Vision Team is also 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. Vision Teams meet on a monthly basis and as needed when there are special events or specific needs of the community that must be discussed. 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

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

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://us02web.zoom.us/j/82961114063>

Meeting ID: 829 6111 4063 Dial In By Phone #: +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

FRIDAYS:

Community Re-integration and Support: After detox, rehab, treatment or incarceration, coming home can be harder than we think - the old people, places and things make re-adjustment a challenge; our family and friends have trouble understanding the barriers we face; our communities rarely welcome us with open arms. Join us talk about the challenges of re-entry and find support from people going through the same things.
Join Zoom Meeting: <https://us02web.zoom.us/j/83349989578>
Meeting ID: 833 4998 9578 Dial In By Phone: +1 646 558 8656

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 (2nd and 4th 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 Siddharta 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

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!

SATURDAYS

Intro to Yoga: Join us in-person each Saturday afternoon for a 12pm 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

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 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 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."

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