

JANUARY 2021 Thrive Nassau Calendar

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

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

[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-Sat: 12pm-8pm

Sunday: Building Closed



Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
<p>In-Person Groups Highlighted in Green Below, these are also available on Zoom. Current Building Capacity - 25 Participants https://signup.com/group/116356593607</p>		<p>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Schedule with one of THRIVE'S Recovery Coaches Today!</p>			<p>HAPPY NEW YEAR! Modified Hours 12pm-3pm 12pm – 3pm Vision Boarding and Fellowship</p>		12pm Intro To Yoga 12pm Vocational Workshop – Job/Resume Readiness 1:30pm Volunteer Orientation 6pm-8pm Saturday Night Hangout
3	4	5	6	7	8	9	
1pm Gratitude in Recovery 5pm SoberMoms: Unfiltered 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 12"	12pm Gathering of the Fellowship Meditation Meeting 7pm Women's Support Group	12pm Recovery Support Group 1pm Virtual Office Hours 6pm Stress Management In Recovery 7pm Virtual Reiki Energy Healing & Guided Meditation	12pm Gathering of the Fellowship Meditation Meeting 3pm G.Y.S.T. for Today "Early Recovery" 6pm Got Defects? 6pm LGBTQ+ in Recovery 7pm Virtual Narcan Training	12pm Emotions Anonymous 5:30pm Community Re-integration and Support 6:30pm LIRAs ONE Recovery Mtg 6:30pm Fellowship Friday	12pm Intro To Yoga 12pm Vocational Workshop – Job/Resume Readiness 6pm-8pm Saturday Night Hangout		
10	11	12	13	14	15	16	
1pm Gratitude in Recovery 5pm SoberMoms: Unfiltered 6pm Financial Workshop 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 1"	12pm Gathering of the Fellowship Meditation Meeting 7pm Women's Support Group	12pm Recovery Support Group 1pm Virtual Office Hours 6pm Stress Management In Recovery 7pm Virtual Reiki Energy Healing & Guided Meditation	12pm Gathering of the Fellowship Meditation Meeting 3pm G.Y.S.T. for Today "Early Recovery" 6pm Got Defects? 6pm LGBTQ+ in Recovery 7pm Virtual Narcan Training	12pm Emotions Anonymous 5:30pm Community Re-integration and Support 6:30pm LIRAs ONE Recovery Mtg 6:30pm Fellowship Friday	12pm Intro To Yoga 12pm Vocational Workshop – Job/Resume Readiness 6pm-8pm Saturday Night Hangout		
17	18	19	20	21	22	23	
1pm Gratitude in Recovery 5pm SoberMoms: Unfiltered 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 2"	12pm Gathering of the Fellowship Meditation Meeting 7pm Women's Support Group	12pm Recovery Support Group 1pm Virtual Office Hours 6pm Stress Management In Recovery 7pm Virtual Reiki Energy Healing & Guided Meditation	12pm Gathering of the Fellowship Meditation Meeting 3pm G.Y.S.T. for Today "Early Recovery" 6pm Got Defects? 6pm LGBTQ+ in Recovery 7pm Virtual Narcan Training	12pm Emotions Anonymous 5:30pm Community Re-integration and Support 6:30pm LIRAs ONE Recovery Mtg 6pm-8pm Confidential HIV Testing and Education by Northwell Health 6:30pm Fellowship Friday	12pm Intro To Yoga 12pm Vocational Workshop – Job/Resume Readiness 6pm-8pm Saturday Night Hangout		
24/31	25	26	27	28	29	30	
1pm Gratitude in Recovery 5pm SoberMoms: Unfiltered 7pm FIST Family Hope Support Group 8pm Emotional Sobriety "Step 3"	12pm Gathering of the Fellowship Meditation Meeting 7pm Women's Support Group	12pm Recovery Support Group 1pm Virtual Office Hours 6pm Stress Management In Recovery 7pm Virtual Reiki Energy Healing & Guided Meditation	12pm Gathering of the Fellowship Meditation Meeting 3pm G.Y.S.T. for Today "Early Recovery" 6pm Got Defects? 6pm LGBTQ+ in Recovery 7pm Virtual Narcan Training	12pm Emotions Anonymous 5:30pm Community Re-integration and Support 6:30pm LIRAs ONE Recovery Mtg 6:30pm Fellowship Friday	12pm Intro To Yoga 12pm Vocational Workshop – Job/Resume Readiness 6pm-8pm Saturday Night Hangout		

You can also follow us on Facebook @ <https://www.facebook.com/THRIVERecovery/> & 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

SoberMoms: Unfiltered: This is a gathering of mom, mommies and mothers who are in recovery and are looking to find the balance in their life so they can support their own recovery and still be a mother to their children. This is a space where you can say whatever you like with NO judgement from anyone else. This is also a space to realize how being a sober mom is a gift in itself to your children. With this unprecedented year of COVID and school, there has definitely been another layer of stress for moms to be everything to their children when needed. However if you head is not in a good place then how helpful can one truly be. We will meet weekly and have someone speak briefly with a topic given after. BUT to reiterate, you can share whatever you want during your time as it will be key to your own self-care.

Join Zoom Meeting: <https://us02web.zoom.us/j/82423831925>

Meeting ID: 824 2383 1925 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. #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.

Join Zoom Meeting:

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNdDhIazZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845

Password: 767066

Dial In #: +1 929 205 6099

Financial Workshop (2nd Monday 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://zoom.us/j/84469449738>

Meeting ID: 844 6944 9738 Dial In By Phone #: +1 646 558 8656

TUESDAYS:

Gathering of the Fellowship Meditation 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 Tuesdays and Thursdays at 12pm in-person at Thrive Nassau or Zoom.

Join Zoom Meeting: <https://zoom.us/j/615516887>

Meeting ID: 615 516 887 Dial In By Phone #: +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=VIIRd1AyQUF1ZHRBWlFBdkVOL1FDdz09>

Meeting ID: 956 3705 0176

Password: 939152

Dial In By Phone #: +1 646 558 8656

WEDNESDAYS

Virtual 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

Recovery Coach Office Hours: What is Recovery Coaching?

Peer-to-Peer: Working closely with a recovery coach, you will establish a personalized recovery plan. The coaching relationship helps support you to identify self-directed goals and set an attainable plan to achieve them. Through sessions with your coach and open communication, your coach will be able to help support you and help identify solutions that will keep you safe on your recovery journey.

Join Zoom Meeting: <https://us02web.zoom.us/j/81587601791>

Meeting ID: 815 8760 1791 Dial In By Phone #: +1 646 558 8656

Recovery Support Group: A weekly meeting in-person at Thrive Nassau and on Zoom for individuals looking to strengthen and expand their recovery network. Discussions will center on topics surrounding the principles of recovery and how they can help improve our health and wellness. All are welcome to share in their experiences and struggles in finding a successful pathway to recovery. Pre-registration required for in-person attendance.

Join Zoom Meeting: <https://us02web.zoom.us/j/81587601791>

Meeting ID: 815 8760 1791 Dial In By Phone #: +1 646 558 8656

Stress Management in Recovery: 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 6PM

Join Zoom Meeting:

<https://zoom.us/j/98986405586?pwd=MHFTWjlzSkRxbVc5RWdNOXZ3WWl4UT09>

Meeting ID: 989 8640 5586 Password: 439452

Dial In By Phone #: +1 646 558 8656

THURSDAYS

Gathering of the Fellowship Meditation 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 Tuesdays and Thursdays at 12pm in-person at Thrive Nassau or Zoom.

Join Zoom Meeting: <https://zoom.us/j/615516887>

Meeting ID: 615 516 887 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

Got Defects: "Drop the Rock" is a book with important insights to help people truly transform their recovery. Join us every Thursday on zoom at 6PM in reading "Drop the Rock" as we explore steps 6 and 7.

Join Zoom Meeting: <https://us02web.zoom.us/j/89409958317>

Meeting ID: 894 0995 8317 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:

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, 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/86881869855>

Meeting ID: 868 8186 9855 Dial In By Phone #: +1 646 558 8656

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 Fridays at 5:30PM to 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/82796236576>

Meeting ID: 827 9623 6576 Dial-in By Phone: 929-205-6099

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 by your location: +1 646 558 8656

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

Vocational Workshop – Job Readiness and Resume Assistance: Weekly resource for job assistance (resume writing, interviewing skills, and job search). In-person at Thrive Nassau or on zoom.

Join Zoom Meeting: <https://us02web.zoom.us/j/84872070242>

Meeting ID: 848 7207 0242 Dial-in#: +1 646 558 8656

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

Saturday Night Hangout: Come meet up with other people in recovery to watch movies and sports, play video games or just to hang out. We have three big screen TVs that can stream Netflix and sporting events. Bring your own gaming systems and games or use ours (Xbox, PS4 and SNES).