

JANUARY 2021 Thrive Suffolk Calendar

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

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

Underlined group names are clickable links

Back of calendar contains group descriptions and online meeting links!

1324 Motor Parkway, Hauppauge, NY 11749

631-822-3396

Mon-Sat: 12pm – 8pm

Sunday: 12pm – 4pm



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 Wellness At Noon 2:30pm Co-Dependents Anonymous - CoDA</p>	10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 1pm Gathering of the Fellowship 7:30pm ONE Recovery Meeting
3	4	5	6	7	8	9
2pm Afternoon Movie	12pm Wellness At Noon 1pm Codependents & 12 Steps 6pm LICADD Eating Dis. Grp ** 6pm The Sangha 7:30pm LICADD Anger Mgmt. ** 8pm Emotional Sobriety "Step 12"	12pm Wellness At Noon 6pm Getting to Know Yourself	12pm Wellness At Noon 1pm Virtual Office Hours 2pm Parenting Group 6:30pm Narcotics Anon. 7pm Men's Support Group	12pm Wellness At Noon 3pm G.Y.S.T. - "Early Recovery" 7pm Virtual Narcan Training 7pm FIST Family Support Group 8pm – Matching Calamity with Serenity	9:30am-6pm LIRA Recovery Coach Academy 12pm Wellness At Noon 2:30pm Co-Dependents Anonymous - CoDA 3pm Dual Recovery	9:30am-6pm LIRA Recovery Coach Academy 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 1pm Gathering of the Fellowship 7:30pm ONE Recovery Meeting
10	11	12	13	14	15	16
2pm Vision Board	12pm Wellness At Noon 1pm Codependents & 12 Steps 6pm LICADD Eating Dis. Grp ** 6pm The Sangha 7:30pm LICADD Anger Mgmt. ** 8pm Emotional Sobriety "Step 1"	12pm Wellness At Noon 6pm Getting to Know Yourself	12pm Wellness At Noon 1pm Virtual Office Hours 2pm Parenting Group 6:30pm Narcotics Anon. 7pm Men's Support Group	12pm Wellness At Noon 3pm G.Y.S.T. - "Early Recovery" 7pm Virtual Narcan Training 7pm FIST Family Support Group 8pm – Matching Calamity with Serenity	9:30am-6pm LIRA Recovery Coach Academy 12pm Wellness At Noon 2:30pm Co-Dependents Anonymous - CoDA 3pm Dual Recovery	9:30am-6pm LIRA Recovery Coach Academy 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 1pm Gathering of the Fellowship 7:30pm ONE Recovery Meeting
17	18	19	20	21	22	23
2pm Afternoon Movie	12pm Wellness At Noon 1pm Codependents & 12 Steps 6pm LICADD Eating Dis. Grp ** 6pm The Sangha 7:30pm LICADD Anger Mgmt. ** 8pm Emotional Sobriety "Step 2"	12pm Wellness At Noon 6pm Getting to Know Yourself	12pm Wellness At Noon 1pm Virtual Office Hours 2pm Parenting Group 6pm Financial Workshop 6:30pm Narcotics Anon. 7pm Men's Support Group	12pm Wellness At Noon 3pm G.Y.S.T. - "Early Recovery" 7pm Virtual Narcan Training 7pm FIST Family Support Group 8pm – Matching Calamity with Serenity	9:30am-6:30pm LIRA Recovery Coach Academy 12pm Wellness At Noon 2:30pm Co-Dependents Anonymous - CoDA 3pm Dual Recovery	9:30am-6:30pm LIRA Recovery Coach Academy 10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 1pm Gathering of the Fellowship 7:30pm ONE Recovery Meeting
24/31	25	26	27	28	29	30
2pm Afternoon Movie	12pm Wellness At Noon 1pm Codependents & 12 Steps 6pm LICADD Eating Dis. Grp ** 6pm The Sangha 7:30pm LICADD Anger Mgmt. ** 8pm Emotional Sobriety "Step 3"	12pm Wellness At Noon 6pm Getting to Know Yourself	12pm Wellness At Noon 1pm Virtual Office Hours 2pm Parenting Group 6:30pm Narcotics Anon. 7pm Men's Support Group	12pm Wellness At Noon 3pm G.Y.S.T. - "Early Recovery" 7pm Virtual Narcan Training 7pm FIST Family Support Group 8pm – Matching Calamity with Serenity	12pm Wellness At Noon 2:30pm Co-Dependents Anonymous - CoDA 3pm Dual Recovery	10am LICADD Fam. Supp. Grp. 11:30am LICADD Bereavement 1pm Gathering of the Fellowship 7:30pm ONE Recovery Meeting

**LICADD program: registration required. Please contact Joanne at 631-979-1700. You can also follow us on Facebook @ <https://www.facebook.com/THRIVEReccovery/> & Instagram @ [thrive_recovery](https://www.instagram.com/thrive_recovery)

MONDAY

Week of Hope - Daily Wellness – 12pm: Join us at 12pm EST Monday through Friday for 1 hour of creative visualization and fraternity.

Join Zoom Meeting: <https://zoom.us/j/684944857>
Meeting ID: 684 944 857 Dial In By Phone #: +1 646 558 8656 US (New York)

Codependents' Guide to the 12 Steps: Held in-person in Thrive Suffolk and on Zoom. "Codependency is a powerful force. So is denial, and the ability to ignore what is before our eyes. What's there has the power to hurt, especially when we feel helpless, vulnerable, frightened and ashamed by it all." That message comes straight from the book, "Codependents' Guide to the 12 Steps" by Melody Beattie. If you think you are codependent, this workshop will help. You will need the book to participate. Call Thrive; Fran Monaco will send you the first chapter so you can read along with us while you are waiting for your book to arrive. Buy your book on www.thriftbooks.com for a fraction of its cost.

Join Zoom Meeting: <https://zoom.us/j/86880998899>
Meeting ID: 868 8099 8899 Dial In By Phone #: +1 646 558 8656 US (New York)

The Sangha: Held in-person in Thrive Suffolk and on Zoom. A spiritual community with a mission to explore and empower each other, through sharing and practice of spiritual principles, to connect with Oneness (the state of being one with all). We encourage this through community participation in discussion and shared practices which increases our awareness, compassion, acceptance and unity.

Join Zoom Meeting: <https://zoom.us/j/943695016>
Meeting ID: 943 695 016 Dial In By Phone #: +1 646 558 8656 US (New York)

LICADD Eating Disorder Group: Facilitated by LICADD; this is an OPEN group! CLOSED Group – Call LICADD to learn more. 631-979-1700

****LICADD Anger Mgmt.:** Facilitated by LICADD; this is a CLOSED group and requires registration! CLOSED Group – Call LICADD to learn more. 631-979-1700

Emotional Sobriety: 16 week rotating open study group which fosters in-depth discussions that translate the 12 Steps from abstract ideas into practical actions that can be applied in 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 of prayer, and provide a mechanism for integrating program messaging beyond the weekly discussion.

Join Zoom Meeting:
<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhazZrRURTWnkaWJodz09>
Meeting ID: 917 756 5845 Password: 767066
Dial In #: +1 929 205 6099 US (New York)

TUESDAY

Getting to Know Yourself: A peer led group designed to help you let go of the past that is NOT serving your highest good, moving forward with a new sense of self. Our life experiences make us who we are. Through thought provoking questions, learn to take a look at ourselves in a way you never thought before. What about who we were before makes us who we are today? What would happen if we released what we didn't know we were holding on to? Through sharing our knowledge and life experiences, we can help others. This group is open to anyone recovering from anything and their families.

Join Zoom Meeting: <https://zoom.us/j/716146752>
Meeting ID: 716 146 752 Dial In By Phone #: +1 646 558 8656 US (New York)

WEDNESDAY

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 12PM- 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 #: +1 646 558 8656 US (New York)

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/83836843395>
Meeting ID: 838 3684 3395 Dial In #: +1 646 558 8656 US (New York)

Financial Workshop (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/82605356321>
Meeting ID: 826 0535 6321 Dial In By Phone #: +1 646 558 8656 US (New York)

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.

Join Zoom Meeting: <https://zoom.us/j/88095558119>
Meeting ID: 880 9555 8119 Password: 4673462

Men's Group: A weekly discussion group about being a man as it relates to life today, covering all topics (sobriety, codependency, gender roles, etc)

Join Zoom Meeting: <https://zoom.us/j/579784451>
Meeting ID: 579 784 451 Dial In By Phone #: +1 646 558 8656 US (New York)

THURSDAY

G.Y.S.T. for Today "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 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

FIST Family Support Group: Come join us for our ongoing Family Support Group, "Families helping Families". We understand having someone you love that has been impacted by addiction is often overwhelming for family members. The family needs to embark on their own road to recovery.

Join Zoom Meeting: <https://zoom.us/j/625780032>
Meeting ID: 625 780 032 Password: 997189
Dial In By Phone #: +1 646 558 8656 US (New York)

Matching Calamity with Serenity: Using the 12 Steps to Manage Anxiety in Challenging Times: This group with demonstrate how to use the 12

Steps to relieve the anxiety we feel in uncertain times. The discussion will focus on problems or worries that are suggested by the group as topics. The meeting facilitator will then 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=MDBGQnNDdDhazZrRURTWnkaWJodz09>
Meeting ID: 917 756 5845 Password: 767066 Dial In By Phone #: +1 646 558 8656

FRIDAY

Co-Dependents Anonymous (CoDA): 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.

Join Zoom Meeting:
<https://us04web.zoom.us/j/77215063723?pwd=S2h3VUUhYUDVobGhU0VieGICTik5dZ09>
Meeting ID: 780-377-3280 Password: 772634 Dial In By Phone #: +1 646 558 8656

Dual Recovery: Held in-person in Thrive Suffolk and on Zoom. Are you someone in recovery who also has been diagnosed with a mental illness (mood disorder, schizoaffective/schizophrenic, eating disorder, personality disorder, etc.)? The purpose of this group is to educate and express ourselves about our diagnosis, and how it interacts with addiction and dependency. Medication assisted diagnoses and all paths to treatment are welcome!!

Join Zoom Meeting: <https://zoom.us/j/89583611300>
Meeting ID: 895-8361-1300 Dial In By Phone #: +1 646 558 8656

Design For Living Workshop – Steps 10, 11, 12: Have you felt stuck in your recovery process? Have you felt unsure whether you did the steps right? This is the workshop for you. This workshop is for men and women of all programs.

Workshop goals: Have peace with yourself consistently. Be able to handle situations that use to baffle you. (BB) Have a certainty that you are OK exactly where you are right now. Desire to seek Gods Will in your life.

Join Zoom Meeting: <https://us02web.zoom.us/j/87597548535>
Meeting ID: 875 9754 8535 Dial In By Phone #: +1 646 558 8656

SATURDAY

LICADD Family Support Group: This is an OPEN family support group run and facilitated by LICADD clinicians. This is not a 12-step group. All are welcome, no appointment necessary!

Join Zoom Meeting:
<https://zoom.us/j/866322295?pwd=M2pSS1pCbWJselNwODVhUHJPRHhXdz09>
Meeting ID: 866 322 295 Password: 703555 Dial In By Phone #: +1 646 558 8656

LICADD Bereavement: This group is open to families and friends who have lost someone to the disease of addiction. The group is professionally facilitated and focuses on the stages of grief and loss, managing one's emotions and working effectively through the healing process.

Join Zoom Meeting:
<https://zoom.us/j/184058274?pwd=akFqQW1mbTdPvUQzQ1NudHIREhXUT09>
Meeting ID: 184 058 274 Password: 669530 Dial In By Phone #: +1 646 558 8656

Gathering of Fellowship: Held in-person at Thrive Suffolk and on Zoom. This is a non-judgmental and supportive group that holds space to discuss topics of life, explore spirituality and to share our own experience, strengths, vulnerabilities and growth. Please join us Saturdays at 1pm. Namaste There is no fee exchange for this group.

Join Zoom Meeting: <https://zoom.us/j/536124477>
Meeting ID: 536 124 477 Dial In By Phone #: +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. Join Zoom Meeting: <https://zoom.us/j/697132967>
Meeting ID: 697 132 967 Dial In By Phone #: +1 646 558 8656