

AUGUST 2022 THRIVE Suffolk Calendar

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

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

Back of calendar contains group descriptions and online meeting links!



1324 Motor Parkway, Hauppauge, NY 11749
631-822-3396

Mon-Thurs: 12pm – 8pm Fri: 12pm – 10pm
Sat: 12pm – 9pm Sun: 10am – 6pm

Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1pm Weekday Affirmations 6pm LICADD Eating Dis. Group ** 6:30pm The Sangha 8pm Emotional Sobriety	2 1pm Weekday Affirmations 2pm Quiet Time 6pm Getting to Know Yourself 7pm Women's Support Group 7:30pm LICADD Anger Mgmt. **	3 1pm Weekday Affirmations 2pm Parenting Group 6pm Y12SR: Yoga of 12 Step Recovery *CALL TO REGISTER* 7pm Men's Support Group 7:15pm Narcotics Anonymous	4 1pm Weekday Affirmations 6:30pm Zen Meditation 7pm Virtual Narcan Training 7pm FIST Family Support Group 7:30pm Heroin Anonymous 8pm Matching Calamity with Serenity	5 1pm Weekday Affirmations 2:30pm Co-Dependents Anonymous - CoDA 5pm Dual Recovery 6:30pm Alcoholics Anonymous 7:30pm Voices of Empowerment	6 10am LICADD Family Support Group 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 4:30pm Running Group 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
7	8 1pm Weekday Affirmations 6pm LICADD Eating Dis. Group ** 6:30pm The Sangha 8pm Emotional Sobriety	9 1pm Weekday Affirmations 2pm Quiet Time 6pm Getting to Know Yourself 7pm THRIVE University 7pm Women's Support Group 7:30pm LICADD Anger Mgmt. **	10 1pm Weekday Affirmations 2pm Parenting Group 6pm Y12SR: Yoga of 12 Step Recovery *CALL TO REGISTER* 7pm Men's Support Group 7pm Reiki Healing Workshop 7:15pm Narcotics Anonymous	11 1pm Weekday Affirmations 5pm Dwyer Project Veteran's Peer Support Group 7pm Virtual Narcan Training 7pm FIST Family Support Group 7:30pm Heroin Anonymous 8pm Matching Calamity with Serenity	12 1pm Weekday Affirmations 2:30pm Co-Dependents Anonymous - CoDA 5pm Dual Recovery 6:30pm Alcoholics Anonymous 7:30pm Community Living Group	13 10am LICADD Family Support Group 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 4:30pm Running Group 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
14	15 1pm Weekday Affirmations 6pm LICADD Eating Dis. Group ** 6:30pm The Sangha 7pm Grief Support (Suicide and Overdose) *CALL MARY TO REGISTER- 516-302-6602* 8pm Emotional Sobriety	16 1pm Weekday Affirmations 2pm Quiet Time 4pm Introduction to Access-VR 5:30pm Vision Team Meeting 6pm Getting to Know Yourself 7pm Women's Support Group 7:30pm LICADD Anger Mgmt. **	17 1pm Weekday Affirmations 2pm Parenting Group 6pm Y12SR: Yoga of 12 Step Recovery *CALL TO REGISTER* 7pm Men's Support Group 7:15pm Narcotics Anonymous	18 1pm Weekday Affirmations 6:30pm Zen Meditation 7pm Virtual Narcan Training 7pm FIST Family Support Group 7:30pm Heroin Anonymous 8pm Matching Calamity with Serenity	19 1pm Weekday Affirmations 2:30pm Co-Dependents Anonymous - CoDA 5pm Dual Recovery 6:30pm Alcoholics Anonymous 7:30pm Comfort Therapy Dogs 7:45pm Dynamic Yoga	20 10am LICADD Family Support Group 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 4:30pm Running Group 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
21	22 1pm Weekday Affirmations 6pm LICADD Eating Dis. Group ** 6:30pm The Sangha 8pm Emotional Sobriety	23 1pm Weekday Affirmations 2pm Quiet Time 6pm Getting to Know Yourself 7pm Women's Support Group 7:30pm LICADD Anger Mgmt. **	24 1pm Weekday Affirmations 2pm Parenting Group 6pm Y12SR: Yoga of 12 Step Recovery *CALL TO REGISTER* 7pm Men's Support Group 7:15pm Narcotics Anonymous	25 1pm Weekday Affirmations 5pm Dwyer Project Veteran's Peer Support Group 7pm Virtual Narcan Training 7pm FIST Family Support Group 7:30pm Heroin Anonymous 8pm Matching Calamity with Serenity	26 1pm Weekday Affirmations 2:30pm Co-Dependents Anonymous - CoDA 5pm Dual Recovery 6:30pm Alcoholics Anonymous 7:30pm Comfort Therapy Dogs 8pm Volunteer Meeting	27 10am LICADD Family Support Group 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 4:30pm Running Group 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
28	29 1pm Weekday Affirmations 6pm LICADD Eating Dis. Group ** 6:30pm The Sangha 8pm Emotional Sobriety	30 1pm Weekday Affirmations 2pm Quiet Time 6pm Getting to Know Yourself 7pm Women's Support Group 7:30pm LICADD Anger Mgmt. **	31 Overdose Awareness Day 12pm-3pm OD Awareness Day 2pm Parenting Group 6pm Y12SR: Yoga of 12 Step Recovery *CALL TO REGISTER* 7pm Men's Support Group 7:15pm Narcotics Anonymous	<p>International Overdose Awareness Day Candlelight Remembrance Vigil/Reading of Names / Narcan Training</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>		

**LICADD program: Registration required. Please call Joanne at 631-979-1700. You can also follow us on Facebook @ <https://www.facebook.com/THRIVERecovery/> & Instagram @thrive_recovery

MONDAY

Weekday Affirmations: Join us Monday through Friday to discuss powerful ways to start your day and how positive thinking can assist us in our recovery.

Join Zoom Meeting: <https://us02web.zoom.us/j/81374414408>

Meeting ID: 813 7441 4408

Dial In #:+1 646 558 8656 US (New York)

****LICADD Eating Disorder Group:** This is a **CLOSED** group facilitated by LICADD! Call to learn more. 631-979-1700

The Sangha: 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).

Join Zoom Meeting: <https://zoom.us/j/943695016>

Meeting ID: 943 695 016

Dial In #:+1 646 558 8656 US (New York)

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=MDBGQnNkDdhlazRURURWnkwWJodz09>

Meeting ID: 917 756 5845

Password: 767066 Dial In #:+1 929 205 6099 US (New York)

TUESDAY

Quiet Time: This time is designated to resume writing, studying, step-work, reading, journaling, etc. (2pm-5pm)

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 sharing our knowledge and life experiences, we can help others.

Join Zoom Meeting: <https://zoom.us/j/716146752>

Meeting ID: 716 146 752

Dial In #:+1 646 558 8656 US (New York)

Women's Support Group: A weekly topic meeting that gathers to discuss, learn, and share all things women's issues related. Recovery-friendly group. In-person at THRIVE Suffolk and Nassau and on Zoom

Join Zoom Meeting: <https://us02web.zoom.us/j/87051024017>

Meeting ID: 870 5102 4017

Dial In #:+1 646 558 8656 US (New York)

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.

Meeting ID: 876 9134 7644

Dial In #:+1 646 558 8656

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

Access-VR Presentation: An introduction to this program's adult career & continuing education services for vocational rehabilitation.

Zoom Meeting ID: 859 0876 5517

WEDNESDAY

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)

Volunteer Meeting: This meeting is for all active volunteers at THRIVE Suffolk and is open to anyone interested in learning about THRIVE Suffolk's volunteer opportunities.

Join Zoom Meeting: <https://us02web.zoom.us/j/85093649617>

Meeting ID: 850 9364 9617

Dial In #:+1 646 558 8656

Vision Team Meeting: THRIVE's programming is driven by the community, and the Vision Team is an opportunity for you to share what you think the recovery community at THRIVE needs!

Join Zoom Meeting: <https://us02web.zoom.us/j/82231999473>

Meeting ID: 822 3199 9473

Dial In #:+1 646 558 8656

Y12SR: Yoga of 12 Step Recovery combines the practical tools of the 12-step program with the ancient wisdom of Yoga. **"Call to pre-register"**

Men's Support 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 #:+1 646 558 8656 US (New York)

Grief Support Group (Suicide and Overdose (3rd Wednesday): *CALL MARY REGISTER AT 516-302-6602* This bereavement group supports people who are living with the death of a loved one by suicide or drug overdose. This provides a safe place where survivors can speak openly of their grief and support each other..

Join Zoom Meeting: <https://us02web.zoom.us/j/84799268015>

Meeting ID: 881 2435 9933

Dial In #:+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. 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."

Join Zoom Meeting: <https://zoom.us/j/88095558119>

Meeting ID: 841 7534 9356

Passcode: Hope2cu

THURSDAY

Dwyer Project Peer Support Group: A peer support group for veterans in recovery brought to you by the Suffolk County Dwyer Project.

Join Zoom Meeting: <https://us02web.zoom.us/j/89924916168>

Zoom Meeting ID: 899 2491 6168

Zen Meditation Authentic Zen meditation with a Buddhist abbot representing the Clear Mountain Zen Center.

Virtual Narcan Training: Join us for a 30-min training on how to properly administer Naloxone (Narcan).. Narcan is a brand name for naloxone, a medication designed to rapidly reverse opioid overdose. It can 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 #:+1 646 558 8656

FIST Family Support Group: "Families helping Families". We understand having someone you love that has been impacted by addiction is often overwhelming. 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 #:+1 646 558 8656 US (New York)

Heroin Anonymous: "Heroin Anonymous (HA) 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 addiction. The only requirement for membership is a desire to stop suffering from addiction. There are no dues or fees for membership; we are self-supporting through our own contributions. H.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 addicts to achieve sobriety."

* **LGBTQ+ Friendly***

Join Zoom Meeting: <https://us02web.zoom.us/j/4441387459>

Meeting ID: 444 138 7459

Matching Calamity with Serenity: Using the 12 Steps to Manage Anxiety in

Challenging Times: The discussion will focus on problems or worries that are suggested by the group as topics. The 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=MDBGQnNkDdhlazRURURWnkwWJodz09>

Meeting ID: 917 756 5845

Password: 767066 Dial In #:+1 646 558 8656

FRIDAY

Co-Dependents Anonymous (CoDA): A fellowship of people whose common purpose is to develop healthy relationships.

Join Zoom Meeting: <https://us04web.zoom.us/j/72101562242>

Meeting ID: 721 0156 2242

Password: 772634 Dial In #:+1 646 558 8656

Dual Recovery: Are you someone in recovery who also has been diagnosed with a mental illness (mood disorder, schizoaffective/chizophrenic, 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. Join Zoom Meeting: <https://zoom.us/j/8958361300>

Meeting ID: 895 8361 3000

Dial In #:+1 646 558 8656

Alcoholics Anonymous: An open big book study 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."

Zoom Meeting ID: 817 4788 2664

Passcode: 339 155

Voices of Empowerment: Join us on the first Friday of each month for a hybrid open mic event dedicated to self-expression in a supportive community.

Comfort Therapy Dogs (Last 2 Fridays): Trained certified therapy dogs to help aid healing through Comfort Therapy. **No outside pets or animals please.**

Community Living Group: A monthly discussion about how to cope with challenges we may face while living in sober housing, community residences or long-term in-patient programs.

Dynamic Yoga: A lively style of yoga that features fluid movement and focuses on the union of the mind and body to give us an energy boost.

SATURDAY

LICADD Family Support Group: An OPEN family support group run and facilitated by LICADD clinicians. This is not a 12-step group. All are welcome!

Join Zoom Meeting:

<https://zoom.us/j/866322295?pwd=MzpsSS1pCWJScelNwODVhUHJPRHhXdz09>

Meeting ID: 866 322 295

Password: 703555

Dial In #:+1 646 558 8656

Codependents' Guide to the 12 Steps: "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 comes from the book, "Codependents' Guide to the 12 Steps" by Melody Beattie. If you think you are codependent, this workshop will help.

Join Zoom Meeting: <https://zoom.us/j/86880998899>

Meeting ID: 868 8099 8899

Dial In By Phone #:+1 646 558 8656 US (New York)

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/87185878756>

Meeting ID: 871 8587 8756

Gathering of the Fellowship: 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. Namaste!

Join Zoom Meeting: <https://zoom.us/j/536124477>

Meeting ID: 536 124 477

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.. Join Zoom Meeting: <https://zoom.us/j/697132967>

Meeting ID: 697 132 967

Dial In #:+1 646 558 8656

SUNDAY

Feel Good Yoga – Easy Flow: A certified yoga instructor will lead a group focused on beginner's movement and supporting your recovery.

Listening Lyrically: Break down song lyrics and discuss how they relate to and support our recovery.

Join Zoom Meeting: <https://us02web.zoom.us/j/81115158549>

Meeting ID: 811 1515 8549

Dial In #:+1 646 558 8656