

# May 2022 THRIVE Nassau Calendar

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

KEY: **GREEN – IN-PERSON & ZOOM** **ORANGE – IN-PERSON ONLY** **BLUE - ZOOM ONLY**  
**PURPLE – SPECIAL EVENT**

**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	2	3	4	5	6	7
	<p><b>12pm-3pm Tutoring</b>  <a href="#">1pm Gratitude in Recovery</a>  <b>2pm-5pm Quiet Time</b>  <b>6:30pm Sound Meditation</b>  <a href="#">7pm FIST Family Support Group</a>  <a href="#">8pm Emotional Sobriety</a></p>	<p><b>7:30am Running Club @ Jones Beach, Boardwalk Cafe</b>  <b>10am Financial Literacy Group</b>  <b>6pm Intro To Yoga</b>  <b>7:30pm Anger Management (registration required)</b></p>	<p><b>12:30pm Alcoholics Anonymous</b>  <b>2pm-5pm Quiet Time</b>  <b>3pm-5pm Community Gardening @ St. Francis, Bellmore</b>  <b>7pm Emotions Anonymous</b>  <b>7pm Reiki Energy Healing &amp; Guided Meditation</b></p>	<p><b>12:30pm Mindful Meditation</b>  <b>5:30pm-6:30pm Social Hour @ The Cup (registration required 516-434-8397)</b>  <b>6pm Dwyer Vet to Vet Support</b>  <b>7pm Narcan Training</b></p>	<p><b>5:30pm Art Expression Fridays</b>  <b>6pm Comfort Therapy Dogs</b>  <b>6:30pm LIRA ONE Recovery Mtg</b></p>	<p><b>10am Hike @ Welwyn Preserve (registration 516-434-8397)</b>  <b>2:30pm Overeaters Anonymous – Beginners Writing Meeting</b>  <b>4pm OA – Literature Meeting</b>  <b>6:30pm AA – Step Meeting</b>  <b>8pm NA- Narcotics Anonymous</b></p>
8	9	10	11	12	13	14
	<p><b>12pm-3pm Tutoring</b>  <a href="#">1pm Gratitude in Recovery</a>  <b>2pm-5pm Quiet Time</b>  <b>6:30pm Sound Meditation</b>  <a href="#">7pm FIST Family Support Group</a>  <a href="#">8pm Emotional Sobriety</a></p>	<p><b>7:30am Running Club @ Jones Beach, Boardwalk Cafe</b>  <b>10am Financial Literacy Group</b>  <b>6pm Intro To Yoga</b>  <b>7pm Women's Support Group</b>  <b>7pm THRIVE University – Emotional Intelligence</b>  <b>7:30pm Anger Management</b></p>	<p><b>12:30pm Alcoholics Anonymous</b>  <b>2pm-5pm Quiet Time</b>  <b>7pm Emotions Anonymous</b>  <b>7pm Reiki Energy Healing &amp; Guided Meditation</b></p>	<p><b>12:30pm Mindful Meditation</b>  <b>5:30pm-6:30pm Social Hour @ The Cup (registration required 516-434-8397)</b>  <b>6pm Dwyer Vet to Vet Support</b>  <b>7pm Narcan Training</b></p>	<p><b>5:30pm Art Expression Fridays</b>  <b>6pm Cancelled-Tonight-Comfort Therapy-Dogs</b>  <b>6:30pm LIRA ONE Recovery Mtg</b></p>	<p><b>1:30pm Volunteer Orientation</b>  <b>2:30pm Overeaters Anonymous – Beginners Writing Meeting</b>  <b>4pm OA - Body Image Book and the OA Third Edition</b>  <b>6:30pm AA – Step Meeting</b>  <b>8pm NA- Narcotics Anonymous</b></p>
15	16	17	18	19	20	21
	<p><b>12pm-3pm Tutoring</b>  <a href="#">1pm Gratitude in Recovery</a>  <b>2pm-5pm Quiet Time</b>  <b>6:30pm Sound Meditation</b>  <a href="#">7pm FIST Family Support Group</a>  <a href="#">8pm Emotional Sobriety</a></p>	<p><b>7:30am Running Club @ Jones Beach, Boardwalk Cafe</b>  <b>10am Financial Literacy Group</b>  <b>6pm Intro To Yoga</b>  <b>7pm Women's Support Group</b>  <b>7:30pm Anger Management (registration required)</b></p>	<p><b>12:30pm Alcoholics Anonymous</b>  <b>2pm-5pm Quiet Time</b>  <b>3pm-5pm Community Gardening @ St. Francis, Bellmore</b>  <b>7pm Emotions Anonymous</b>  <b>7pm Reiki Energy Healing &amp; Guided Meditation</b></p>	<p><b>12:30pm Mindful Meditation</b>  <b>5:30pm-6:30pm Social Hour @ The Cup (registration required 516-434-8397)</b>  <b>6pm Dwyer Vet to Vet Support</b>  <b>7pm Narcan Training</b></p>	<p><b>5:30pm Art Expression Fridays</b>  <b>6:30pm LIRA ONE Recovery Mtg</b>  <b>8pm Voices of Empowerment – Open Mic Night</b></p>	<p><b>9am-3pm Spring Into Wellness Retreat (registration required 516-765-7600)</b>  <b>2:30pm Overeaters Anonymous – Beginners Writing Meeting</b>  <b>4pm OA - Body Image Book and the OA Third Edition</b>  <b>6:30pm AA – Step Meeting</b>  <b>8pm NA- Narcotics Anonymous</b></p>
22	23	24	25	26	27	28
	<p><b>12pm-3pm Tutoring</b>  <a href="#">1pm Gratitude in Recovery</a>  <b>2pm-5pm Quiet Time</b>  <b>6:30pm Sound Meditation</b>  <a href="#">7pm FIST Family Support Group</a>  <a href="#">8pm Emotional Sobriety</a></p>	<p><b>7:30am Running Club @ Jones Beach, Boardwalk Cafe</b>  <b>10am Financial Literacy Group</b>  <b>6pm Cancelled-Intro To Yoga</b>  <b>7pm Women's Support Group</b>  <b>7:30pm Anger Management (registration required)</b></p>	<p><b>12:30pm Alcoholics Anonymous</b>  <b>2pm-5pm Quiet Time</b>  <b>7pm Emotions Anonymous</b>  <b>7pm Reiki Energy Healing &amp; Guided Meditation</b></p>	<p><b>12:30pm Mindful Meditation</b>  <b>5:30pm-6:30pm Social Hour @ The Cup (registration required 516-434-8397)</b>  <b>6pm Dwyer Vet to Vet Support</b>  <b>7pm Narcan Training</b></p>	<p><b>5:30pm Art Expression Fridays</b>  <b>6:30pm LIRA ONE Recovery Mtg</b>  <b>7pm Retro Video Games</b></p>	<p><b>9am 12 in 12</b>  <b>2:30pm OA – Beginners Meeting</b>  <b>4pm OA - Body Image Book and the OA Third Edition</b>  <b>6:30pm AA – Step Meeting</b>  <b>8pm NA- Narcotics Anonymous</b></p>
29	30	31	<p><b>Looking to bring your passion or fellowship to THRIVE?</b>  <b>Reach out to learn about hosting/facilitating a group at the recovery center!</b></p>		<p><b>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey.</b>  <b>Call us 516-765-7600 To schedule with one of THRIVE'S Recovery Coaches TODAY!</b></p>	
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## 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 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=MDBGQnNDdDh1azZrRURTWnkwaWJodz09>  
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

**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

**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 Nassau and Suffolk, as well as Zoom.

Zoom Link: <https://us02web.zoom.us/j/87051024017>  
Meeting ID: 870 5102 4017 Dial-in#: +1 646 558 8656

**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/87691347644>  
Meeting ID: 876 9134 7644 Dial In By Phone #: +1 646 558 8656

**Anger Management:** LICADD, the Long Island Council on Alcoholism and Drug Dependence, facilitates a weekly Anger Management Support Group Tuesday evening on Zoom. This is a closed group. Please call LICADD to register - (516) 747-2606

## WEDNESDAYS

**Community Gardening @ St. Francis Church, Bellmore:** Are you interested in Gardening? Join us for a hands-on Gardening Group at the Garden at St. Francis. No gardening experience is required! Gardening gloves and tools will be provided. Location: 1692 Bellmore Ave, North Bellmore NY 11710

**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."

**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

**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

**Mindful Meditation:** Please join us Thursdays at 12:30pm in-person at Thrive Nassau or Zoom for a 30-minute guided meditation. A great way to distress and refocus.

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

**Social Hour @ The Cup:** A weekly hour of recovery fellowship and coffee at The Cup Coffeehouse in Wantagh. First cup is on us! Registration required: 516-434-8397

**Narcan Training:** Join us for a 45-min training on how to properly administer Naloxone (Narcan). This training will be offered each Thursday from 7-7:45pm both in-person at THRIVE Nassau and remotely via Zoom. 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 (last 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/84920866091>  
Meeting ID: 849 2086 6091 Dial In By Phone #: +1 646 558 8656

## FRIDAYS:

**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

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

**Tai Chi (last Friday monthly)** - Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

## 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."

Join Zoom Meeting: <https://us02web.zoom.us/j/81501005105>  
Meeting ID: 815 0100 5105 Dial in #: 1.646.876.9923

**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

**Spring Into Wellness Retreat (5/21):** THRIVE Nassau presents the Spring Into Wellness Retreat. A day of healing and serenity. Call to register today as space is limited 516-765-7600.