

JANUARY 2023 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 PURPLE- SPECIAL EVENTS

Back of calendar contains group descriptions and online meeting links



1324 Motor Parkway, Suite 102, Hauppauge, NY 11749
631-822-3396

Mon-Thurs: 12pm – 8pm Fri: 1pm – 9pm
Sat: 1pm – 9pm Sun: 10am – 6pm

Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Modified Hours 12pm – 3pm	6pm Men's Support Group 7pm Peace of Mind Meditation 8pm Emotional Sobriety	2pm Quiet Time 6pm LICADD Eating Dis. Group ** 6pm Women's Support Group 7:30pm LICADD Anger Mgmt. **	2pm Parenting Group 7:15pm Narcotics Anonymous	6pm Weekly Affirmations 7pm Virtual Narcan Training 7pm FIST Family Support Group 7:30pm Heroin Anonymous 8pm Matching Calamity with Serenity	2:30pm Co-Dependents Anonymous - CoDA 5pm Dual Recovery 7pm Voices of Empowerment	10am LICADD Family Support Group 2pm Healthy Relationships Workshop 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
8	9	10	11	12	13	14
10:30am Feel Good Yoga- Easy Flow 12pm Tai Chi Gung 1pm Crafting 3pm Afternoon Movie	6pm Men's Support Group 7pm Peace of Mind Meditation 8pm Emotional Sobriety	2pm Quiet Time 6pm LICADD Eating Dis. Group ** 7pm THRIVE University 6pm Women's Support Group 7:30pm LICADD Anger Mgmt. **	2pm Parenting Group 6pm Vision Team Meeting 7:15pm Narcotics Anonymous	6pm Weekly Affirmations 7pm Virtual Narcan Training 7pm FIST Family Support Group 7:30pm Heroin Anonymous 8pm Matching Calamity with Serenity	2:30pm Co-Dependents Anonymous - CoDA 5pm Dual Recovery 7pm Community Living Group	10am LICADD Family Support Group 2pm Healthy Relationships Workshop 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
15	16	17	18	19	20	21
10:30am Feel Good Yoga- Easy Flow 12pm Tai Chi Gung 1pm Crafting 3:30pm THRIVE Everywhere: Community Drum Circle	6pm Men's Support Group 7pm Peace of Mind Meditation 7pm Grief Support Group *Call to register* 8pm Emotional Sobriety	2pm Quiet Time 6pm LICADD Eating Dis. Group ** 6pm Narcarn Training 6pm Women's Support Group 7:30pm LICADD Anger Mgmt. **	2pm Parenting Group 6pm Y12SR: Yoga of 12 Step Recovery *CALL TO REGISTER* 7:15pm Narcotics Anonymous	6pm Weekly Affirmations 7pm Virtual Narcan Training 7pm FIST Family Support Group 7:30pm Heroin Anonymous 8pm Matching Calamity with Serenity	2:30pm Co-Dependents Anonymous - CoDA 5pm Dual Recovery 7pm Game Night 7:30pm Comfort Therapy Dogs	10am LICADD Family Support Group 2pm Healthy Relationships Workshop 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
22	23	24	25	26	27	28
10:30am Feel Good Yoga- Easy Flow 12pm Tai Chi Gung 1pm Crafting 3pm Afternoon Movie	6pm Men's Support Group 7pm Peace of Mind Meditation 8pm Emotional Sobriety	2pm Quiet Time 6pm LICADD Eating Dis. Group ** 6pm Women's Support Group 7:30pm LICADD Anger Mgmt. **	2pm Parenting Group 6pm Jovia Financial Credit Union Workshop 7:15pm Narcotics Anonymous	6pm Weekly Affirmations 7pm Virtual Narcan Training 7pm FIST Family Support Group 7:30pm Heroin Anonymous 8pm Matching Calamity with Serenity	2:30pm Co-Dependents Anonymous - CoDA 5pm Dual Recovery 7pm Volunteer Meeting 7:30pm Comfort Therapy Dogs	10am LICADD Family Support Group 2pm Healthy Relationships Workshop 3pm Codependents & 12 Steps 4:30pm Emotions Anonymous 6pm Gathering of the Fellowship 7:30pm LIRA One Recovery Meeting
29	30	31	<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>			
10:30am Feel Good Yoga- Easy Flow 12pm Tai Chi Gung 1pm Crafting 3pm Afternoon Movie	6pm Men's Support Group 7pm Peace of Mind Meditation 7pm LIRA Peer Learning Collaborative 8pm Emotional Sobriety	2pm Quiet Time 6pm LICADD Eating Dis. Group ** 6pm Women's Support Group 7:30pm LICADD Anger Mgmt. **				

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

MONDAY

Peace of Mind Meditation: A beginner's spiritual meditation that focuses on healing and mindfulness to bring peace and reduce stress.

Join Zoom Meeting:

<https://us02web.zoom.us/j/943695016?pwd=NUJ5Rkc0QlJwdEVcCz25Wl0N0sXVQdZ09>

Zoom Meeting ID: 943 695 016 Password: 544903

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 Monday): *CALL MARY

REGISTER AT 516-302-6602* This bereavement group supports and provides a safe space for people who are living with the death of a loved one by suicide or overdose.

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

Meeting ID: 881 2435 9933 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..

Join Zoom Meeting:

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlazZrRURTWnkwWJodz09>

Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 929 205 6099 US (New York)

TUESDAY

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

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

Narcan Training: In-person Naloxone (Narcan) training. Narcan is a medication designed to rapidly reverse opioid overdose.

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 on Zoom

Join Zoom Meeting: <https://us02web.zoom.us/j/87330672236>

Meeting ID: 873 3067 2236 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

LIRA Peer Learning Collaborative: Long Island Recovery Association (LIRA) hosts a monthly Peer Learning Collaborative (PLC) open to individuals they have trained as recovery coaches. The group focuses on continuing professional development with trainings in addition to presentations from community providers. Last Monday of each month. **Zoom Only**

If you are interested in attending please send an email to admin@lirany.org and they will send you the Zoom meeting access information.

WEDNESDAY

Parenting Group: Life events can dramatically change our parenting roles and 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/82632141685>

Meeting ID: 826 3214 1685 Dial In #: +1 646 558 8656 US (New York)

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/85710745465>

Meeting ID: 857 1074 5465

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***

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: 841 7534 9356 Passcode: Hope2cu

Jovia Financial Credit Union Workshop: A financial literacy workshop based on the basics of personal finance, budgeting and understanding credit scores.

Join Zoom Meeting: <https://us02web.zoom.us/j/83520956479>

Meeting ID: 835 2095 6479

THURSDAY

Weekly Affirmations: Join us weekly to discuss how positive affirmations can help enhance our recovery.

Join Zoom Meeting: <https://us02web.zoom.us/j/84605570939>

Meeting ID: 846 0557 0939 Dial In #: +1 646 558 8656

Virtual Narcan Training: A 30-min training on how to properly administer Naloxone (Narcan). Narcan is 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 on 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." * **LBGTQ+ 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 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=MDBGQnNDdDhlazZrRURTWnkwWJodz09>

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/schizophrenic, 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/89583611300>

Meeting ID: 895 8361 1300 Dial In #: +1 646 558 8656

Voices of Empowerment: Join us on the first Friday of each month for our monthly 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.

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

Join Zoom Meeting: <https://us02web.zoom.us/j/89486589123>

Meeting ID: 894 8658 9123 Dial In #: +1 646 558 8656

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=M2pSS1pCbWJSeINwODVhUHJPRHhXdz09>

Meeting ID: 866 322 295 Password: 703555 Dial In #: +1 646 558 8656

Healthy Relationship's Workshop: A workshop to help improve our relationships brought to us by Project Forward. In-person and on Zoom! This group is closed until you register so please call THRIVE to register.

Join Zoom Meeting: <https://us02web.zoom.us/j/88691413829>

Meeting ID: 886 9141 3829

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.

Tai Chi Gung: Learn the ancient system of tai chi gung, dating back over 3,000 years. Tai Chi Gung combines slow, deliberate movements, meditation, and breathing exercises.