

January 2023 THRIVE Nassau Calendar

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

KEY: **GREEN** – IN-PERSON & ZOOM **ORANGE** – IN-PERSON ONLY **BLUE** - ZOOM ONLY
PURPLE – COMMUNITY 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 |
| | 6:30pm Sound Meditation 7pm FIST Family Support Group 8pm Emotional Sobriety | 5:30pm Intro To Yoga 7pm Women's Support Group 7:30pm LICADD Anger Management (registration required) | 12:30pm Alcoholics Anonymous 2pm-5pm Quiet Time 7pm Reiki Energy Healing & Guided Meditation 7pm LGBTQIA+ Support Group 7:30pm LICADD Family Support Group (registration required) | 12:30pm Mindful Meditation 12pm-3pm Tutoring 6pm-7pm Social Hour @ The Cup (registration required 516-434-8397) 7pm The Human Connection Circle 7pm Narcan Training | 2pm Restorative Yoga (registration required) 5:30pm Art Expression Fridays 6:30pm LIRA ONE Recovery 6:30pm Tai Chi Gung | 2pm Volunteer Orientation 2:15pm Overeaters Anonymous – Beginners Writing Meeting 2:30pm Recovery Dharma 4pm OA - Body Image Book and the OA Third Edition 6:30pm AA – Step Meeting 8pm NA- Narcotics Anonymous |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 2pm-5pm Quiet Time 6:30pm Sound Meditation 7pm FIST Family Support Group 8pm Emotional Sobriety | 5:30pm Intro To Yoga 7pm Women's Support Group 7pm Warf Rats 7pm THRIVE University –Active Listening 7:30pm LICADD Anger Management (registration required) | 12:30pm Alcoholics Anonymous 2pm-5pm Quiet Time 7pm Reiki Energy Healing & Guided Meditation 7:30pm LICADD Family Support Group (registration required) | 12:30pm Mindful Meditation 12pm-3pm Tutoring 6pm-7pm Social Hour @ The Cup (registration required 516-434-8397) 7pm The Human Connection Circle 7pm Narcan Training | 5:30pm Art Expression Fridays 6:30pm LIRA ONE Recovery Mtg 6:30pm Tai Chi Gung | 2:15pm Overeaters Anonymous – Beginners Writing Meeting 2:30pm Recovery Dharma 4pm OA - Body Image Book and the OA Third Edition 6:30pm AA – Step Meeting 8pm NA- Narcotics Anonymous |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| 29 | 30 | 31 | | | | |
| | 2pm-5pm Quiet Time **Cancelled Today**6:30pm Sound Meditation 7pm FIST Family Support Group 8pm Emotional Sobriety | 5:30pm Intro To Yoga 7pm Women's Support Group 7:30pm LICADD Anger Management (registration required) | Restorative Yoga available on Friday afternoons. Advanced sign-up is required 516-765-7600 | | THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Call us 516-765-7600 To schedule with one of THRIVE'S Recovery Coaches. | |

MONDAYS:

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](https://zoom.us/j/102090848)

Meeting ID: 102-090-848 Meeting Password: 244143

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=MDBGQnNDdDhlazZrRURTWnkwaWJodz09](https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlazZrRURTWnkwaWJodz09)

<https://us02web.zoom.us/j/9177565845?pwd=MDBGQnNDdDhlazZrRURTWnkwaWJodz09>

Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 929 205 6099

TUESDAYS:

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](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](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](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

Wharf Rats (2nd Tuesday monthly): The Wharf Rats are a well-established group of concert-goers who have chosen to live alcohol- and drug-free. They define themselves as "a group of friends sharing a common bond, providing support, information, and hope in a rather slippery environment."

WEDNESDAYS

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."

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 Zoom Meeting: https://us02web.zoom.us/j/88650156821](https://us02web.zoom.us/j/88650156821)

Meeting ID: 886 5015 6821 Dial In By Phone #: 1 646 558 8656

LGBTQIA+ Support Group (1st and 3rd Wednesdays): A safe place for all those within the LGBTQIA+ community to come together, share, listen, and support in a nonjudgmental and respectful space.

[Join Zoom Meeting: https://us02web.zoom.us/j/82961114063](https://us02web.zoom.us/j/82961114063)

Meeting ID: 829 6111 4063 Dial In By Phone #: 1 646 558 8656

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

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](https://zoom.us/j/615516887)

Meeting ID: 615 516 887 Dial In By Phone #: +1 646 558 8656

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 timeslot today! 516-765-7600

The Human Connection Circle: A safe place for all to meet, share, and listen from a place of inclusiveness, curiosity, and non-judgement.

[Join Zoom Meeting: https://us02web.zoom.us/j/82961114063](https://us02web.zoom.us/j/82961114063)

Meeting ID: 829 6111 4063 Dial In By Phone #: 1 646 558 8656

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](https://us02web.zoom.us/j/81059824171)

Meeting ID: 810 5982 4174 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.

Chai and Chant (monthly): Join us for a cuppa Chai tea and some fun chanting!

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. Held each Friday at 6:30pm.

Fellowship Fridays: A rotating series of activities ranging from crafting to movie nights, to chanting, to drum circles – held every Friday from 8pm – 10pm. Food/snacks often provided. See front of calendar for specific programming.

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](https://us02web.zoom.us/j/85120004598)

Meeting ID: 851 2000 4598 Dial-in By Phone: 929-205-6099

Restorative Yoga (1st and 3rd Friday): By registration only – 516-765-7600 - restorative yoga is a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind. Using props for support, many of the postures are held almost effortlessly.

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](https://us04web.zoom.us/j/234613613884)

Meeting ID: 234-613-884 Password: 535356 Dial in #: 1.646.876.9923

Recovery Dharma: Recovery Dharma offers an approach to recovery based on Buddhist principles. Our program is peer-led and non-theistic. We welcome all those who wish to pursue recovery as part of our community.

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](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

Art of Listening Workshop (monthly): An experiential workshop designed to enhance communication skills. Participants will be introduced to several different modalities in order to experience a deeper level of listening and understanding.

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](https://zoom.us/j/86340083262)

Meeting ID: 863 4008 3262 Dial In By Phone #: +1 646 558 865

12 in 12 (every other month) The Twelve Steps are a spiritual program of action for tackling life problems including alcoholism, drug addiction, compulsion and so much more. All are invited to come have a personal experience of going through the steps.