

MARCH 2022 East End THRIVE 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

Underlined group names are clickable links

Back of calendar contains group descriptions and online meeting links!

110 Mill Rd suite A/B, Westhampton Beach, NY 11978

631-822-3397

Monday – Tuesday 12pm-8pm

Wednesday – Friday 10am-6pm



THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Schedule with one of THRIVE'S Recovery Coaches today!



Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		10am Financial Literacy 12pm Yoga & Movement for All 2-4pm Quiet Time 6pm Getting to Know Yourself	2pm Parenting Group 2-4pm Quiet Time 5pm Women's Support Group 7pm Reiki Energy Healing & Guided Meditation	12pm Lunchtime Meditation 2-4pm Quiet Time 7pm Virtual Narcan Training 7pm FIST Family Support Group* 8pm Matching Calamity with Serenity	12pm Emotions Anonymous 2-4pm Quiet Time 4pm Coping Skills 5pm Dual Recovery 6:30pm LIRA ONE Recovery Meeting	3pm Codependents & 12 Steps 6pm Gathering of the Fellowship 7:30pm LIRA ONE Recovery Meeting
6	7	8	9	10	11	12
11am Listening Lyrically	1pm Gratitude in Recovery 2-4pm Quiet Time 6pm Men's Support Group 6:30 pm The Sangha 8pm Emotional Sobriety	10am Financial Literacy 12pm Yoga & Movement for All 2-4pm Quiet Time 6pm Getting to Know Yourself 7pm THRIVE University: Conflict Resolution	2pm Parenting Group 2-4pm Quiet Time 5pm Women's Support Group 7pm Reiki Energy Healing & Guided Meditation	12pm Lunchtime Meditation 2-4pm Quiet Time 7pm Virtual Narcan Training 7pm FIST Family Support Group* 8pm Matching Calamity with Serenity	12pm Emotions Anonymous 2-4pm Quiet Time 4pm Coping Skills 5pm Dual Recovery 6:30pm LIRA ONE Recovery Meeting	11:30am Westhampton Beach St. Patrick's Day Parade Stop with THRIVE and HUGS Inc 3pm Codependents & 12 Steps 6pm Gathering of the Fellowship 7:30pm LIRA ONE Recovery Meeting
13	14	15	16	17	18	19
11am Listening Lyrically	1pm Gratitude in Recovery 2-4pm Quiet Time 6pm Men's Support Group 6:30 pm The Sangha 8pm Emotional Sobriety	10am Financial Literacy 12pm Yoga & Movement for All 2-4pm Quiet Time 6pm Getting to Know Yourself 6:30pm Vision Team Meeting	2pm Parenting Group 2-4pm Quiet Time 5pm Women's Support Group 7pm Reiki Energy Healing & Guided Meditation	12pm Lunchtime Meditation 2-4pm Quiet Time 7pm Virtual Narcan Training 6:45pm Let's Go Skating Event *REGISTRATION REQUIRED* 7pm FIST Family Support Group* 8pm Matching Calamity with Serenity	12pm Emotions Anonymous 2-4pm Quiet Time 4pm Coping Skills 5pm Dual Recovery 6:30pm LIRA ONE Recovery Meeting	3pm Codependents & 12 Steps 6pm Gathering of the Fellowship 7:30pm LIRA ONE Recovery Meeting
20	21	22	23	24	25	26
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27	28	29	30	31		
11am Listening Lyrically	1pm Gratitude in Recovery 2-4pm Quiet Time 6pm Men's Support Group 6:30 pm The Sangha 8pm Emotional Sobriety	10am Financial Literacy 12pm Yoga & Movement for All 2-4pm Quiet Time 6pm Getting to Know Yourself	2pm Parenting Group 2-4pm Quiet Time 5pm Women's Support Group 7pm Reiki Energy Healing & Guided Meditation	12pm Lunchtime Meditation 2-4pm Quiet Time 7pm Virtual Narcan Training 7pm FIST Family Support Group* 8pm Matching Calamity with Serenity		

*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVerecovery/> & Instagram @[thrive_recovery](https://www.instagram.com/thrive_recovery)

MONDAY

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 blessings 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

Reentry in Recovery: Held in-person in THRIVE Suffolk and on Zoom. Led by someone with their own lived experiences, this group's goal is to support people reentering the community after attending inpatient, post-release from jail or prison, or community members under Probation or Parole supervision
Join Zoom Meeting: <https://us02web.zoom.us/j/89489517499>
Meeting ID: 894 8951 7499 Dial In #: +1 646 558 8656 US (New York)

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://us02web.zoom.us/j/85765218219>
Meeting ID: 857 6521 8219 Dial In #: +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 #: +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 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=MDBGQnNDdDhiazZrRURTWnkwWJodz09>
Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 929 205 6099 US

TUESDAY

Your FICO Score & Why it Matters: 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

Yoga & Movement for All: Balance & renewal, stillness & silence, breath & magic: the power of taking a pause. Pausing promotes relaxation – a break from the noise – that refreshes and reenergizes our bodies, minds, and souls... promotes creative thinking, and allows us to find flow and harmony among the chaos.

Join Zoom Meeting <https://us02web.zoom.us/j/83166034760>
Meeting ID: 831 6603 4760 Dial In #: +1 646 558 8656 US (New York)

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

THRIVE University – Peer Development Education and Training: Second Tuesday of each month. 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 has developed trainings based on feedback from those in the field and the community partners we work with.

Join Zoom Meeting: <https://us02web.zoom.us/j/83126828535>
Meeting ID: 831 2682 8535 Dial In #: +1 646 558 8656

East End THRIVE Vision Team: Third Tuesday of each month. The Vision Team is the voice of our community! It is the driving force behind program development and implementation. If you're interested in helping drive East End THRIVE's programming, join us in person or on Zoom.

Join Zoom Meeting: <https://us02web.zoom.us/j/85415695954>
Meeting ID: 854 1569 5954 Dial In #: 646-558-8656

East End THRIVE Volunteer Meeting Fourth Tuesday of each month. Interested in volunteering with THRIVE? We have lots of opportunities – come to our monthly Volunteer Meeting to learn more!
Join Zoom Meeting: <https://us02web.zoom.us/j/86141042883>
Meeting ID: 861 4104 2883 Dial In #: 646-558-8656

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)

Women's Support Group: A discussion group for women to talk about the unique challenges that women experience in recovery.
Join Zoom Meeting: <https://us02web.zoom.us/j/89685864441>
Meeting ID: 896 8586 4441 Dial In #: +1 646 558 8656 US (New York)

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

THURSDAY

Lunchtime Meditation Meeting: Please join us Thursdays at 12pm in-person at Thrive Nassau or Zoom for a 30-minute guided meditation to break up the day with grounding and serenity.

Join Zoom Meeting: <https://zoom.us/j/615516887>
Meeting ID: 615 516 887 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 #: +1 646 558 8656

Let's Go Skating: THRIVE Everywhere event at Southampton Ice Rink – free ice skating and rentals! 668 County Rd 39, Southampton NY 11968.
REGISTRATION REQUIRED – 516-434-8397

FIST Family Support Group: 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. The family needs to embark on their own road to recovery. *REGISTRATION REQUIRED
<https://signup.com/group/116356593607>

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

Matching Calamity with Serenity: Using the 12 Steps to Manage Anxiety in Challenging Times: This group will 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=MDBGQnNDdDhiazZrRURTWnkwWJodz09>
Meeting ID: 917 756 5845 Password: 767066 Dial In #: +1 646 558 8656

FRIDAY

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

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 #: +1 646 558 8656

Coping Skills: In person at East End THRIVE and on Zoom. A safe space for people in recovery to discuss and share the coping skills they have developed through their journey. Learn new coping skills from others and share what you have learned.

Join Zoom Meeting <https://us02web.zoom.us/j/83551856244>
Meeting ID: 835 5185 6244 Dial In #: +1 646 558 8656

Knitting Workshop: Make a hand-knitted chunky blanket to take home! Supplies provided. In person and via Zoom. **REGISTRATION IS LIMITED** – email swarnken@fcali.org or call 631-822-3397 to register!

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

SATURDAY

Two Way Prayer: A two-way prayer meeting that includes meditation and support. *ON SITE ONLY*

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 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.

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

Gathering of 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://us04web.zoom.us/j/697132967>
Meeting ID: 691 132 967 Dial-in By Phone: 929-205-6099

SUNDAY

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

Zoom Link: <https://us02web.zoom.us/j/81115158549>
Meeting ID: 811 1515 8549 Dial In #: +1 646 558 8656