

December 2019 @ Thrive Nassau

1025 Old Country Road, Suite 400, Westbury, NY, 11590
 Entrance located on the corner of Bond St. & Old Country Rd
 516-765-7600
 Mon-Thurs: 10am-8pm
 Fri-Sat 10am-10pm



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

KEY: **Weekly Groups** **New at Thrive** **Monthly Repeating** **Special Events**

Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	7:00pm: ACA Women's Group	7:00pm: Rainbow Recovery 7:00pm: FIST Family Support Group 7:00pm: G.Y.S.T.	12:00pm: Wellness For Recovery 6:00pm: Community Reintegration and Support 6:00pm: F.I.R.E. 7:00pm: Keeping Cool in Recovery	6:30pm: Beginner Vinyasa Flow Yoga		11:00am-12:00pm: Reflections: My Story of Survival workshop 2:00pm-3:30pm: Art Therapy 7:00pm: Refuge Recovery
8	9	10	11	12	13	14
	7:00pm: ACA Women's Group	7:00pm: Rainbow Recovery 7:00pm: FIST/LICADD Family Support Group (Grief and Loss)- 7:00pm: G.Y.S.T.	12:00pm: Wellness For Recovery 6:00pm: LICADD Narcan Training 6:00pm: Community Reintegration and Support 6:00pm: F.I.R.E. 7:00pm: Keeping Cool in Recovery-	6:00pm: Bi-lingual Health-Ed 7:00pm: Reiki		12:00pm: S.L.A.A. Women's Meeting 7:00pm: Refuge Recovery
15	16	17	18	19	20	21
	7:00pm: ACA Women's Group 7:00pm: ACA Recovery Writing Program	7:00pm: Rainbow Recovery 7:00pm: FIST Family Support Group 7:00pm: G.Y.S.T.	12:00pm: Wellness For Recovery 6:00pm: Community Reintegration and Support 6:00pm: F.I.R.E. 7:00pm: Keeping Cool in Recovery	6:30pm: Beginner Vinyasa Flow Yoga 7:30pm: Wharf Rat Group	7:30pm: Voices of Empowerment: Open Mic Night	12:00pm: S.L.A.A. Women's Meeting 1:00pm: Interested in becoming a member of the Thrive Team? Please join us for our Volunteer Meeting 7:00pm: Refuge Recovery
22	23	24	25	26	27	28
	7:00pm: ACA Women's Group	7:00pm: Rainbow Recovery 7:00pm: FIST/LICADD Family Support Group (Grief and Loss) 7:00pm: G.Y.S.T. 7:30pm: M.A.T. Support Group-	MERRY CHRISTMAS!! THRIVE WILL BE CLOSED TODAY FOR THE HOLIDAY.	7:00pm: Reiki		12:00pm: S.L.A.A. Women's Meeting 7:00pm: Emotional Sobriety 7:00pm: Refuge Recovery
29	30	31	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>One on One Recovery Coaching Also Available! (By appointment only) Schedule with one of THRIVE'S Recovery Coaches Today! *Krustle *Fran</p> </div>			
	7:00pm: ACA Women's Group	7:00pm: Rainbow Recovery 7:00pm: FIST Family Support Group 7:00pm: G.Y.S.T.				

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

Please flip over for all group descriptions →

MONDAY

ACA Women's Group: Adult Children of Alcoholics (ACA)/Dysfunctional Families is a Twelve Step, Twelve Tradition program of men and women who grew up in dysfunctional homes. We meet to share our experience of growing up in an environment where abuse, neglect and trauma infected us. This affects us today and influences how we deal with all aspects of our lives. ACA provides a safe, nonjudgmental environment that allows us to grieve our childhoods and conduct an honest inventory of ourselves and our family—so we may (i) identify and heal core trauma, (ii) experience freedom from shame and abandonment, and (iii) become our own loving parents.

ACA Recovery through Writing Program: Join us for a monthly 90min theoretical and practical session, which offers those suffering from childhood alcoholism, para-alcoholism, abuse, and dysfunction a venue in which to learn about the issues that affected them and write and share about their adverse experiences in a healing, group dynamic setting.

TUESDAY

Rainbow Recovery: Everyone recovers on their own terms and in their own ways - your recovery supports should be as personal as you. Recovering as a person in the LGBT+ communities comes with a host of challenges you can process with us, Mondays at 8PM. Lead by an out gay social worker. A support and process group committed to the spirit of affirmation, acceptance, and recovery.

FIST Family Support: If you are a family member, loved ones or friend who has been impacted by someone else's addiction. Join us for support and discussion.

G.Y.S.T. for Today "Early Recovery Group": A peer-led group that's focused on helping you "get your s*** together" so you can effectively maintain your recovery, regain your independence, and reintegrate into society living life on life's terms. In **GYST**, our goal is to assist individuals with personal growth and professional development by participating in weekly workshops such as interviewing skills, networking, setting weekly personal goals, time management, and self-esteem building.

M.A.T. (Medication Assisted Treatment) Support Group: Educational, non-judgmental evening of discussions as it relates to managing your medication to enhance your recovery.

WEDNESDAY

Wellness for Recovery: To provide a peer Support Group Meeting that explores Recovery Wellness Tools on How to build Wellness Toolbox Kit utilizing the 8 dimensions of Wellness.

Community Re-integration and Support: After incarceration, coming home can be harder than we think - the old people, places and things make re-adjustment a challenge; our family and friends have trouble understanding the barriers we face; our communities rarely welcome us with open arms. Join us Wednesdays at 6PM to talk about the challenges of re-entry and find support from people going through the same things.

F.I.R.E.(Fulfilling. Interpersonal. Relationships. Every day.): Interactive group setting exploring the elements of Healthy Adult Relationships in Recovery. This group is open to all affected by substance use disorder and will be a safe starting point on the road to recovery. Discover the foundation for real intimacy (into me I see) and becoming mindful of the barriers to forward growth. Applying effective skills of communication and conflict resolution to maintain relationships with family, community and beyond. Join us on

the journey to embracing healthy relationships in recovery and dismantling the isolation that leads to addiction.

F.I.S.T.-Family Education Series: To encourage family members to become better educated on addiction

- Help families constructively cope with the addicted family member
- Teach family members to practice consistency and avoid making threats and promises
- Encourage family members to attend Al-Anon, Nar-anon & Families Anonymous
- Help Family members address codependent/enabling behaviors
- Answer any questions about Seafield and the services we provide
- Inform families on Navigating the Treatment Delivery System

Keeping Cool in Recovery

Recovery can be a tough road - managing our emotions on top of everything can make things feel even tougher. Keeping Cool is a group for people in all stages of recovery to find mutual support and learn skills to manage anger, frustration, boredom, sadness, excitement, and all the feelings that can get overwhelming at times. Join us Wednesdays at 7PM!

THURSDAY

Bilingual Health-Ed

Come learn about all aspects of wellness with us! Focused on our community. Education on mindfulness, physical health, sexual health, and more

Beginner Vinyasa Flow Yoga: A gentle yoga class that caters to all those exploring yoga for the first time, or those who've already begun the journey to greater flexibility and strength! Please bring your own mat if you have.

Reiki: Reiki is a form of alternative medicine called energy healing. Reiki practitioners use a technique called palm healing or hands-on healing through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

Wharf-Rat: A group of concert-goers who have chosen to live drug and alcohol free. Our primary purpose at shows is to make ourselves available to anyone who feels we may have something they want. We don't tell others how to attend their show. We offer clean and sober support, strength, fellowship and hope. We are not affiliated with AA, NA, nor any other twelve-step group. We are a group of friends sharing a common bond, providing support, information, and some traction in an otherwise slippery environment.

LICADD NARCAN (Naloxone) Training: 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.

This a LICADD Training. To register please call LICADD at 516-747-2606

FRIDAY:

Voices of Empowerment-Open Mic Night: Our monthly Voices of Empowerment event is a night dedicated to self-expression! Through the written word, poetry, music, etc. we share our stories, our triumphs, our mistakes, our strengths and our vulnerabilities with each other. We are a supportive community that listens without judgment and inspires without demands!

SATURDAY

Reflections- My Story of Survival: This monthly writing workshop is designed for family members. It takes participants through a series of steps and poems so that you can write your own story of recovery from your perspective as a family member. It is a creative method of self-expression that will encourage you to reflect on why you started on your journey, where you are, and where you hope to be. Changing the way we see ourselves and others with a healthy, positive, new, and exciting outlook on life. The purpose is to love and respect yourself in spite of the obstacles.

S.L.A.A Women's Meeting.: Sex and Love Addicts Anonymous, or **S.L.A.A.**, is a program for anyone who suffers from an addictive compulsion to engage in or avoid sex, love, or emotional attachment. We use the Twelve Steps and Twelve Traditions adapted from Alcoholics Anonymous to recover from these compulsions. This meeting is for women only.

Art Therapy: Art therapy uses the process of self-expression, and the resulting artwork to help clients understand their emotional conflicts, develop social skills, improve self-esteem, manage addictions, reduce anxiety, and restore normal function to their lives.

Refuge Recovery: A Meditation and Mindfulness Based Recovery Program. Refuge Recovery is a non-profit organization grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction.

Emotional Sobriety: This is an open study group 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.