

# October 2019 @ Thrive Suffolk

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

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

1324 Motor Parkway, Hauppauge, NY 11749

631-822-3396

Mon-Thurs: 10am-10pm

Fri/Sat: 10am-11pm

Sun 10am-5pm



## Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>One on One Recovery Coaching Also Available!</b> (By appointment only)</p> <p><b>Schedule with one of THRIVE'S Recovery Coaches Today!</b> *Fran *Gerald *Rvan</p> </div>		<p>G.Y.S.T. for Today "Breaking Barriers Presentation" 10:00-11:00am In the Wildflowers "Healing from Childhood Abuse" 7:00pm-9:00pm "Getting to Know Yourself" 7:30pm</p>	<p>Families Anon 5:30pm N.A. Meeting 7pm Nar-Anon Meeting 7pm AI-Anon Meeting 7pm Codependency/12Steps 8:30pm</p>	<p>Dwyer Project Veteran Peer Support Group 12:00pm Steps for Vets 1:00pm The Safe Center LI "Domestic Violence" Training 6:30pm FIST Family Support Group 7pm</p>	<p>LIRA's RCA training 8:30am-5pm CODA 1:30pm A.A. 6:30pm Movie Night 5 p.m. Refuge Recovery 7:30pm Game Night 8:30pm</p>	<p>LIRA's RCA training 8:30am-5pm LICADD Family Support Group 10am LICADD Bereavement 11:30am Co-Occurring Disorders Support Group 3:30pm ONE Recovery Meeting 7:30pm</p>
6	7	8	9	10	11	12
<p>Gathering of Fellowship 10:00am Debtors Anonymous 11:00am Healing Modalities: "Art Therapy" 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm</p>	<p>Crafting 3:00 Design for Living 10am-12pm LICADD Eating Disorder Group 6pm The Sangha 6:15pm **LICADD Anger Mgmt. 7:30pm Emotional Sobriety "Step 5" 8pm</p>	<p>G.Y.S.T. for Today "Early Recovery Group" 10:00-11:00am In the Wildflowers "Healing from Childhood Abuse" 7:00pm-9:00pm Community Reiki Circle 7:30pm</p>	<p>Families Anon 5:30pm N.A. Meeting 7pm Nar-Anon Meeting 7pm AI-Anon Meeting 7pm Codependency/12Steps 8:30pm</p>	<p>Dwyer Project Veteran Peer Support Group 12:00pm Steps for Vets 1:00pm Financial Workshop 6:00pm Tai Chi 6:30pm FIST Family Support Group 7pm</p>	<p>CODA 1:30PM A.A. 6:30pm Voices of Empowerment: Open Mic Night 7:30pm</p>	<p>LICADD Family Support Group 10am LICADD Bereavement 11:30am Co-Occurring Disorders Support Group 3:30pm ONE Recovery Meeting 7:30pm</p>
13	14	15	16	17	18	19
<p>Gathering of Fellowship 10:00am Debtors Anonymous 11:00am Healing Modalities: "Guided Healing Meditation" 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm</p>	<p><b>Thrive Closed</b></p>		<p>G.Y.S.T. for Today "Early Recovery Group" 10:00-11:00am Prison Families Anon. 7pm In the Wildflowers "Healing from Childhood Abuse" 7:00pm-9:00pm "Reclaiming Me" 7:30pm</p>	<p>Families Anon 5:30pm N.A. Meeting 7pm Nar-Anon Meeting 7pm AI-Anon Meeting 7pm Codependency/12Steps 8:30pm</p>	<p>Dwyer Project Veteran Peer Support Group 12:00pm Steps for Vets 1:00pm **Narcarn Training 6:00pm Parenting: Second Time Around 7:00pm FIST Family Support Group 7pm LIRA-"Our Stories Have Power" training 7:30pm-9:00pm</p>	<p>LICADD Family Support Group 10am LICADD Bereavement 11:30am Co-Occurring Disorders Support Group 3:30pm ONE Recovery Meeting 7:30pm</p>
20	21	22	23	24	25	26
<p>Gathering of Fellowship 10:00am Debtors Anonymous 11:00am Healing Modalities: "Reiki/Re-connective Healing Circle" 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm</p>	<p>Crafting 3:00 LICADD Eating Disorder Group 6pm The Sangha 6:15pm **LICADD Anger Mgmt. 7:30pm Emotional Sobriety "Step 7" 8pm</p>	<p>G.Y.S.T. for Today "Early Recovery Group" 10:00-11:00am In the Wildflowers "Healing from Childhood Abuse" 7:00pm-9:00pm "Reclaiming Me" 7:30pm</p>	<p>Families Anon 5:30pm N.A. Meeting 7pm Nar-Anon Meeting 7pm AI-Anon Meeting 7pm Codependency/12Steps 8:30pm</p>	<p>Dwyer Project Veteran Peer Support Group 12:00pm Steps for Vets 1:00pm FIST Family Support Group 7pm</p>	<p>LIRA's RCA training 8:30am-5:30pm CODA 1:30pm A.A. 6:30pm LICYPAA presents "Unity Pumpkin Carving Night" 7:30pm - 10:30pm</p>	<p>LIRA's RCA training 8:30am-5:30pm LICADD Family Support Group 10am LICADD Bereavement 11:30am Co-Occurring Disorders Support Group 3:30pm ONE Recovery Meeting 7:30pm</p>
27	28	29	30	31		
<p>Gathering of Fellowship 10:00am Debtors Anonymous 11:00am Healing Modalities: "Reiki/Re-connective Healing Circle" 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm</p>	<p>Crafting 3:00 LICADD Eating Disorder Group 6pm The Sangha 6:15pm **LICADD Anger Mgmt. 7:30pm Emotional Sobriety "Step 8" 8pm</p>	<p>G.Y.S.T. for Today "Early Recovery Group" 10:00-11:00am In the Wildflowers "Healing from Childhood Abuse" 7:00pm-9:00pm "Getting to Know Yourself" 7:30pm</p>	<p>Families Anon 5:30pm N.A. Meeting 7pm Nar-Anon Meeting 7pm AI-Anon Meeting 7pm Codependency/12Steps 8:30pm</p>	<p><b>HAPPY HALLOWEEN!!!!</b> Dwyer Project Veteran Peer Support Group 12:00pm Steps for Vets 1:00pm FIST Family Support Group 7pm</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>GYM IS OPEN DURING BUSINESS HOURS!</b> (See the front desk for more info!)</p> </div>	<p>*Need Assistance with Clarifying Career Direction, Resume Preparation/ Updating, LinkedIn Profile, Job Search Strategy, and Interview Preparation? Please call to make an appointment with our Career Coach Alyssa*</p>

**\*\*LICADD program: registration required. Please contact Joanne at 631-979-1700. You can also follow us on Facebook @ <https://www.facebook.com/THRIVErecovery/> & Instagram @ [thrive\\_recovery](https://www.instagram.com/thrive_recovery)**

## **SUNDAY**

**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. Please join us this morning at 10am. Namaste There is no fee exchange for this group

**Debtors Anonymous:** Debtors Anonymous is a twelve-step program for people who want to stop incurring unsecured debt. Our primary purpose is to stop debting one day at a time and to help other compulsive debtors to stop incurring unsecured debt.

**Healing Modalities:** This workshop is set up to be a platform for introducing different techniques and practices for self-care and wellness. Each week a different speaker or workshop series is held ranging from sound vibration, Reiki, drum circles and mindfulness meditation. Check out our monthly calendar for specific topics!

**Gentle 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!

**Soul Notes Guitar Lessons:** FREE guitar lessons!!! Beginners welcomed!

## **MONDAY**

**Crafting:** The activity or hobby of making decorative articles by hand. Crafting has emerged as a fashionable form of self-expression.

**Design for Living:** Overview of how Steps 10, 11 & 12 work together. Step 10: Uncovering areas of discomfort, people issues, discontent, and irritability from of daily defects (Powerlessness). Step 11: Solution to powerlessness is Practice of Prayer & Meditation (Surrender). Step 12: My ability to serve others come from ability to see and surrender myself to God.

**The Sangha:** 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.

**LICADD Eating Disorder Group:** Facilitated by LICADD; this is an OPEN group! Contact Joanne for info at 631-979-1700.

**\*\*LICADD Anger Mgmt.:** Facilitated by LICADD; this is a CLOSED group and requires registration! Contact Joanne for info at 631-979-1700.

**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.

## **TUESDAY**

**G.Y.S.T. for Today "Early Recovery Group":** Recovery is awesome AND it can also be overwhelming, especially in the beginning. If you're new to recovery or you've been maintaining your recovery but you're having a hard time sifting through all of life's demands, join us at "G.Y.S.T. for Today!" This is 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.

**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. What about who we were before makes us who we are today? What would happen if we released what we didn't know we were holding on to? Through sharing our knowledge and life experiences, we can help others. This group is open to anyone recovering from anything and their families. *This group is held every 1<sup>st</sup> Tuesday of the month & 5<sup>th</sup> when applicable.*

**Community Reiki Circle:** Join us for our monthly Reiki and empathic energy circle. This group comes together as a community to bring peace, love & healing. *This group is held every 2<sup>nd</sup> Tuesday of the month.*

**Reclaiming Me:** This group is about building self-awareness by exploring new possibilities and solutions that can help navigate us through the challenges and obstacles that we face in our daily lives. We come together as a community to share similarities and experiences to provide ourselves & others with opportunities for self-growth, self-discovery, self-empowerment, expression, support and connection. This group is open to all. *This group is held every 3<sup>rd</sup> & 4<sup>th</sup> Tuesday of the month.*

**In the Wildflowers "Healing from Childhood Abuse":** A 10 step series that helps us to heal from the trauma of childhood and adult abuse. "In the Wildflowers" is meant for those who have suffered the trauma of emotional, physical, sexual, or spiritual abuse/neglect. Are you ready to heal? Gather with other women who have experienced this trauma in their past and long for freedom. We have tried forgetting it, getting on with our lives, denial, and many other solutions. In this series, God meets us in the present, helping us with our memories and the trauma of our abuse, healing us. Our trained facilitators will help you walk through the 10 steps to healing and let go of the trauma of the past at your own pace.

**Prison Families Anonymous:** If you have a loved one who is incarcerated and are finding it hard to cope with the situation, you will be comforted in knowing that you are not alone. The PFA Support Group provides a safe, non-judgmental place where those facing similar situations can connect with one another. It provides compassion, support and information to family members during their very difficult times.

## **WEDNESDAY**

**Families Anonymous:** Families Anonymous is a 12-Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them. Whether caused by drugs, alcohol, or related behavioral problems, we welcome you to join us and share.

**Narcotics Anonymous "NA":** 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 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.

**Nar-Anon:** The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. We have traveled that unhappy road too, and found the answer with serenity and peace of mind. When you come into the family group, you are no longer alone, but among true friends who understand your problem as few others could. We respect your confidence and anonymity as we know you will respect ours. We hope to give you the assurance that no situation is too difficult and no unhappiness is too great to be overcome.

**Al-Anon:** Al-Anon is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist; this support network complements and supports professional treatment. At Al-Anon Family Group meetings, the friends and family members of problem drinkers share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations.

**Codependency/12Steps:** Come explore an explanation of each of the Twelve Steps and how they can be applied to codependency issues. Specific exercises and activities will be explored that can be used in a group setting or on your own. A copy of Melody Beattie's book "Codependents' Guide to the Twelve Steps" will be needed.

## **THURSDAY**

**Dwyer Project Veteran Peer Support Group:** Dwyer Project will be holding a weekly Veteran Peer Support Group. Registration is not required and lite refreshments will be service. As always, Dwyer Project facilitated groups are free, confidential, and anonymous. For more information on the program contact our office at (631) 853-8345 during business hours.

**Steps for Vets:** This is a Veteran recovery group open to ALL Veteran's regardless of discharge status and Active Military. We offer both a 12-step approach to recovery and peer to peer support for all Veteran related issues. This group is *not* affiliated with any 12-step Fellowship. There are a myriad of

issues that some of our brave Active Military/Veteran's struggle with today. We have modified and broadened the 12 steps in the hopes that they will appeal to our military nature and the issues that we struggle with as Veteran's. The hope is that these steps may better guide us through the healing & recovery process. **Tai Chi:** If you're looking for a way to reduce stress, consider joining us every Thursday for Tai Chi (TIE-CHEE). Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

**Parenting-Second Time Around:** Is a support group for "grandparents" who are raising children again because their own kids are still currently active. The group will offer support and resources for those who are learning and struggling with being parents again. Resources on how to access benefits that are available will also be provided.

**FIST Family Support Group:** Come 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 for family members. The family needs to embark on their own road to recovery.

**LICADD NARCAN (Naloxone) Training:** Narcane 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 Joanne at 631-979-1700**

## **FRIDAY**

**CODA:** Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.

**A.A.:** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

**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!

**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.

**Game Night:** Come join us for a night of laughter and fun.

**Celebration of Recovery:** This is for anyone in Recovery, no matter the fellowship or pathway, to celebrate milestones in their recovery. Each day in recovery is a day to celebrate... it doesn't matter if you have 1 day in or many years in recovery, we want to celebrate YOU and your success! Come join us and begin the process of celebrating recovery the way you define it and know we are here to support your pathway to recovery.

**LICYPAA Unity Night:** LICYPAA is the Long Island Committee of Young People in Alcoholics Anonymous. The service committee is hosting a monthly unity night with different events each month to fellowship and enjoy life sober in recovery! All are welcome to join the fun!

## **SATURDAY**

**LICADD Family Support Group:** This is an OPEN family support group run and facilitated by LICADD clinicians. This is not a 12-step group. All are welcome, no appointment necessary!

**LICADD Bereavement:** This group is open to families and friends who have lost someone to the disease of addiction. The group is professionally facilitated and focuses on the stages of grief and loss, managing one's emotions and working effectively through the healing process.

**Co-Occurring Disorders Support Group:** 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!!*

**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