



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

Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>One on One Recovery Coaching Also Available! (By appointment only)</p> <p>Schedule with one of THRIVES Recovery Coaches Today! *Patrick *Nadine</p> </div>						
4	5	6	7	8	9	10
Healing Modalities: Reiki- 3:30pm-5:00pm	Men's group-7:30pm	LIRA Monthly Meeting- 10:30am G.Y.S.T.-7:00pm FIST Family Support- 7:00pm	Breaking Barriers- 11:00am Wellness For Recovery- 3:00pm	Refuge Recovery- 12:00pm Fatherhood Initiative- 6:30pm Family After- 7:30 pm Dharma Talk- 7:30 pm		Gentle Flow Yoga- 2:00pm
11	12	13	14	15	16	17
Healing Modalities: Drumming Circle- 3:30pm-5:00pm	Men's Group-7:30pm	G.Y.S.T.-7:00pm FIST Family Support: "Grief and Loss"- 7:00pm	Breaking Barriers- 11:00am Wellness for Recovery- 3:00pm	Refuge Recovery- 12:00pm Fatherhood Initiative- 6:30pm Family After- 7:30 pm Dharma Tal-: 7:30 pm	Friday Night Café- 7:30 pm	Gentle Flow Yoga- 2:00pm
18	19	20	21	22	23	24
Healing Modalities: Crystal Bowl Meditation- 3:30pm-5:00pm	ACA Recovery Writing Program-7:00pm Men's Group-7:30pm	G.Y.S.T.-7:00pm FIST Family Support- 7:00pm	Breaking Barriers- 11:00am Wellness for Recovery- 3:00pm-	Refuge Recovery- 12:00pm Fatherhood Initiative- 6:30pm Family After- 7:30 pm Dharma Talk- 7:30 pm	Art Therapy-3:00pm Game Night-7:30pm	Gentle Flow Yoga- 2:00pm
25	26	27	28	29	30	31
Healing Modalities: Chanting: Call and Response- 3:30pm- 5:00pm	Men's Group-7:30pm	G.Y.S.T.-7:00pm FIST Family Support: "Grief and Loss"- 7:00pm	Breaking Barriers- 11:00am Wellness For Recovery- 3:00pm	Refuge Recovery- 12:00pm Fatherhood Initiative- 6:30pm Family After- 7:30 pm Dharma Talk- 7:30 pm		<i>International Overdose Awareness Day 6:30pm-8:00pm Emotional Sobriety- 8:00pm</i>

SUNDAY

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!

Reiki: Join us tonight for our monthly Community Reiki and Empathic Energy Healing Circle. We will continue to come together as a community on the 2nd Tuesday of each month to bring energy healing with love and peace!

Crystal Bowl Meditation Come relax and listen to the vibrations of crystal bowls, vibrations from flutes and Tibetan bowls. We will pick an angel card and begin by introducing ourselves and what our card tells us to help us on our path. We will have essential oils to help us relax and feel rejuvenated at the end of our meditation.

Chanting: Call/Response: Call and Response another name is "Kirtan". Is a way to sing in a group with a leader who sings first and then sings along with the group the same phrase. These are some of the songs we can use as well as easy Hindu chants and any suggestions. El Condor, Fly Like an eagle, A girl like you, Love Me Like A Rock, My Sweet Lord, A Girl Like You, Shiva Shambo, Rama Bolo

MONDAY

Men's Group-Cultivating a special form of community. It is a community that meets a man's desire and need for intimate kinship, support and loyalty. It is Having people about whom we care and whom we care about us to share our lives with – to share the events and thoughts and feeling in our lives – intensifies our experience of meaning, consoles us in our pain, deepens our sense of delight in the world." This is what a men's group is. It is men with whom we share our lives, with no other hope of gain or fear of loss. In our group we say: "We are a brotherhood witnessing to each other's lives with acceptance, support, and authenticity."

The Recovery through Writing Program- consist of 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

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.

FIST Family Support:

WEDNESDAY Breaking Barriers "Early Recovery Group":

Breaking barriers

This group is designed to assist individuals in breaking down the barriers we often face once we enter recovery. We find barriers to health care, housing, employment, education, treatment, MAT, & most commonly barriers due to criminal history. Our group breaks down these barriers by providing community resources.

THURSDAY

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.

Dharma Talks: A public discourse on Buddhism, a path of practice and spiritual development leading to insight into the true nature of reality. Buddhist practices like meditation are means of changing yourself in order to develop the qualities of awareness, kindness, and wisdom.

Family After: Join us for a workshop for couples where we will discuss communication skills with Alanon/A.A. materials and other related readings. Based on the Big Book Family Afterwards chapter and using Alanon materials. All are welcome who are working a program of recovery. The facilitator will pick a topic and each individual who wishes to can share on the topic/readings from their perspective, experience, strength and hope.

Fatherhood Initiative- A free program helping fathers build healthy relationships and secure financial future. **Topics include:** Communication: Stress Management. Co-parenting, Discipline, Gratitude, Finding job, continuing your education.

FRIDAY: Recreational Activities-Voces of Empowerment; Game Night, Movie Night etc.

Art Therapy: Art therapists use 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..

SATURDAY

Emotional Sobriety: This is a 16 week rotating 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, Alanon, 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.

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!