



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

## Activities/Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>One on One Recovery Coaching Also Available!</b> (By appointment only)</p> <p><b>Schedule with one of THRIVES Recovery Coaches Today!</b> *Fran *Kryste *Bradley *Ryan</p>		<p><b>GYM IS OPEN DURING BUSINESS HOURS!</b></p> <p><i>(See the front desk for more info!)</i></p>		<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>		
				1	2	3
				Dwyer Project Veteran Peer Support Group 12:00pm Steps for Vets 1:00pm FIST Family Support Group 7pm	CODA 1:30pm Movie Night "Miss You Already" 5:00pm A.A. 6:30pm Refuge Recovery 7:30pm	LICADD Family Support Group 10am LICADD Bereavement 11:30am Dual Diagnosis 3:30pm All Recovery Meeting 7:30pm
4	5	6	7	8	9	10
Gathering of Fellowship 10:00am Debtors Anonymous 11am Healing Modalities-"Art Therapy" 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm	Crafting 3:00pm Design for Living 10-12pm LICADD Eating Disorder Group 6pm Dharma Talks 6:30pm **LICADD Anger Mgmt. 7:30pm Emotional Sobriety "Step 10" 8pm	G.Y.S.T. for Today "Early Recovery Group" 10:00-11:00am Meeting in the Heart Center 7:30pm	Families Anon 5:30pm N.A. Meeting 7pm Nar-Anon Meeting 7pm Al-Anon Meeting 7pm Codependency/12Steps 8:30pm	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	CODA 1:30pm Movie Night "Facing Giants" 5:00 p.m. A.A. 6:30pm Voices of Empowerment: 7:30pm	LICADD Family Support Group 10am LICADD Bereavement 11:30am Dual Diagnosis 3:30pm All Recovery Meeting 7:30pm
11	12	13	14	15	16	17
Gathering of Fellowship 10:00am Debtors Anonymous 11am Healing Modalities- with Spiritual/Reiki Master Rev. Jen Post 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm	Crafting 3:00 LICADD Eating Disorder Group 6pm Dharma Talks 6:30pm **LICADD Anger Mgmt. 7:30pm Emotional Sobriety "Step 11" 8pm	G.Y.S.T. for Today "Early Recovery Group" 10:00-11:00am Community Reiki Circle 7:30pm	Families Anon 5:30pm N.A. Meeting 7pm Nar-Anon Meeting 7pm Al-Anon Meeting 7pm Codependency/12Steps 8:30pm	Dwyer Project Veteran Peer Support Group 12:00pm Steps for Vets 1:00pm **Narcarn Training 6:00pm FIST Family Support Group 7pm	CODA 1:30pm Movie Night "Fireproof" 5:00 p.m. A.A. 6:30pm Refuge Recovery 7:30pm	LICADD Family Support Group 10am LICADD Bereavement 11:30am Dual Diagnosis 3:30pm LIRA's Recovery Coach Alumni Reunion 5:00pm-7:00pm LIRA'S all new "ONE Recovery" Meeting 7:30pm
18	19	20	21	22	23	24
Gathering of Fellowship 10:00am Debtors Anonymous 11am Healing Modalities "How to use food to stay healthy and balanced" 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm	Crafting 3:00 LICADD Eating Disorder Group 6pm Dharma Talks 6:30pm **LICADD Anger Mgmt. 7:30pm Gooddeed2848 Emotional Sobriety -Will not be held. Returning 9/9 and will begin at Step 1.	G.Y.S.T. for Today "Early Recovery Group" 10:00-11:00am Prison Families Anon. 7pm Meeting in the Heart Center 7:30pm	Families Anon 5:30pm N.A. Meeting 7pm Nar-Anon Meeting 7pm Al-Anon Meeting 7pm Codependency/12Steps 8:30pm	Dwyer Project Veteran Peer Support Group 12:00pm Steps for Vets 1:00pm FIST Family Support Group 7pm	CODA 1:30pm Movie Night "Flyw heel" 5:00 p.m. A.A 6:30pm	LICADD Family Support Group 10am LICADD Bereavement 11:30am Dual Diagnosis 3:30pm LIRA'S all new "ONE Recovery" Meeting 7:30pm
25	26	27	28	29	30	31
Gathering of Fellowship 10:00am Debtors Anonymous 11am Healing Modalities "Reiki/Reconnective Healing Circle" 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm	Crafting 3:00 LICADD Eating Disorder Group 6pm Dharma Talks 6:30pm **LICADD Anger Mgmt. 7:30pm Emotional Sobriety-Will not be held. Returning 9/9 and will begin at Step 1.	G.Y.S.T. for Today "Early Recovery Group" 10:00-11:00am Meeting in the Heart Center 7:30pm	Families Anon 5:30pm N.A. Meeting 7pm Nar-Anon Meeting 7pm Al-Anon Meeting 7pm Codependency/12Steps 8:30pm	Dwyer Project Veteran Peer Support Group 12:00pm Steps for Vets 1:00pm FIST Family Support Group 7pm	CODA 1:30pm Movie Night "War Room" 5:00 p.m. A.A 6:30pm	LICADD Family Support Group 10am LICADD Bereavement 11:30am Dual Diagnosis 3:30pm International Overdose Awareness Night 6:30pm-8:30pm followed by LIRA'S all new "ONE RECOVERY" meeting 8:30pm-9:30pm

## 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.

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

**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.

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

**Emotional Sobriety:** This is a 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.

**Meeting in the Heart Center:** Meeting in the Heart Center: Awakening Mindfulness is a peer-led support group that helps us connect, discover, heal, find balance and grow together.

**Community Reiki Circle:** 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!

**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.

**FIST Family Support Group:** Come join us for our ongoing Family Support Group, "Families helping Families" This group meets every Thursday night from 7-8:30pm at THRIVE. 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 Naloxone (NARCAN) 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 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.

**Volunteer Orientation:** There are many opportunities to get involved at Thrive. We are looking for volunteers to fill many positions such as outreach, front desk, speaker bureau participants etc. This is the moment where timing and opportunity meet to execute and commit all of our ideas to continue to be of service.

**AA:** 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.

## 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.

**Dual Diagnosis:** 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.