



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
<div style="border: 1px solid black; padding: 5px;"> <p>One on One Recovery Coaching Also Available! (By appointment only) Schedule with one of THRIVE'S Recovery Coaches Today! *Patrick*</p> </div>			F.I.R.E.- 6pm FIST Family Education Series-7pm			Art Therapy-3pm
8	9	10	11	12	13	14
Football Sunday-1pm	ACA Women's Group- 7pm Men's group- 7:30pm	FIST Family Support-7pm G.Y.S.T.- 7pm M.A.T. Support Group-7:30pm	Breaking Barriers-11am Wellness For Recovery-12pm F.I.R.E.- 6pm FIST Family Education Series-7pm	Refuge Recovery-12:00pm Fatherhood Initiative-6:30pm Dharma Talk- 7:30pm		
15	16	17	18	19	20	21
Football Sunday-1pm	ACA Women's Group- 7pm Men's Group- 7:30pm	FIST Family Support-7pm (Grief and Loss) G.Y.S.T.- 7 pm M.A.T. Support Group-7:30pm	Breaking Barriers-11am Wellness for Recovery-12pm F.I.R.E.- 6pm FIST Family Education Series-7pm	Refuge Recovery- 12pm Fatherhood Initiative-6:30pm Dharma Talk- 7:30pm Wharf Rat Group-7:30pm	Voices of Empowerment: Open Mic Night-7:30 pm	
22	23	24	25	26	27	28
Football Sunday-1pm	ACA Women's Group- 7pm ACA Recovery Writing Program- 7pm Men's Group- 7:30pm	FIST Family Support-7pm G.Y.S.T.- 7pm M.A.T. Support Group-7:30pm	Breaking Barriers-11am Wellness for Recovery-12pm F.I.R.E.- 6pm	Refuge Recovery- 12pm Fatherhood Initiative-6:30pm Dharma Talk- 7:30pm	Recovery Celebration 1:00pm-5:00pm	
29	30	1	2	3	4	5
Football Sunday-1pm	ACA Women's Group-7pm Men's Group-7:30pm	FIST Family Support- 7pm (Grief and Loss) G.Y.S.T.- 7pm M.A.T. Support Group-7:30pm	Breaking Barriers-11am Wellness For Recovery-12pm F.I.R.E.- 6pm FIST Family Education Series-7pm	Refuge Recovery- 12pm Fatherhood Initiative-6:30pm Dharma Talk- 7:30pm		Emotional Sobriety-8pm

SUNDAY

Football Sunday: September 8th means football mania. Come Join us at THRIVE to watch the 1, 4, and 8pm game free from substance use. We will have Pizza, an assortment of beverages and Coffee as we cheer our team to victory.

MONDAY

ACA Women's Group:

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 who 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."

ACA 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

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.

G.Y.S.T.: 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

M.A.T. Support Group:

WEDNESDAY

Breaking Barriers:

Wellness for Recovery:

F.I.R.E.: Interactive group setting exploring the elements of Healthy Adult Relationships in Recovery. This group is open to all affected by SUD 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

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.

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, and continuing your education.

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.

Wharf Rat Group:

FRIDAY:

Recreational Activities: Voices of Empowerment; Game Night, Movie Night etc.

SATURDAY

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.

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, 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.