### Activities/Events

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Rainbow Recovery - 7pm°FIST Family Support Group (SMART Recovery): 7:00pm</td>
<td>Wellness For Recovery-12:00pm</td>
<td>Codependents’ 12 Steps 7:00 pm</td>
<td>Writing Workshop: The Road to a Healthier You – 5:30 pm</td>
<td>One Recovery Meeting 6:30pm</td>
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<td>Rainbow Recovery - 7pm°FIST/LICADD Family Support Group (Grief and Loss): 7:00pm</td>
<td>Wellness For Recovery-12:00pm</td>
<td>Codependents’ 12 Steps 7:00 pm</td>
<td>One Recovery Meeting 6:30pm</td>
<td>Volunteer Meeting - 12pm Facilitator Meeting – 1pm</td>
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<tr>
<td>ACA Recovery Writing Program -7:00pm</td>
<td>Rainbow Recovery-7pm°FIST/LICADD Family Support Group (Grief and Loss): 7:00pm</td>
<td>Wellness for Recovery-12:00pm</td>
<td>Vision Team – 11:30am</td>
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<td>Rainbow Recovery-7:00p M.A.T. Support Group- 7:30pm</td>
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**FREE! One-on-One Recovery Coaching Available! (By appointment only) Schedule with THRIVE’S Recovery Coaches Today!*Call the Front Desk - 516-765-7600**

**WANT TO VOLUNTEER? WANT TO FACILITATE A GROUP?**
Come to our meetings on Saturday March 14th at 12 and 1 pm!
All are welcome! Snacks & Drinks will be provided!
(These meetings are mandatory for current volunteers and facilitators)

**ALL GROUPS AND WORKSHOPS ARE FREE AND OPEN TO THE PUBLIC!**

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**OPEN HOUSE! YOU ARE INVITED!!**
Come find out about all the awesome programming at THRIVE and have a fun Friday night in a safe, sober space!
**LIVE DJ! FREE FOOD & DRINK! FUN GIVEAWAYS!**

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

**KEY:** Weekly/Bi-weekly Groups  New at Thrive  Special Events

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

Please flip over for all group descriptions →
MONDAY

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. Tuesdays at 7pm. 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. (First and Third Wednesday focus on SMART Recovery, Second and Fourth focus on Grief and Loss.)

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: A peer support group meeting that explores recovery wellness tools and how to build a 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 to talk about the challenges of re-entry and find support from people going through the same things.

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!

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

THURSDAY

Wharf Rats: A group of concert-goers who have chosen to live drug and alcohol free. They arose out of the environment around the rock group The Grateful Dead and their followers the Deadheads, both of which were rooted in the drugs-embracing counterculture of the 1960s.

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 "Codepends' Guide to the Twelve Steps" will be needed. (This is not a 12-step meeting. Educational pieces will include discussion of the 12 steps.)

FRIDAY:

Writing Workshop: The Road to a Healthier You: 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.

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!

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

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.

NEXT MONTH:

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

Financial Peace University: Learn how money doesn't have to be stressful with Financial Peace University. Win with money. Dump debt. Communicate in marriage. Build a legacy. Plan for your future. Financial Peace University group will be held at 7:00 pm on Mondays. *Closed Group* - Sign up at front desk until group is filled. PLANNED START DATE: April 6th