### Activities/Events

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<th>Sunday</th>
<th>Monday</th>
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<td>Gathering of Fellowship 10:00am Debtors Anonymous 11:00am Healing Modalities: “Transmuting Challenges” 12:15-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm</td>
<td>From Anger to Forgiveness-12p Codependency 12-steps 1pm Crafting 3:00PM LICADD Eating Dx Grp 6pm The Sangha 6:15pm *LICADD Anger Mgmt. 7:30pm Emotional Sobriety &quot;Step 12&quot; 8pm</td>
<td>G.Y.S.T. 9:00-10:00am Men’s Grp 1pm Trauma to Triumph-5:30p (Wildflowers)- Healing Childhood Abuse 7pm “Getting to Know Yourself” 7:30pm</td>
<td>Families Anon 5:30pm N.A. Meeting 7pm Debtors Anonymous-7pm Nar-Anon Meeting 7pm Codependency/12Steps 8:30pm</td>
<td>CODA 1:30PM</td>
<td>LICADD Family Support Group 10am</td>
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<td>G.Y.S.T. for Today “Early Recovery” 9:00-10:00am Men’s Grp 1pm Trauma to Triumph-5:30p (Wildflowers)- Healing Childhood Abuse 7pm “Community Reiki Circle” 7:30pm</td>
<td>EAPA BREAKFAST-8:30AM Families Anon 5:30pm N.A. Meeting 7pm Debtors Anonymous-7pm Nar-Anon Meeting 7pm Codependency/12Steps 8:30pm</td>
<td>CODA 1:30PM A.A. 6:30pm</td>
<td>LICADD Family Support Group 10am</td>
<td>LICADD Bereavement 11:30am Co-Occurring Disorders Support Group 3:30pm ONE Recovery Meeting 7:30pm</td>
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<td>Gathering of Fellowship 10:00am Debtors Anonymous 11:00am Healing Modalities: “Reiki” 12:00-1:30pm Gentle Flow Yoga 2pm Soul Notes Guitar Lessons 4:00pm</td>
<td>From Anger to Forgiveness-12p Codependency 12-steps 1pm Crafting 3:00PM LICADD Eating Dx Grp 6pm The Sangha 6:15pm *LICADD Anger Mgmt. 7:30pm Emotional Sobriety “Step 2” 8pm</td>
<td>G.Y.S.T. for Today “Early Recovery” 9:00-11:00am Men’s Grp 1pm Trauma to Triumph-5:30p (Wildflowers)- Healing Childhood Abuse 7pm Prison Families Anon. 7p “Reclaiming Me” 7:30pm</td>
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<td>G.Y.S.T. 9:00-10:00am Men’s Grp 1pm Trauma to Triumph-5:30p (Wildflowers)- Healing Childhood Abuse 7pm</td>
<td>“Need Assistance with Clarifying Career Direction, Resume Preparation/Upating, LinkedIn Profile, Job S Strategy, and Interview Preparation? Please call to make an appointment with our Career Coach Alyssa</td>
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**LICADD program: registration required. Please contact Joanne at 631-979-1700. You can also follow us on Facebook @ https://www.facebook.com/TRHIVerecovery/ and Instagram @ 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 experiences, strengths, and growth. Please join us this Sunday at 10am. Namaste There is no fee exchange for this group!

Debtors Anonymous: Debtors Anonymous is a twelve-step program for people who wish to stop incurring unsecured debt. Our purpose is to stop debt 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, beliefs, and practices for personal 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 specifics!

**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 new form of therapy.

Designing for Living: Overview of how Steps 10, 11 & 12 work together. Step 10: Uncovering areas of discomfort, people issues, discontent, and irritability from daily details (Powerlessness). Step 11: Solution to powerlessness is Practice of Prayer & Meditation (Surrender). Step 12: My ability to serve others comes from my personal willingness.

**TUESDAY**
The Sangha: A spiritual community with a purpose 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 that increases our awareness, compassion, acceptance, and our Oneness.

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

**LICADD Anger Group:** 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 increased self-awareness and practical actions. Members are encouraged to “do the steps” to “living the steps” is the secret to developing the fit spiritual condition necessary for sobriety. 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 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 A.A., N.A., D.A., 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 designed to help you navigate the early stages of recovery. You can effectively maintain your recovery, regain your independence, and reintegrate into society while living on life’s terms.

Men’s Group:
A weekly discussion group about being a man as it relates to life today, covering all topics from relationships, sex, and many more (Trauma to Triumph) “There is nothing better than support” 4T’s provides a safe space for women to share their lived experiences of trauma for the purpose of continuing the conversation. The group draws on discussion, exercises, thought provoking games, and life coaching. The focus is on examining the inside to better understand the outside and adducing so in an environment that supports empowered healing.

**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 became? How do we relate today? Without our predecessors, what happens 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 Tuesday of the month & 5th when applicable.

Community Reiki Circle: Join us for our monthly Reiki and energy group. This group is dedicated to bring peace, love & healing. This group is held every 2nd Tuesday of the month.

**Reclaiming Me:** This group is about building self-awareness by exploring new possibilities, understanding the impact of societal discourse, self-expression, self-esteem, support and connection. This group is open to all. This group is held every 3rd & 4th Thursday of the month.

**In the Wildflowers:** This is 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.

**Prison Families Anonymous:** If you have 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 FPA Support Group provides a safe, judgmental free place within the correctional facility for you to 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 done searching of desperate feeling about the destructive behavior of someone very near to them. Why caused by drugs, alcohol, 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 who have become addicted to drugs and have become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete removal of self. This requirement is for membership, the desire to stop using. We suggest you keep an open mind and give yourself a break. Our program is a series of principles written so simply and clearly for our daily lives. The most important thing about them is that they work.

**Nar-Anon:** The Nar-Anon Family Group is primarily for those who know or have had a friend, loved one, or family member who is an active alcoholic or addict. They are here to support your pathway to recovery.

**CODA:** This is a Veteran recovery group open to ALL Veteran’s. This group is about building self-esteem and self-confidence. The purpose of the group is to provide support and encouragement to all Veterans.

**THURSDAY**
**Dwyer Project Veteran Peer Support Group:** Dwyer Project will be holding a weekly Veteran Peer Support Group (regardless of discharge status and Active Military). We offer the group throughout the duration of the program, which requires registration! Contact Joanne for info 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 the group throughout the duration of the program, which requires registration! Contact Joanne for info at 631-853-8345 during business hours.

**Dwyer Project Veteran Peer Support Group:** Dwyer Project will be holding a weekly Veteran Peer Support Group (regardless of discharge status and Active Military). We offer the group throughout the duration of the program, which requires registration! Contact Joanne for info at 631-853-8345 during business hours.

**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.

**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 Workshop:** Voices of Empowerment event is a night dedicated to self-expression! Through the written word, music, and artistic expression, we will explore our innermost thoughts, 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 philosophy provide the best methods for overcoming addiction.

**SAME 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 closer to a better you. We have had the honor to be part of your recovery and we want to celebrate YOU and your success! Come join us and begin the process of celebrating the way you define it and know we are here to support you.

**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 to join.

**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 we meet the first Thursday of every month.

**Support Groups**
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 families and the issues that we struggle with as Veterans. The hope is that these steps may better guide us through the healing & recovery process.

**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 where we provide support and connection for those who have been affected by loved ones that have been impacted by addiction is often overwhelming for family members. The family needs to embark on their own road to recovery.

**LICADD NA/RNC (Naloxone) Training:** Naloxone is a brand name medication that quickly restores 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.

**COBRA:** Co-Dependants 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.

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**Fr.”