

May East End THRIVE Calendar 2023

110 Mill Rd Suite A/B&C Westhampton Beach, NY 11978
Phone: 631-822-3397



For our most current information/updates, please visit www.ThriveLI.org

KEY: **GREEN** – IN-PERSON & ZOOM **ORANGE** – IN-PERSON ONLY **BLUE** - ZOOM ONLY
PURPLE – COMMUNITY EVENT- Check back of calendar for more details!

Back of calendar contains group descriptions and online meeting links!

*** See back for More details***

Monday – Friday 12pm-8pm

Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	2-4pm <u>Quiet Time</u> 6-7:30pm <u>African Drumming Lessons</u>	12-12:30pm <u>Breath Work and Meditation</u> 2-4pm <u>Quiet Time</u> 5:30-6:30pm <u>Men's Support Group</u> 6:30-8pm <u>Co-Dependents Anonymous</u>	2-4pm <u>Quiet Time</u> 5pm <u>Women's Support Group</u>	12-12:30pm <u>Breath Work and Meditation</u> 2-4pm <u>Quiet Time</u>	2-4pm <u>Quiet Time</u> 5-6pm <u>East End Book Club</u> 6:30-8:00pm <u>Guided Gong Therapy</u>	8am <u>Two Way Prayer</u>
7	8	9	10	11	12	13
	2-4pm <u>Quiet Time</u> 6-7:30pm <u>African Drumming Lessons</u>	Fentanyl Awareness Day 12-12:30pm <u>Breath Work and Meditation</u> 2-4pm <u>Quiet Time</u> 5:30-6:30pm <u>Men's Support Group</u> 6:30-8pm <u>Co-Dependents Anonymous</u>	2-4pm <u>Quiet Time</u> 5pm <u>Women's Support Group</u>	12-12:30pm <u>Breath Work and Meditation</u> 2-4pm <u>Quiet Time</u> 6-7:30pm <u>Paint Night</u>	2-4pm <u>Quiet Time</u> 5-6pm <u>East End Book Club</u>	8am <u>Two Way Prayer</u> 9-11am <u>Green Therapy & Hike @ Terrell River County Park</u>
14	15	16	17	18	19	20
Mother's Day	2-4pm <u>Quiet Time</u> 6pm <u>Vision Team</u> 6-7:30pm <u>African Drumming Lessons</u>	2-4pm <u>Quiet Time</u> 12-12:30pm <u>Breath Work and Meditation</u> 5:30-6:30pm <u>Men's Support Group</u> 6:30-8pm <u>Co-Dependents Anonymous</u>	2-4pm <u>Quiet Time</u> 5pm <u>Women's Support Group</u>	12-12:30pm <u>Breath Work and Meditation</u> 2-4pm <u>Quiet Time</u> 7pm-9pm <u>Roller Skating @ GR8Skates</u>	2-4pm <u>Quiet Time</u> 5-6pm <u>East End Book Club</u> Creative Arts Contest Entry Deadline	8am <u>Two Way Prayer</u>
21	22	23	24	25	26	27
	2-4pm <u>Quiet Time</u> 6:00pm <u>Volunteer Meeting</u> 6-7:30pm <u>African Drumming Lessons</u>	2-4pm <u>Quiet Time</u> 12-12:30pm <u>Breath Work and Meditation</u> 5:30-6:30pm <u>Men's Support Group</u> 6:30-8pm <u>Co-Dependents Anonymous</u>	2-4pm <u>Quiet Time</u> 5pm <u>Women's Support Group</u>	12-12:30pm <u>Breath Work and Meditation</u> 2-4pm <u>Quiet Time</u> 6:30-7:30pm <u>Express Yourself</u>	2-4pm <u>Quiet Time</u> 5-6pm <u>East End Book Club</u>	8am <u>Two Way Prayer</u>
28	29	30	31	<div style="border: 1px solid black; padding: 5px;"> <p>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Call us at: 631-822-3397. To schedule with one of East End THRIVES Recovery Coaches. Walk-ins Welcome!</p> </div>		
	Memorial Day East End THRIVE Closed	2-4pm <u>Quiet Time</u> 12-12:30pm <u>Breath Work and Meditation</u> 5:30-6:30pm <u>Men's Support Group</u> 6:30-8pm <u>Co-Dependents Anonymous</u>	2-4pm <u>Quiet Time</u> 5pm <u>Women's Support Group</u>			

*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVERecovery/> & Instagram @[thrive_recovery](https://www.instagram.com/thrive_recovery)

MONDAY

Quiet Time: Spend some quiet time in East End THRIVE's sitting room. A great opportunity to do step work, homework, spend time reading about local history, do some adult coloring, or have a cup of tea.

African Drumming Lessons: Learn the art of African Drumming in a relaxed setting. As lessons progress a drum circle will be created. All are welcome! 18 and older. If you have any questions call: **East End THRIVE** at (631) 822-3397.

East End THRIVE Vision Team: Third Monday of each month. The Vision Team is the voice of our community! It is the driving force behind program development and implementation. If you're interested in helping drive East End THRIVE's programming, join us in person or on Zoom. Join Zoom Meeting: <https://us02web.zoom.us/j/82489305001> Meeting ID: 824 8930 5001 Dial In #: 646-558-8656

East End THRIVE Volunteer Meeting: Fourth Monday of each month: Interested in volunteering with THRIVE? We have lots of opportunities – come to our monthly Volunteer Meeting to learn more! Join Zoom Meeting: <https://us02web.zoom.us/j/83426894595> Meeting ID: 834 2689 459 Dial In #: 646-558-8656

TUESDAY

Quiet Time: Spend some quiet time in East End THRIVE's welcoming space. A great opportunity to do step work, homework, spend time reading, adult coloring, or just come in and rest your eyes for a spell.

Breathwork and Meditation: Breathwork and Meditation are practices that focus on deepening our awareness of our breath and help us connect with our inner selves. Both practices can have profound benefits for our mental, emotional, and physical wellbeing. This is free to join and for those that are 18+. In person and on zoom! Join Zoom Meeting: <https://us02web.zoom.us/j/87624251658> Meeting ID: 876 2425 1658 Dial In #: +1 646 558 8656 US (New York)

Men's Support Group: Every Tuesday @ 5:30-6:30pm- A weekly discussion group about being a man as it relates to life today, covering all topics (sobriety, codependency, gender roles, etc.). On Zoom and in person at **East End THRIVE**. Join Zoom Meeting: <https://us02web.zoom.us/j/83295346122> Meeting ID: 832 9534 6122 Dial In #: +1 646 558 8656 US (New York).

Codependents Anonymous: or CODA for short, is a 12-step recovery program modelled after alcoholics anonymous. Whereas A.A. members are expected to stop drinking, coda membership has only one requirement: a desire for healthy and loving relationships.

THRIVE University – Peer Development Education and Training: Second Tuesday of each month. THRIVE University will be providing FREE education and training for Certified Recovery Peer Advocates who are new to and/or working in the field. Our experienced team of professionals has developed trainings based on feedback from those in the field and the community partners we work with. Join Zoom Meeting: <https://us02web.zoom.us/j/87691347644> Meeting ID: 876 9134 7644 Dial In #: +1 646 558 8656

WEDNESDAY

Quiet Time: Spend some quiet time in East End THRIVE's welcoming space. A great opportunity to do step work, homework, spend time reading, adult coloring, or having a snack.

Women's Support Group: A discussion group for women to talk about the unique challenges that women experience in life. Recovery Friendly! In person at East End THRIVE and on Zoom.

Join Zoom Meeting: <https://us02web.zoom.us/j/89685864441>

Meeting ID: 896 8586 4441 Dial In #: +1 646 558 8656 US (New York). For more information call Samantha at **East End THRIVE:** (631) 822-3397

THURSDAY

Quiet Time: Spend some quiet time in East End THRIVE's welcoming space. A great opportunity to do step work, homework, or spend time reading, adult coloring, and enjoying complimentary, coffee, tea and snacks.

Breathwork and Meditation: See Tuesday for description. Join Zoom Meeting <https://us02web.zoom.us/j/87624251658> Meeting ID: 876 2425 1658 Dial In #: +1 646 558 8656 US (New York)

Paint Night: Second Thursday of Each Month @ 6-7:30pm: Paint away all your stress with this FREE, sober & fun acrylic painting and meditation experience. In this beginner workshop we will lead you step by step on how to create an impressionist style painting. You will learn techniques and utilize easy to use acrylic paint to make your masterpiece! This is a free SOBER experience open to those that are 18 and older. Pre-registration is required, sign up through Eventbrite link: or if you have any questions email Christianne: events@hugsinc.org.

Express Yourself: Thursday, May 25th @ 6:30-7:30pm:

Join Music Therapist Kathy Pasca for an Expressive Arts Workshop Discover creative arts activities and support practices for stress relief, insight, connection and fun! This is a FREE workshop open to everyone ages 18+. Registration is required.

Reserve your spot through Eventbrite link provided:

<https://www.eventbrite.com/e/express-yourself-tickets-623782709877?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb> or contact Christianne at events@hugsinc.org.

Roller Skating @ GR8Skates in Shirley: Thursday, May 18th @ 7-9pm: FREE Sober Event! Admission, skate rentals, food and beverage included.

Need a ride? Contact 516-434-8397. To register please visit:

<https://www.eventbrite.com/e/roller-skating-tickets-622026878137?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=up&utm-term=user-profile>.

This event is located at: **Gr8skates, 30 The Green, Shirley, NY 11967.**

FRIDAY

Quiet Time: Spend some quiet time in East End THRIVE's welcoming space. A great opportunity to do step work, homework, or spend time reading, adult coloring, and enjoying some of complimentary refreshments and snacks.

East End THRIVE Book Club: Every Friday @ 5-6pm: In person at East End THRIVE and on Zoom. A weekly book club that meets to read and discuss the works of authors such as Marianne Williamson and Breneé Brown. We will begin with Marianne Williamson's "A Year of Miracles". You can join the group at any time! All reading materials are provided, and we are recovery friendly! Ages 18 and older. Join zoom meeting: <https://us02web.zoom.us/j/83551856244> Meeting ID: 835 5185 6244 Dial In #: +1 646 558 8656 US (New York).

Join Zoom Meeting: <https://us02web.zoom.us/j/83551856244> Meeting ID: 835 5185 6244 Dial In #: +1 646 558 8656

Guided Gong Therapy: First Friday of Each Month @ 6:30-8pm: This offering is designed to offer the participants tools to be used daily to cope with recovery challenges. Here's what to expect of this amazing gathering: A yogic angle on recovery and addictive behavior. Guided Recovery Meditation. Gong Therapy to induce the brain back to Delta waves. Brain reprogramming and finalization. Come with an open mind and heart and allow yourself to experience something new and beautiful. This experience is FREE and open to everyone ages 18+. Pre-registration is required! Sign up through Eventbrite: <https://www.eventbrite.com/e/guided-gong-therapy-tickets-623750513577?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb> or email events@hugsinc.org.

SATURDAY

Two Way Prayer: Saturdays @ 8am: A two-way prayer meeting that includes meditation and support. *ON SITE ONLY*

Green Therapy & Hike: Saturday, May 13th @ 9-11am: Join us for a hike at this scenic nature preserve located at **Terrell River County Park, 43 Montauk Highway, Center Moriches, NY 11934.** We will meet in the parking lot at the head of the trail. Hike will begin promptly at 9am, please arrive 10 minutes early. Wear appropriate footwear, attire and bring water. Registration is required. To reserve your spot please use Eventbrite link provided: <https://www.eventbrite.com/e/green-therapy-hike-tickets-623787484157?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb> or email Christianne at events@hugsinc.org.

Gentle Yoga & Movement: Saturday, May 20th @ 9:30-10:30am: Join Christianne Gentry, a certified trauma informed yoga & meditation instructor for a gentle yoga and movement class. accessible to all levels with meditation and deep rest. Connect with your body, your breath, and your spirit. We will center and ground in our bodies through breath work and fascia release exercises followed by a steady flow of postures to build strength balance and flexibility. This is a great class if you are recovering from an injury or illness, are brand new to movement or with minimal flexibility. This is a FREE class for everybody ages 18+ and preregistration is required. Please sign up through Eventbrite link provided: <https://www.eventbrite.com/e/gentle-yoga-movement-tickets-623775187377?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb> or send an email to events@hugsinc.org for more information and to reserve your spot!

*** THE SOUTHAMPTON YOUTH BUREAU'S Creative Arts Contest: The theme is "sharing your interpretation of what hope, and recovery looks like through art".

Categories are:

PHOTOGRAPHY, GRAPHIC ART, SCULPTURE, and FREE-HAND. Prizes will be awarded in the following age categories: 10 - 13, 14 - 18, AND 19 –

25. **ENTRY DEADLINE IS FRIDAY, MAY 19TH.** FOR MORE INFORMATION, PLEASE CALL THE SOUTHAMPTON YOUTH BUREAU AT: (631) 702-2425 OR **EAST END THRIVE** AT (631) 334-1723. TO view the registration form, please visit:

WWW.SOUTHAMPTONTOWNNY.GOV/YOUTHBUROU ***

