

November East End THRIVE 2023 Calendar

110 Mill Rd Suite A/B&C Westhampton Beach, NY 11978

631-822-3397

New Hours!!!

Tuesday – Friday 12pm-8pm

Saturday 10am-6pm



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!

Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2-4pm Quiet Time 5pm Women's Support Group	2 12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 5-6pm A.A. Big Book Study	3 2-4pm Quiet Time 5pm East End Book Club 6:30pm Guided Gong Therapy Meditation	4 12-2pm Quiet Time 10am Fire & Ice Sessions
5	6	7	8	9	10 Veterans Day	11
		2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6:30-8pm Co-Dependents Anonymous	2-4pm Quiet Time 5pm Women's Support Group	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 5-6pm A.A. Big Book Study	2-4pm Quiet Time 5pm East End Book Club	12-2pm Quiet Time 1:30-3:00pm Candle Crafting 101
12	13	14	15	16	17	18
	1pm-2pm Two Way Prayer	2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6:30-8pm Co-Dependents Anonymous	2-4pm Quiet Time 5pm Women's Support Group 6pm Vision Team Meeting	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 5-6pm A.A. Big Book Study 6:30-8pm Sound Journey	2-4pm Quiet Time 5pm East End Book Club 6pm Tie Dye T-Shirts & Totes	12-2pm Quiet Time 10-12pm Color. Sound Energy. Recovery
19	20	21	22	23	24	25
		2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6:30-8pm Co-Dependents Anonymous	5pm-8pm Friendsgiving Dinner	Thanksgiving Day East End THRIVE Closed In Observance of Holiday	2-4pm Quiet Time 5pm East End Book Club 5:30pm East End Movie Night	12-2pm Quiet Time 1:30-3:00pm Beading & Reading
26	27	28	28	30		
		2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6:30-8pm Co-Dependents Anonymous	2-4pm Quiet Time 5pm Women's Support Group	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 5-6pm A.A. Big Book Study	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 THRIVE'S Recovery Coaches. Walk-ins Welcome!	

*Registration is required! See description for information.

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

MONDAY

Two Way Prayer: Monday, November 13th @ 1:00-2:00pm: A two-way meeting that includes meditation and support. *ON SITE ONLY*

TUESDAY

Breathwork and Meditation: Every Tuesday and Thursday @ 12:00-12:30pm: Balance & renewal, stillness & silence, breath & magic: the power of taking a pause. Pausing promotes relaxation – a break from the noise – that refreshes and reenergizes our bodies, minds, and souls... promotes creative thinking, and allows us to find flow and harmony among the chaos.
Join Zoom Meeting: <https://us02web.zoom.us/j/87624251658> Meeting ID: 876 2425 1658 Dial In #: +1 646 558 8656 US (New York)

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.

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.

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: Every Wednesday @ 5-6pm: 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

East End THRIVE Vision Team: Third Wednesday 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/83477093311>
Meeting ID: 834 7709 3311

East End THRIVE Volunteer Meeting: Fourth Wednesday 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/89043260935> Meeting ID: 890 4326 0935

Friendsgiving Dinner: Wednesday, November 22nd @ 5-8pm: Join us for a potluck gathering at East End THRIVE for food and friendly fellowship. We provide the turkey and sides. We ask that you kindly bring a small dish. All are welcome. 18+ Recovery Friendly!! Use Eventbrite link provided to register to attend:
<https://www.eventbrite.com/e/friendsgiving-dinner-tickets-747403653447?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>.

THURSDAY

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)

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.

A.A. Big Book Study: Thursdays @ 5-6pm: "Alcoholics Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking."

Sound Journey: Thursday, November 16th @ 6:30-8:00pm: Join us for a sound Journey with music therapist Kathy Pasca. Relaxing and listening to various instruments including crystal and Himalayan singing bowls, shift your brain wave states to calm your mind, body, and nervous system. This is a free experience open to everyone ages 18+ pre-registration is required, to reserve your spot please use eventbrite link provided: <https://www.eventbrite.com/e/sound-journey-with-kathy-pasca-tickets-745546970057?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email events@hugsinc.org
If you need transportation, please call: 631-822-3397.

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 Brenee 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 #: +1 646 558 865.

Guided Gong Therapy Meditation: Friday, November 3rd @ 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. Gong Therapy to induce the brain back to Dela 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 link provided: <https://www.eventbrite.com/e/guided-gong-therapy-meditation-tickets-745554362167?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you need a ride to our center, please call 631 822 3397.

Tie Dye T-Shirts & Totes: Friday, November 17th @ 6-8pm: Learn how to tie dye! We provide all the supplies for this workshop. All are welcome to attend. 18+ Pre-registration is required! Sign up through Eventbrite link provided: <https://www.eventbrite.com/e/tie-dye-tickets-745564923757?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you need a ride to our center, please call 631 822 3397.

East End Movie Night: Friday, November 24th @ 5:30pm: This post-Thanksgiving movie night is the perfect opportunity to unwind, connect with community and enjoy a feel-good film that will warm your heart and remind you of the importance of gratitude and togetherness. This experience is FREE and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/movie-night-tickets-748145472247?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you have any questions or if

this event is sold out on Eventbrite and you wish to attend, please email events@hugsinc.org.

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SATURDAY

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.

Fire & Ice Sessions: Saturday, November 4th @ 10am: At 0° to 100°, our vision is to create a safe and empowering space for individuals to explore their physical, mental, and emotional boundaries through transformative experiences that incorporate breathwork, ice baths, sauna, and vulnerability. We believe that by embracing discomfort, we can tap into our inner strength and resilience, leading to personal growth and empowerment. We are committed to fostering a culture of love and connection, where individuals can come together to support and uplift one another on their journey of self-discovery and transformation. Wavier must be signed prior to event. Please bring a bathing suit, sweatshirt, and towel. This experience is FREE and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/fire-ice-sessions-tickets-745559126417?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you have any questions or if this event is sold out on Eventbrite and you wish to attend, please email events@hugsinc.org. If you need a ride to this event, please call 631 822 3397.

Candle Crafting 101: Saturday, November 11th @ 1:30-3pm: Unleash your creativity and learn the art of candle making in this hands-on workshop. All supplies will be provided! This workshop is free and open to everyone 18+. Pre-registration is required, please sign up through Eventbrite link: <https://www.eventbrite.com/e/candle-crafting-101-ignite-your-diy-skills-tickets-745580971757?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you have any questions or if this event is sold out on Eventbrite and you wish to attend, please email events@hugsinc.org. If you need a ride to this event, please call 631 822 3397.

Color.Sound.Energy.Recovery: Saturday, November 18th @ 10am-12pm: Immerse your senses in this meditative and interactive practice with Linda & Kathy Pasca. This is a free experience open to everyone ages 18+. Pre-registration is required, to reserve your spot click the Eventbrite link provided: <https://www.eventbrite.com/e/color-sound-energy-recovery-tickets-745535345287?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you need a ride to our center, please call 631 822 3397.

Beading & Reading: Saturday, November 25th @ 1:30-3pm: Join us for this meditative workshop where we will explore the art of jewelry making. We will also be discussing affirmations from Melody Beattie's "More Language of Letting Go". All tools and supplies are provided. No experience is necessary. Pre-registration is required, to reserve your spot click the Eventbrite link provided: <https://www.eventbrite.com/e/beading-and-reading-tickets-750065996587?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you need a ride to our center, please call 631 822 3397.