

September 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	
		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!				2-4pm Quiet Time 5pm East End Book Club 6:30pm Guided Gong Therapy Meditation	12-2pm Quiet Time
3	4	5	6	7	8	9	
	Labor Day	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 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 7pm Mini Golf @ Hamptons Mini Golf	2-4pm Quiet Time 5pm East End Book Club 7-8pm Comfort Therapy Dogs	12-2pm Quiet Time	
10	11	12	13	14	15	16	
		12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	2-4pm Quiet Time 5pm Women's Support Group	Closed For All Staff Outing If you need immediate assistance call HUGS Inc. @ (631) 288-9505	2-4pm Quiet Time 5pm East End Book Club 6:30-8pm East End Game Night	12-2pm Quiet Time	
17	18	19	20	21	22	23	
		12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 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 Medicine @ Early Girl Farm	2-4pm Quiet Time 5pm East End Book Club 6:30pm-8pm Rock Painting	10-12pm Sound. Color. Energy 12-2pm Quiet Time	
24	25	26	27	28	29	30	
		12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	2-4pm Quiet Time 5pm Women's Support Group 6pm Volunteer Meeting	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 7-8pm Narcan Training	9am Gentle Yoga & Movement 12-2pm Quiet Time	

*Registration is required! See description for information.

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

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 #:](https://us02web.zoom.us/j/87624251658) +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.

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 #:](https://us02web.zoom.us/j/87691347644) +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: 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 #:](https://us02web.zoom.us/j/89685864441) +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

THURSDAY

Breathwork and Meditation: See Tuesday for description. Join Zoom Meeting <https://us02web.zoom.us/j/87624251658>
Meeting ID: 876 2425 1658 [Dial In #:](https://us02web.zoom.us/j/87624251658) +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.

Alcoholics Anonymous: Big Book Study: Every Thursday @ 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."

Mini Golf @ Hamptons Mini Golf: Thursday, September 7th @ 7pm: Join East End THRIVE and THRIVE Everywhere for an evening of mini golf! To register scan the flyer!

Located at: **Hamptons Mini Golf**
668 County Rd, 39
Southampton, NY 11969

Sound Medicine @ Early Girl Farm: Thursday, September 21st @ 6-7:30pm:

Join us for an evening of deep relaxation and rejuvenation for body and mind in the lush atmosphere of early girl organic farm supported by sound healing and meditation with Kundalini Karisa. Please bring a blanket or yoga mat and a reusable water bottle. This offering is FREE and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/sound-medicine-at-early-girl-farm-tickets-700150548137?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email Christianne at events@hugsinc.org.

Located at: **Early Girl Farm**
279 South Country Rd.
Brookhaven, NY 11719

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 #](https://us02web.zoom.us/j/83551856244) +1 646 558 865.

Guided Gong Therapy Meditation: Friday, September 1st @ 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-700055503857?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email Christianne @ events@hugsinc.org.

Comfort Therapy Dogs: Friday, September 8th @ 7:00pm-8pm: Come meet, play and relax with Artemis and Luna, registered comfort therapy dogs. For more information or to register use the Eventbrite link: <https://www.eventbrite.com/e/comfort-therapy-dogs-tickets-706022380947?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. For a FREE ride to **East End THRIVE** call (631) 822-3397.

East End Game Night: Friday, September 15th @ 6:30-8pm: Join us for game night where laughter and friendly competition collide! Get ready to showcase your

strategic skills, unleash your creativity, and create unforgettable memories. Let the games begin! This amazing evening of fun! This event is FREE and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/game-night-tickets-706037626547?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or call **East End THRIVE** for more information @ (631) 822-3397.

Rock painting: Friday, September 22nd @ 6:30 - 8pm: Rock Lovers? Art lovers? Come and join us at East End THRIVE for our Rock Painting Workshop. You will be able to paint and decorate rocks however you would like. You can paint freehand or use one of our many stencils. You are only limited by your imagination! All supplies will be provided. This class is free and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/rock-painting-tickets-706054085777?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or call East End THRIVE for more information @ (631) 822-3397.

Narcan Training: Friday, September 29th @ 7-8pm: Join us for a training on how to identify the signs of an overdose and how to properly administer Naloxone (Narcan). 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, fentanyl, or prescription opioid pain medications. This training is free and open to everyone 18+. Pre-registration is required, please use Eventbrite link provided: <https://www.eventbrite.com/e/free-narcan-training-tickets-706063694517?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or for more information call (631) 822-3397.

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.

Sound. Color. Energy: Saturday, September 23rd @ 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-tickets-700054420617?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.

Gentle Yoga & Movement: Saturday, September 30th @ 9am-10am- 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 somatic 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 experience open to everyone ages 18+. Pre-registration is required, to reserve your spot click the Eventbrite link provided: <https://www.eventbrite.com/e/gentle-yoga-movement-tickets-700157809857?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or for more information call (631) 822-3397.