

# April East End THRIVE 2024 Calendar

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

Need a FREE ride? Call: (631) 822-3397  
Tuesday – Friday 12pm-8pm  
Saturday 10am-6pm



For our most current information/updates, please visit [www.ThriveLI.org](http://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	3	4	5	6
		12-12:30pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>	5pm <b>Women's Support Group</b>	12-12:30pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 5-6pm <b>A.A. Big Book Study</b>	2-4pm Quiet Time 5pm <b>Moms Support Group</b> 6:30pm <b>Guided Gong Therapy Meditation</b>	10am <b>Somatic Breathwork</b> 12-2pm Quiet Time 2-3pm <b>Healing Through Journaling</b>
7	8	9	10	11	12	13
		12-12:30pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>	5pm <b>Women's Support Group</b>	12-12:30pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 5-6pm <b>A.A. Big Book Study</b> 7pm <b>Community Healing Circle (Reiki + Sound)</b>	2-4pm Quiet Time 5pm <b>Moms Support Group</b> 6:30-8pm <b>Comfort Therapy Dogs</b>	12-2pm Quiet Time 2-3:15pm <b>Tranquil Hues: A Meditative Coloring Workshop</b>
14	15	16	17	18	19	20
		12-12:30pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>	5pm <b>Women's Support Group</b>	12-12:30pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 5-6pm <b>A.A. Big Book Study</b> 6:30pm <b>Sound Journey</b>	2-4pm Quiet Time 5pm <b>Moms Support Group</b> 6:30-7:30pm <b>Narcan Training</b>	11am-12:30pm <b>Thriving Through Wellness: A Lifestyle Workshop</b> 2-3pm <b>Healing Through Journaling</b>
21	22	23	24	25	26	27
		12-12:30pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>	5pm <b>Women's Support Group</b>	12-12:30pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 5-6pm <b>A.A. Big Book Study</b> 6:30pm <b>Yin Yoga + Meditation</b>	2-4pm Quiet Time 5pm <b>Moms Support Group</b>	12-2pm Quiet Time 2-3pm <b>Healing Through Journaling</b>
28	29	30				
		12-12:30pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>			<div style="border: 1px solid green; padding: 10px; text-align: center;"> <p>THRIVE'S Certified Recovery Peer Advocates are available to support <u>YOU</u> on your Recovery journey. Call us at: 631-822-3397. To schedule with one of THRIVE'S Recovery Coaches. Walk-ins Welcome!</p> </div>	

\*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)

## 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/89701719955>  
Meeting ID: 897 0171 9955 Dial In #: +1 646 558 8656 (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 and adult coloring.

**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! On Zoom only!. 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

**Breathwork and Meditation:** See Tuesday for description. Join Zoom Meeting <https://us02web.zoom.us/j/89701719955>  
Meeting ID: 897 0171 9955 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."

**Community Healing Circle (Reiki+Sound): Thursday, April 11<sup>th</sup> @ 7pm:** Reset your nervous system, create spaciousness in the body, and open your heart to abundant love. Olivia guides you to loosen stored stress, pain, and blocked energy with self-Reiki, breath, and heart-opening intuitive sound healing. 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/community-healing-circle-reiki-sound-tickets-868535231257?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email [events@hugsinc.org](mailto:events@hugsinc.org). If you need a ride to our center, please call (631) 822-3397.

**Sound Journey: Thursday, April 18<sup>th</sup> @ 6:30pm:** Join us for a sound Journey with music therapist Kathy Pasca. Nurture your mind and body in this immersive listening experience. Crystal singing bowls and other instruments will be played, inviting therapeutic and restorative processes that 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 use Eventbrite link provided: <https://www.eventbrite.com/e/sound-journey-with-kathy-pasca-tickets-873463451697?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you need transportation, please call: 631-822-3399.

**Yin Yoga + Meditation: Thursday, April 25<sup>th</sup> @ 6:30pm:** In yin yoga we tune into the sensations of our bodies and our breath to become aware of where we hold onto tension. Our nervous systems have been trained by our habitual movement (ie: sitting hunched over for long periods of time) and emotional mind states (stressed, worried, etc) our bodies begin to feel locked up and we can feel that we have lost range of motion in joints and our sense of flexibility. Our minds may feel foggy, emotions overwhelming, creative thinking and problem-solving abilities dimmed. Slowing down with yin helps us sense these constrictions in the body mind. When we give ourselves time and watch how our breath affects the body in these shapes, we re-train the nervous systems to help us relax and feel calmer while gaining a greater sense of flexibility and ease. 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/yin-yoga-meditation-tickets-871799585027?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or emails [events@hugsinc.org](mailto:events@hugsinc.org) for more information.

## 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.

**Moms Support Group: Every Friday @ 5-6pm:** In-person at East End THRIVE and on Zoom. We believe in the power of non-judgmental support. Mothers can openly share their joys, challenges, and uncertainties without fear of criticism, creating a space where vulnerability is met with empathy. We are recovery friendly & 18+. Join Zoom Meeting: <https://us02web.zoom.us/j/83551856244> Meeting ID: 835 5185 6244

**Guided Gong Therapy Meditation: Friday, April 5<sup>th</sup> @ 6:30pm:** With Clarisse Khalsa, certified kundalini yoga teacher for addictive behavior. 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 link provided: <https://www.eventbrite.com/e/guided-gong-therapy-meditation-tickets-868537788907?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email [events@hugsinc.org](mailto:events@hugsinc.org).

**Comfort Therapy Dogs: Friday, April 12<sup>th</sup> @ 6:30-8pm:** Come meet, play, and relax with Artemis and Luna, registered comfort therapy dogs! This experience is FREE and open to everyone 18+. Pre-registration is required, sign up through Eventbrite link provided <https://www.eventbrite.com/e/comfort-therapy-dogs-tickets-872009362477?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or call (631) 822-3397 for more information.

**Narcan Training: Friday, April 19<sup>th</sup> @ 6:30-7:30pm:** Join us for a training on 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. Free and open to everyone 18+. We ask that you pre-register using the Eventbrite link provided: <https://www.eventbrite.com/e/narcan-training-tickets-871995801917?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.

## 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.

**Healing Through Journaling: Every Saturday @ 2-3pm:** Join us for a weekly workshop series to learn about and practice the art and healing powers of journaling. Journaling can offer many benefits, such as boosting the immune system, calming the autonomic nervous system, and regulating your heartbeat. We are recovery friendly and 18+. If you need a ride to our center, please call (631) 822-3397.

**Somatic Breathwork: Saturday, April 6<sup>th</sup> @ 10am:** Join us for a guided somatic breathwork experience with Certified Practitioner Justin Alito. This practice is designed to help release stress or suppressed emotions that the body has been holding onto. Using the power of breath along with music and guidance, one can take an inward journey. Pre-registration is required, please use the Eventbrite link provided: <https://www.eventbrite.com/e/somatic-breathwork-experience-tickets-859068215157?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.

**Tranquil Hues: A Meditative Coloring Workshop: Saturday, April 13<sup>th</sup> @ 2-3:15pm:** Join us for a FREE, unique, and tranquil experience where participants will immerse themselves in the soothing art of coloring. Set in a serene environment, this workshop offers a blend of mindfulness and creativity. No prior coloring experience is necessary - just an open mind and a willingness to embrace the therapeutic power of creativity. We provide all supplies. All are welcome to attend, 18+, and recovery friendly. Pre-registration is required, please use the Eventbrite link provided: <https://www.eventbrite.com/e/tranquil-hues-tickets-868545471887?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.

**Thriving Through Wellness: A lifestyle Workshop: Saturday, April 20<sup>th</sup> @ 11am-12:30pm:** Join us for a transformative workshop focused on helping you thrive through wellness. In this interactive and engaging session, you will learn practical tips and strategies to incorporate wellness practices into your daily routine, ultimately leading to a healthier and more fulfilling lifestyle. From nutrition and exercise to stress management and self-care, this workshop will empower you to make positive changes for your overall well-being. Whether you are looking to improve your physical health, mental well-being, or simply find more balance in your life, this workshop is designed to support you on your journey to thriving through wellness. Come join us and discover how you can create a lifestyle that promotes happiness, vitality, and longevity. This class is free and open to everyone 18+. Pre-registration is required, sign up through the Eventbrite link provided: <https://www.eventbrite.com/e/thriving-through-wellness-a-lifestyle-workshop-tickets-871987326567?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email [events@hugsinc.org](mailto:events@hugsinc.org) for more information.

