

June 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

HAPPY PRIDE MONTH!!!



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!					12-2pm Quiet Time 2-3pm Healing Through Journaling 2-3:30pm Comfort Therapy Dogs
2	3	4	5	6	7	8	
		12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	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 Moms Support Group 6:30pm Guided Gong Therapy Meditation	10am Somatic Release Breathwork 12-2pm Quiet Time 2-3pm Healing Through Journaling	
9	10	11	12	13	14	15	
		12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	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 Moms Support Group 7pm Community Healing Circle (Reiki + Sound)	12-2pm Quiet Time 2-3pm Healing Through Journaling 2-3:30pm Galactic Hues: Exploring Planets Through Watercolor	
16	17	18	19	20	21	22	
Father's Day		12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	5pm Women's Support Group	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 5-6pm A.A. Big Book Study 6pm Vibrational Medicine @ Early Girl Farm	2-4pm Quiet Time 5pm Moms Support Group	12-2pm Quiet Time 2-3pm Healing Through Journaling	
23/30	24	25	26	27	28	29	
		12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	5pm Women's Support Group	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 5-6pm A.A. Big Book Study 6:30pm Sound Journey	2-4pm Quiet Time 5pm Moms Support Group	12-2pm Quiet Time 2-3pm Healing Through Journaling	

*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVRecovery/> & 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](tel:+16465588656) (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](tel:+16465588656) 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](tel:+16465588656) 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."

Vibrational Medicine @ Early Girl Farm: Thursday, June 20th @ 6pm: Discover the power of vibrational medicine as we explore energy frequencies' influence on our well-being. Through Kundalini meditation and the soothing vibrations of the gong, experience inner balance, healing, and positive energy.

Led by Kundalini Karisa This session combines breathology, sound therapy and Kundalini techniques. Release self-limiting beliefs, manage emotions, and reduce stress. Strengthen your immune system, cleanse your body, and fortify your nervous system. Immerse yourself in the gong bath's gentle vibrations, dissolving energetic blockages and inducing deep relaxation. Align your energy with the universe for profound healing and transformation. 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/vibrational-medicine-at-early-girl-farm-tickets-910691662277?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email Christianne at events@hugsinc.org. This event will be held at: 279 South Country Road, Brookhaven, NY 11719

Sound Journey: Thursday, June 27th @ 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 the Eventbrite link provided:

<https://www.eventbrite.com/e/sound-journey-with-kathy-pasca-tickets-910659756847?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.

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, June 7th @ 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. 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-910650077897?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email events@hugsinc.org.

Community Healing Circle (Reiki + Sound) Friday, June 14th @ 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. Pre-registration is required, please use the Eventbrite link provided:

<https://www.eventbrite.com/e/community-healing-circle-reiki-sound-tickets-911539187247?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 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: The 2nd, 4th, & 5th Saturdays for the Month of June @ 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.

Comfort Therapy Dogs: Saturday, June 1st @ 2-3:30pm: 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-914614294977?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.

Somatic Release Breathwork: Saturday, June 8th @ 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-release-breathwork-experience-tickets-910652093927?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.

Galactic Hues: Exploring Planets Through Watercolor: Saturday, June 15th @ 2-3:30pm: Join us at East End THRIVE for a workshop that's truly out of this world! Get ready to explore the cosmos using everyday household items like bottle caps, mugs, and jars to create planetary shapes. Then, let your imagination soar as we use watercolor paint to bring these celestial bodies to life! All skill levels are welcome, free, 18+, and recovery friendly!! Pre-registration is required, please use the Eventbrite link provided: <https://www.eventbrite.com/e/galactic-hues-exploring-planets-through-watercolor-tickets-914613663087?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.