

July East End THRIVE 2024 Calendar

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

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

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 Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	5pm Women's Support Group	Happy Independence Day!!! East End THRIVE Will Be Closed in Observance of The Holiday	2-4pm Quiet Time 5pm Moms Support Group 6:30pm Guided Gong Therapy Meditation	8:30am Green Therapy at Lavender by the Bay in Calverton 12-2pm Quiet Time 2-3pm Healing Through Journaling
7	8	9	10	11	12	13
		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 4:30-8pm Picnic in The Park @ Stotzky Memorial Park in Riverhead 5-6pm A.A. Big Book Study	2-4pm Quiet Time 5pm Moms Support Group	12-2pm Quiet Time 2-3pm Healing Through Journaling
14	15	16	17	18	19	20
		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 Embodied Love: Community Heart Healing Circle @ Early Girl Farm	2-4pm Quiet Time 5pm Moms Support Group	12-2pm Quiet Time 2-3pm Healing Through Journaling
21	22	23	24	25	26	27
		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 7pm Gentle Resilience: Yin Yoga & Somatic Healing @ Soltense Hot Yoga	2-4pm Quiet Time 5pm Moms Support Group	10am Fire & Ice Sessions 12-2pm Quiet Time 2-3pm Healing Through Journaling
28	29	30	31			
		12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	5pm Women's Support Group			

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.

*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/89701719955>
Meeting ID: 897 0171 9955 [Dial In #:](https://us02web.zoom.us/j/89701719955) +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."

Picnic in The Park @ Stotzky Memorial Park in Riverhead: Thursday, July 11th @ 4:30-8pm: Join us at Stotzky Memorial Park for a free evening of food, refreshments, volleyball, and basketball. To register for this event, scan the QR

code on flyer. If you need a ride to this event, please call (516) 310-2531. This event will be held at: **Columbus Avenue, Riverhead, NY 11901 (adjacent to basketball courts).**

Embodied Love: Community Heart Healing Circle @ Early Girl Farm:

Thursday, July 18th @ 6pm: Love is the core of the universe and through which all healing and transformation can occur. Almost all emotional wounding is rooted in a lack of love or perception that love was not there.

This class will open your heart to giving and receiving more love to yourself first, which then flows into our relationships, earth, and universal consciousness. By meeting all parts of ourselves with love, we expand the vibration of love within us—emotionally, somatically, energetically, and spiritually. Join us for a special community heart healing circle at Early Girl Farm with Olivia Marie. Experience a heart-centered practice through meditation, breathwork, self-Reiki, and closing with a sound blessing. 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/embodied-love-community-heart-healing-circle-tickets-932596399937?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 the farm, please call (631) 822-3397. This event will be held at: **279 South Country Road, Brookhaven, NY 11719.**

Gentle Resilience: Yin Yoga & Somatic Healing: Thursday, July 25th @ 7pm:

This nurturing class combines the deep, passive stretches of yin yoga with somatic awareness practices to support those recovering from addiction, grief, pain, and trauma. Through long-held poses and mindful movement, we'll release tension, regulate the nervous system while cultivating inner peace. Explore gentle ways to reconnect with your body, process emotions, and build resilience. All levels welcome; no prior experience necessary. Join us in a safe, supportive environment for your healing journey. 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/gentle-resilience-yin-yoga-somatic-healing-tickets-934522882097?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email events@hugsinc.org for more information. If you need transportation, please call: 631-822-3397. This event will be held at: **SOLTNSE HOT YOGA, 5768 ROUTE 25A UNIT U, WADING RIVER, NY 11792.**

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-929209459507?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile> 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: 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.

Green Therapy @ Lavender by the Bay: Saturday, July 6th @ 8:30-10am: Join us for a morning of mindfulness in nature at Lavender by the Bay. 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/green-therapy-at-lavender-by-the-bay-tickets-929210703227?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. This event will be held at: **47 Manor Rd, Calverton, NY 11933.**

Fire & Ice Sessions: Saturday, July 27th @ 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-935722269497?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 transportation, please call: 631-822-3397. This event will be held at: **92 HEAD OF THE NECK RD, MANORVILLE, NY 11949.**