

September East End THRIVE 2024 Calendar

680 Elton Street, Riverhead, NY 11901
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! [Back of calendar contains group descriptions and online meeting links!](#)

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3 12:30-1pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	4 2-4pm Quiet Time 5pm Women's Support Group	5 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time	6 2-4pm Quiet Time 5pm Moms Support Group	7 12-2pm Quiet Time 2-3pm Healing Through Journaling 2-3:30pm Comfort Therapy Dogs
8	9	10 12:30-1pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	11 2-4pm Quiet Time 5pm Women's Support Group	12 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time	13 2-4pm Quiet Time 5pm Moms Support Group 6:30pm Guided Gong Therapy Meditation	14 12-2pm Quiet Time 2-3pm Healing Through Journaling 2-3pm East End Narcan Training
15	16	17 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	18 2-4pm Quiet Time 5pm Women's Support Group	19 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time	20 2-4pm Quiet Time 5pm Moms Support Group	21 East End THRIVE Closed for "Art of Healing" Creative Arts Showcase @ East End Arts in Riverhead @ 2pm-6pm
22 9-5pm Wellness Retreat @ Camp Eddy	23	24 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	25 2-4pm Quiet Time 5pm Women's Support Group	26 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-7:30pm Sound Journey	27 2-4pm Quiet Time 5pm Moms Support Group 6:30pm Financial Literacy Group	28 12-2pm Quiet Time 2-3pm Healing Through Journaling
29	30	<div style="border: 1px solid purple; padding: 5px; text-align: center;"> 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! </div>		<div style="border: 1px solid purple; padding: 5px; text-align: center;"> Recovery Month Events 9/14 Town of Huntington Wellness Walk @ 11-2pm 9/22 Wellness Retreat @ Camp Eddy @ 9-5pm 9/28 LI United Walk/Rally @ Massapequa Park @ 10:30-1pm </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)

MONDAY

East End THRIVE Grand Opening Celebration: Monday, September 30th @ 10-12pm: Join us at East End THRIVE as we celebrate the grand opening of our new location at 680 Elton Street, Riverhead NY. There will be refreshments, networking, and community. This event is free and open to everyone 18+.

Community Healing Circle: Breathwork + Meditation: Monday, September 30th @ 12-12:30pm: Experience the power of conscious breathing and stillness to reduce stress, increase clarity, and foster connection. This inclusive session brings our community together, supporting personal growth and collective healing as we launch our centers mission of recovery and wellness! This event is 18+.

TUESDAY

Breathwork and Meditation: Every Tuesday and Thursday @12:30pm-1:00pm: 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: Every Tuesday @ 6:30pm-8pm: 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 and on Zoom. 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.

Sound Journey: Thursday, September 26th @ 6:30pm-7:30pm: 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-999581975597?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.

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**

Financial Literacy Group: Every Fourth Friday @ 6:30pm: In-person and on Zoom at East End THRIVE. Learn how to better manage your finances through topics such as budgeting, saving, and understanding credit. This workshop offers practical strategies to help you make informed financial decisions. Join Zoom Meeting: <https://us02web.zoom.us/j/87389202058> **Meeting ID: 873 8920 2058**

Guided Gong Therapy Meditation: Friday, September 13th @ 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-999580039807?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.

East End Narcan Training: Friday, August 30th @ 6pm-7pm: 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+.

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 Fourth Saturday for the Month of September @ 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, September 7th @ 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+.

East End Narcan Training: Saturday, September 14th @ 2-3pm: 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+.

Creative Arts Showcase: Art of Healing: Saturday, September 21st @ 3-6pm: September is National Recovery Month! Share your perspective on how art heals through photography, graphic art, drawing, collage, mixed media, or painting! Showcase open to ages 18+. Registration deadline is Friday, September 6th. Reception will be held on Saturday, September 21st at East End Arts, 141 East Main Street, Riverhead, NY 11901. Artwork may be dropped off on September 12th and 13th at the Youth Bureau's Main office, South Hampton Town Hall or at any THRIVE location. For more information, please call (631) 702-2425. To view the registration form, visit: WWW.SOUTHAMPTONTOWNNY.GOV/YOUTHBUREAU.

SUNDAY

National Recovery Month Wellness Retreat @ Camp Eddy: Sunday, September 22nd @ 9-5pm: Join FCA's THRIVE Recovery Center as we celebrate recovery month with a FREE all-day wellness retreat. Breakfast and lunch provided! Indoor and outdoor activities and healing modalities to choose from throughout the day! Admission is FREE and you must be 18+ to attend. To register scan the QR code on flyer at: www.thrivelife.org. For more information or transportation requests, call: (516) 434-8397 by 5pm on 9/21.