

# October East End THRIVE 2024 Calendar

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!](#)

680 Elton Street, Riverhead, NY 11901  
631-822-3397

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		12:30-1pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>	2-4pm Quiet Time 5pm <b>Women's Support Group</b>	12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time	12:30-6:30pm <b>Harm Reduction Services</b> 2-4pm Quiet Time 5pm <b>Moms Support Group</b> 6:30-7:30pm <b>East End Narcan Training</b>	12-2pm Quiet Time 2-3pm <b>Healing Through Journaling</b>
6	7	8	9	10	11	12
		12:30-1pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>	2-4pm Quiet Time 5pm <b>Women's Support Group</b>	12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time	2-4pm Quiet Time 5pm <b>Moms Support Group</b> 6:30 <b>Guided Gong Therapy Meditation</b>	11:00-12:30pm <b>Art for Emotional Healing</b> 12-2pm Quiet Time 2-3pm <b>Healing Through Journaling</b>
13	14	15	16	17	18	19
	<b>Indigenous People's Day</b>	12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>	2-4pm Quiet Time 5pm <b>Women's Support Group</b>	12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 7pm <b>The Remedy: Yin Yoga &amp; Somatic Healing</b>	12:30-6:30pm <b>Harm Reduction Services</b> 2-4pm Quiet Time 5pm <b>Moms Support Group</b> 6-8pm <b>East End Game Night</b>	12-2pm Quiet Time 2-3pm <b>Healing Through Journaling</b> 4pm <b>Somatic Release Breathwork</b>
20	21	22	23	24	25	26
		12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>	2-4pm Quiet Time 5pm <b>Women's Support Group</b>	12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30pm <b>Sound Journey</b>	2-4pm Quiet Time 5pm <b>Moms Support Group</b> 6:30pm <b>Financial Literacy Group</b> 6pm-8pm <b>East End Halloween Party</b>	12-2pm Quiet Time 2-3pm <b>Healing Through Journaling</b> 2-3:30pm <b>Comfort Therapy Dogs</b>
27	28	29	30	31		
		12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time 6:30-8pm <b>Co-Dependents Anonymous</b>	2-4pm Quiet Time 5pm <b>Women's Support Group</b>	12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm Quiet Time	<p>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!</p>	

\*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 @12:30pm-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 #](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: 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](https://us02web.zoom.us/j/89685864441): 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

## THURSDAY

**Breathwork and Meditation:** See Tuesday for description. Join Zoom Meeting <https://us02web.zoom.us/j/89701719955>  
[Meeting ID](https://us02web.zoom.us/j/89701719955): 897 0171 9955 [Dial In #](https://us02web.zoom.us/j/89701719955): +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.

**The Remedy: Yin Yoga & Somatic Healing @ Soltne Hot Yoga: Thursday, October 17<sup>th</sup> @ 7-8pm:** Discover the healing power of Yin yoga and somatic awareness in this gentle, recovery-friendly practice. We'll blend long-held, passive stretches with mindful body sensing to release tension, cultivate presence, and nurture your natural capacity for well-being. Through slow movements and restful postures, you'll learn to tune into subtle sensations, respect your body's wisdom, and develop valuable self-regulation skills. 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/the-remedy-yin-yoga-somatic-healing-tickets-1021847883527?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)

[source=cp&aff=ebdsshcopyurl](https://www.eventbrite.com/e/the-remedy-yin-yoga-somatic-healing-tickets-1021847883527?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 information. The address for this event is: 5768 Route UNIT U, Wading River, NY.

**Sound Journey: Thursday, October 24<sup>th</sup> @ 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-1017319077747?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 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](https://us02web.zoom.us/j/83551856244): 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](https://us02web.zoom.us/j/87389202058): 873 8920 2058

**Harm Reduction Services: Every First and Third Friday of Each Month @ 12:30-6:30pm:** In-person FREE confidential HIV, Hepatitis C, STI's testing and linkage to treatment. PREP/PEP screenings and linkage to providers. Prevention kits also available.

**East End Narcan Training: Friday, October 4<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+.

**Guided Gong Therapy Meditation: Friday, October 11<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. 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-1015622102047?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](mailto:events@hugsinc.org). If you need a ride to our center, please call (631) 822 3397.

**East End Game Night: Friday, October 18<sup>th</sup> @ 6-8pm:** Join us at East End THRIVE for an evening of games such as ping pong, giant Jenga, foosball, trivia and much more!! Snack and refreshments will be served. This experience is FREE and open to everyone 18+.

**East End Halloween Party: Friday, October 25<sup>th</sup> @ 6-8pm:** Join us at East End THRIVE for a spooktacular evening of free food, refreshments, and a viewing of *It's the Great Pumpkin, Charlie Brown*. Don't forget to show off your best costume!! This event is free and open to everyone 18+. Pre-registration is required, to reserve your spot, use the Eventbrite link provided: <https://www.eventbrite.com/e/east-end-thrive-halloween-costume-party-tickets-1015643034657?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>.

## 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 First Three Saturdays for the Month of October @ 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.

**Art for Emotional Healing: Saturday, October 12<sup>th</sup> @ 11-12:30pm:** Learn how to connect with your emotions and express them through art in this therapeutic art class with Olivia Marie. You do not need to have any experience with art for this class! Art has a long multi-cultural history of being a vehicle for emotional expression and regulation. Before we had language, emotions and feelings were communicated through visuals, sounds, body cues, and movement. For many of us, communicating how we feel is often challenging and hard to put into words. Creating art is an approachable and light-hearted way to express our emotions, encourage self-inquiry, and discover what we truly need to thrive. This event is free and open to everyone 18+. Pre-registration is required, to reserve your spot, use the Eventbrite link provided: <https://www.eventbrite.com/e/art-for-emotional-healing-tickets-1021842126307?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.

**Somatic Release Breathwork: Saturday, October 19<sup>th</sup> @ 4pm:** Join us for a guided Somatic Release Breathwork experience with certified Somatic Release Breathwork practitioner, Justin Alito. This practice is designed to help release any stress or suppressed emotions that the body has been holding on to. Using the power of breath, along with music and guidance, one has the opportunity to take an inward journey letting go of anything that no longer serves. This event is free and open to everyone 18+. Pre-registration is required, to reserve your spot, use the Eventbrite link provided: <https://www.eventbrite.com/e/somatic-release-breathwork-experience-tickets-1017314163047?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.

**Comfort Therapy Dogs: Saturday, October 26<sup>th</sup> @ 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+.