



December 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 **PURPLE** – COMMUNITY EVENT
 Check back of calendar for 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	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 6:30pm Alcoholics Anonymous	5 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30pm Sound Journey	6 12:30-6:30pm Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group	7 12-2pm Quiet Time 2-3pm Thinking Anew: Monthly Journaling Workshop
8	9	10 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	11 2-4pm Quiet Time 5pm Women's Support Group 6:30pm Alcoholics Anonymous	12 Delayed Opening 4pm	13 Delayed Opening 6pm 6:30 Guided Gong Therapy Meditation	14 11:00-12:30pm Art for Emotional Healing 1-2:30pm Holiday Ornament Crafting 2-3:30pm Comfort Therapy Dogs
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 5pm Urban Air at Lake Grove 6:30pm Alcoholics Anonymous	19 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time	20 12:30-6:30pm Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group 6pm The Remedy: Yin Yoga & Somatic Healing	21 12-2pm Quiet Time 3-5pm Holiday Movie & Hot Cocoa
22	23	24 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	25 Merry Christmas! Happy Hanukkah! Delayed Opening 6pm 6:30pm Alcoholics Anonymous	26 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time	27 2-4pm Quiet Time 5pm Moms Support Group 6:30pm Financial Literacy Group	28 12-3pm Holiday Brunch 2-3pm Healing Through Journaling 4pm Somatic Release Breathwork
29	30	31 12:30-1:00pm Breath Work and Meditation 6:30-8pm Co-Dependents Anonymous 8pm-12:30am NYE Party @ THRIVE Suffolk	January 1 Happy New Years!! Delayed Opening 6pm 6:30pm Alcoholics Anonymous		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!	

*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.

Alcoholics Anonymous: "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. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."

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 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.

Sound Journey: Thursday, December 5th @ 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/1090040864569?aff=oddtcreator> 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

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.

Guided Gong Therapy Meditation: Friday, December 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/1090054585609?aff=oddtcreator> or email events@hugsinc.org. If you need a ride to our center, please call (631) 822 3397.

The Remedy: Yin Yoga & Somatic Healing @ Soltne Hot Yoga: Friday, December 20th @ 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/1090049941719?aff=oddtcreator> for information. The address for this event is: 5768 Route UNIT U, Wading River, NY.

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: 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, December 14th @ 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/1090051215529?aff=oddtcreator> or email events@hugsinc.org for more information.

Holiday Ornament Crafting: Saturday, December 14th 1pm-2:30pm: At this free in-person event, you'll have the opportunity to design and decorate your very own ornaments. Let your imagination run wild as you personalize your creations with glitter, paint, ribbons, and more! Whether you're a seasoned crafter or just starting out, this event is perfect for all skill levels.

Comfort Therapy Dogs: Saturday, December 14th @ 2-3:30pm: Come meet, play, and relax with Artemis and Luna, registered comfort therapy dogs! This experience is FREE and open to everyone

Holiday Movie & Hot Cocoa: Saturday, December 21st @ 3pm-5pm: Our movie night is the perfect opportunity to unwind, connect with community and enjoy a feel-good film that will warm your heart and remind you of the importance of gratitude togetherness and joy. This experience is FREE and open to everyone ages 18+.

Holiday Brunch: Saturday, December 28th 12pm-3pm: We're excited to bring the community together for a fun-filled morning of delicious food, great company, and holiday cheer. Indulge in a delectable spread of brunch favorites. Whether you're a foodie or just looking to enjoy a delightful meal, this event is perfect for everyone. Not only will you get to savor the scrumptious food, but you'll also have the chance to connect with old friends and make new ones. Share stories, laughter, and create lasting memories with the vibrant East End community. All are welcome to attend, 18+, and recovery friendly. Call (631) 822-3397 for more information

Somatic Release Breathwork: Saturday, December 28th @ 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/1090035147469?aff=oddtcreator> for more information.