

November East End THRIVE 2024 Calendar

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!](#)

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
		<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>			<p>12:30-6:30pm Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group</p>	<p>12-2pm Quiet Time 2-3pm Healing Through Journaling</p>
3	4	5	6	7	8	9
		<p>12:30-1pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous</p>	<p>2-4pm Quiet Time 5pm Women's Support Group</p>	<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time</p>	<p>2-4pm Quiet Time 5pm Moms Support Group 6:30 Guided Gong Therapy Meditation</p>	<p>11:00-12:30pm Art for Emotional Healing 12-2pm Quiet Time 2-3pm Healing Through Journaling</p>
10	11	12	13	14	15	16
	Veterans Day	<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous</p>	<p>2-4pm Quiet Time 5pm Women's Support Group 6:30pm Sound Journey</p>	<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6-8pm Video Game Night!</p>	<p>12:30-6:30pm Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group 6pm The Remedy: Yin Yoga & Somatic Healing</p>	<p>12-2pm Quiet Time 2-3pm Healing Through Journaling 4pm Somatic Release Breathwork</p>
17	18	19	20	21	22	23
		<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous</p>	<p>2-4pm Quiet Time 5pm Women's Support Group</p>	<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30pm Illuminating Inner Peace</p>	<p>2-4pm Quiet Time 5pm Moms Support Group 6:30pm Financial Literacy Group</p>	<p>12-2pm Quiet Time 2-3pm Healing Through Journaling 2-3:30pm Comfort Therapy Dogs</p>
24	25	26	27	28	29	30
		<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous</p>	<p>2-4pm Quiet Time 5pm Women's Support Group 5-8pm Friendsgiving</p>	Thanksgiving	<p>2-4pm Quiet Time 5pm Moms Support Group</p>	<p>12-2pm Quiet Time 2-3pm Healing Through Journaling</p>

*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)

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

Sound Journey: Wednesday, November 13th @ 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-1058644457069?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 transportation, please call: 631-822-3397.

Friendsgiving: Wednesday, November 27th @ 5-6pm: Join us at East End THRIVE for our annual potluck gathering of food and fellowship! We provide the turkey and all the sides. We ask that you kindly bring a side dish. All are welcome to attend. 18+ and Recovery Friendly! Pre-registration is required, to reserve your spot use the Eventbrite link provided: <https://www.eventbrite.com/e/friendsgiving-dinner-tickets-1058697104539?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or call (631) 822-3397 for more information.

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.

Video Game Night: Thursday, November 14th @6pm-8pm: Join us for an evening of gaming, fellowship and food. Come hang and play the many gaming systems available – Xbox, VR, Switch. Food and beverages will be available. For more info, please contact 516-460-4598.

Illuminating Inner Peace: Thursday, November 21st @ 6:30pm-8pm: Embark on a transformative workshop designed to awaken your inner light and cultivate lasting peace. This enchanting session blends mindfulness practices with gentle healing energies, offering a unique path to nurture your mind, body, and soul. Our gifted facilitator, Sunshine, will guide you through: A beautiful heart-centered meditation to connect with your inner radiance A touch of Divine Love Energy Healing for deep relaxation and renewal. Insightful group discussions on weaving mindfulness into life's tapestry. The joyful exploration of music's power to uplift the spirit. Throughout this magical journey, you'll discover practical mindfulness techniques to help you navigate any situation with grace and inner calm. Our aim is to create a nurturing sanctuary where you can uncover the wellspring of peace within yourself. Join us for a harmonious blend of tranquility, reflection, and joy. Leave feeling refreshed, empowered, and attuned to the magic that resides within you and the world around you. 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/illuminating-inner-peace-tickets-1058664035629?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 a ride to our center, 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.

Guided Gong Therapy Meditation: Friday, November 8th @ 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-1058621157379?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.

[gong-therapy-meditation-tickets-1058621157379?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl](https://www.eventbrite.com/e/gong-therapy-meditation-tickets-1058621157379?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.

The Remedy: Yin Yoga & Somatic Healing @ Soltne Hot Yoga: Thursday, November 15th @ 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-1058619311859?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 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: The 1st, 2nd, 3rd, & 5th Saturdays for the Month of November @ 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, November 9th @ 11-12:30pm: Learn how to connect with your emotions and express them through art in this therapeutic art 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-1058637947599?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 for more information.

Somatic Release Breathwork: Saturday, November 19th @ 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-1058601919839?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 for more information.

Comfort Therapy Dogs: Saturday, November 23rd @ 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+.

