



# January East End THRIVE 2025 Calendar



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

For our most current information/updates, please visit [www.ThriveLI.org](http://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	4
	<p><b>SHERPA Harm Reduction Services:</b> In-person FREE confidential HIV, Hepatitis C, STI's testing and linkage to treatment the first and third Fridays of each month. PrEP/PEP screenings and linkage to providers. Prevention kits also available.</p>	<p><b>THRIVE'S Certified Recovery Peer Advocates</b> are available to support <b>YOU</b> on your Recovery journey. Call us at: 631-822-3397. To schedule with one of THRIVE'S Recovery Coaches. Walk-ins Welcome!</p>	<p><b>Happy New Year!</b> <b>Delayed Opening 6pm</b> 6:30pm <b>Alcoholics Anonymous</b></p>	<p>12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm <b>Quiet Time</b></p>	<p>12-8pm <b>SHERPA Harm Reduction Services</b> 2-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b> 6:30pm-7:30pm <b>Narcan Training</b></p>	<p>12-2pm <b>Quiet Time</b> 2-3pm <b>Thinking Anew: Monthly Journaling Workshop</b></p>
5	6	7	8	9	10	11
		<p>12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm <b>Quiet Time</b> 6:30-8pm <b>Co-Dependents Anonymous</b></p>	<p>2-4pm <b>Quiet Time</b> 5pm <b>Women's Support Group</b> 6:30pm <b>Alcoholics Anonymous</b></p>	<p>12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm <b>Quiet Time</b></p>	<p>12-8pm <b>SHERPA Harm Reduction Services</b> 2-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b> 6:30pm <b>Guided Gong Therapy Meditation</b></p>	<p>12-2pm <b>Quiet Time</b> 2-3:30pm <b>Comfort Therapy Dogs</b> 2-3pm <b>Healing Through Journaling</b></p>
12	13	14	15	16	17	18
	<p><b>Martin Luther King Jr. Day</b></p>	<p>12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm <b>Quiet Time</b> 6:30-8pm <b>Co-Dependents Anonymous</b></p>	<p>2-4pm <b>Quiet Time</b> 5pm <b>Women's Support Group</b> 6:30pm <b>Alcoholics Anonymous</b></p>	<p>12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm <b>Quiet Time</b> 6:30pm <b>Sound Journey</b></p>	<p>12-8pm <b>SHERPA Harm Reduction Services</b> 2-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b></p>	<p>10:30am <b>Kundalini Yoga &amp; Meditation</b> 12-2pm <b>Quiet Time</b> 2-3pm <b>Healing Through Journaling</b></p>
19	20	21	22	23	24	25
		<p>12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm <b>Quiet Time</b> 6:30-8pm <b>Co-Dependents Anonymous</b></p>	<p>2-4pm <b>Quiet Time</b> 5pm <b>Women's Support Group</b> 6:30pm <b>Alcoholics Anonymous</b></p>	<p>12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm <b>Quiet Time</b> 7-9pm <b>Ice Skating @ Southampton Ice Rink</b></p>	<p>12-8pm <b>SHERPA Harm Reduction Services</b> 2-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b> 6pm <b>The Remedy: Yin Yoga &amp; Somatic Healing</b> 6:30pm <b>Financial Literacy Group</b></p>	<p>12-2pm <b>Quiet Time</b> 2-3pm <b>Healing Through Journaling</b> 4pm <b>Somatic Release Breathwork</b></p>
26	27	28	29	30	31	
		<p>12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm <b>Quiet Time</b> 6:30-8pm <b>Co-Dependents Anonymous</b></p>	<p>2-4pm <b>Quiet Time</b> 5pm <b>Women's Support Group</b> 6:30pm <b>Alcoholics Anonymous</b></p>	<p>12:30-1:00pm <b>Breath Work and Meditation</b> 2-4pm <b>Quiet Time</b></p>	<p>12-8pm <b>SHERPA Harm Reduction Services</b> 2-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b> 6-7:30pm <b>East End Movie Night: The Anonymous People</b></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 #: +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, January 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/sound-journey-with-kathy-pasca-tickets-1114981121549?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 transportation, please call: 631-822-3397.

**Ice Skating @ The Southampton Ice Rink: Thursday, January 23rd @ 7-9pm:** Join THRIVE Everywhere for an exciting ice-skating event at the Southampton Ice Rink on January 23, 2025, from 7:00 pm to 9:00 pm! Open to everyone ages 18 and up, this outdoor event is a great opportunity to enjoy the winter season. Bundle up and glide across the ice, then warm up in our cozy heated igloos where you can relax and hang out with friends. We'll have board games, hot chocolate, and refreshments! Registration is required. For more information, please call 516-434-8397. This address for this event is: 668 Rd. 39, Southampton, NY 11968.

## 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 Friday @ 12-8pm:** 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.

**Narcan Training: Friday, January 3rd @ 6:30-7:30pm:** Join us as East End THRIVE for a FREE training on how to properly administer Naloxone (Narcan). Narcan is brand name 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+. Every participant will get a take home Narcan kit.

**Guided Gong Therapy Meditation: Friday, January 10th @ 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-1114979316149?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email Christianne at [events@hugsinc.org](mailto: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, January 24th @ 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-1114976447569?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile> or email Christianne at [events@hugsinc.org](mailto:events@hugsinc.org).  
The address for this event is: 5768 Route UNIT U, Wading River, NY.

**East End Movie Night: The Anonymous People: Friday, January 31st @ 6-7:30pm:** Join us at East End THRIVE for a special screening of *The Anonymous People*, a groundbreaking documentary about addiction and recovery. The moving story of *The Anonymous People* is told through the faces and voices of the citizens, leaders, volunteers, corporate executives, and public figures who are laying it all on the line to save the lives of others just like them. This passionate new public recovery movement is fueling a changing conversation that aims to transform public opinion, and finally shift problematic policy toward lasting solutions. This event is 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:** 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, January 11th @ 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+.

**Kundalini Yoga & Meditation: Saturday, January 18th @ 10:30am:** Join us for this transformative workshop to learn how our unconscious patterns and behaviors affect our bodies and brains while discovering what the ancient yogic traditions have to teach us about addictive behaviors and healing using the tools of asana, movement, breath and Mantra to better support a life in recovery. This offering is free and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/kundalini-yoga-meditation-tickets-1114981673199?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, January 25th @ 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-1114980589959?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile> or for more information email [events@hugsinc.org](mailto:events@hugsinc.org).