



# February 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
		<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>12-2pm <b>Quiet Time</b> 11am <b>Art for Emotional Healing</b> 2-3pm <b>Thinking Anew: Monthly Journaling Workshop</b></p>
2	3	4	5	6	7	8
		<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> 6:30-7:30 <b>Al-Anon</b></p>	<p>12:30-6:30pm <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> 10:30am <b>Restore + Rise: Movements + Sound Journey</b> 2-3pm <b>Healing Through Journaling</b></p>
9	10	11	12	13	14	15
		<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><i>Valentine's Day</i></p>	<p>12-2pm <b>Quiet Time</b> 2-3pm <b>Healing Through Journaling</b> 1:30-3pm <b>Comfort Therapy Dogs</b></p>
16	17	18	19	20	21	22
	<i>Presidents Day</i>	<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>12:30-6:30pm <b>SHERPA Harm Reduction Services</b> 2-4pm <b>Black History Month Forum@ THRIVE Suffolk</b> 2-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b> 6:30-7:30pm <b>East End Narcan Training</b></p>	<p>12-2pm <b>Quiet Time</b> 2-3pm <b>Healing Through Journaling</b></p>
23	24	25	26	27	28	
		<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>2-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b> 6:30pm <b>Financial Literacy Group</b> 6-7:30pm <b>The Remedy: Yin Yoga &amp; Somatic Healing</b></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 #: +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 modeled 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.

**Al-Anon:** First Thursday of Every Month @ 6:30-7:30pm: Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether the alcoholic admits the existence of a drinking problem or seeks help. Join Zoom meeting: <https://us02web.zoom.us/j/85959877337>  
Meeting ID: 859 5987 7337 Dial In #: +1 646 558 8656 US (New York)

**Sound Journey:** Thursday, February 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->

[1218263702529?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile](https://www.eventbrite.com/e/sound-journey-with-kathy-pasca-tickets-1218263702529?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.

## 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 @ 12:30-6:30pm: 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, February 7<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-1218244886249?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). If you need a ride to our center, please call (631) 822 3397.

**East End Valentine's Day Party:** Friday, February 14<sup>th</sup> @ 6-8pm: Join us at East End THRIVE for a Valentine's Day Party! Come enjoy friendly fellowship & community. Pizza and refreshments will be served. All are welcome to attend. 18+. If you need a ride to our center, please call (631) 822 3397.

**Black History Month Forum@ THRIVE Suffolk:** Friday, February 21<sup>st</sup>@ 2-4pm: FCA, THRIVE, and LICADD will co-host the annual Black History Month Forum with invited speakers on the theme of "Unlocking the Power of Diversity, Equity and Inclusion: Building Value for All". A reception will follow the panel discussion, with food and drinks provided. For more information, please call THRIVE Suffolk at: (631) 822-3396.

**Narcan Training:** Friday, February 21<sup>st</sup> @ 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.

**The Remedy: Yin Yoga & Somatic Healing @ Soltse Hot Yoga:** Friday, February 28<sup>th</sup> @ 6-7:30pm: 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-1218231897399?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). 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, February 1<sup>st</sup> @ 11am-12:30am: Connect with your inner landscape and express yourself through art 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 expression and nervous system 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. Paper and art supplies will be provided, although you are welcome to bring your own materials of choice. 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/art-for-emotional-healing-tickets-1218253331509?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>. If you have any questions or if this event is sold out on Eventbrite and you wish to attend, please email: [events@hugsinc.org](mailto:events@hugsinc.org).

**Restore + Rise: Movement+ Sound Journey:** Saturday, February 8<sup>th</sup> @ 10:30am: Experience the combined healing power of yin yoga and sacred sound. This practice weaves gentle, long-held postures with live sound healing instruments, culminating in a deeply restorative sound bath savasana featuring gong and crystal singing bowls. This practice offers a supportive space for all bodies and experiences. Join us to soothe your nervous system, find grounding, and explore the transformative effects of movement and sound. Your journey is unique, and we're here to support it every step of the way. 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/restore-rise-movement-sound-journey-tickets-1218279840799?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](mailto:events@hugsinc.org).

**Comfort Therapy Dogs:** Saturday, February 15<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+.