



March 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

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>SHERPA Harm Reduction Services: 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>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>12-2pm Quiet Time 2-3pm Thinking Anew: Monthly Journaling Workshop 4pm Somatic Release Breathwork</p>
2	3	4	5	6	7	8
		<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 Alcoholics Anonymous</p>	<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-7:30 Al-Anon</p>	<p>12:30-6:30pm SHERPA Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group 6:30pm Guided Gong Therapy Meditation</p>	<p>10am Gentle Rise: A Morning Movement Practice 11am Art for Emotional Healing 12-2pm Quiet Time 2-3pm Healing Through Journaling</p>
9	10	11	12	13	14	15
		<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 Alcoholics Anonymous</p>	<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30pm Sound Journey</p>	<p>12:30-6:30pm SHERPA Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group 6:30-8pm THRIVE Everywhere Presents: Reiki Energy Healing</p>	<p>12-3pm East End St. Patrick's Day Party</p>
16	<i>St. Patrick's Day</i>	17	18	19	20	21
		<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 Alcoholics Anonymous</p>	<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time</p>	<p>12:30-6:30pm SHERPA Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group 6:30-7:30pm East End Narcan Training</p>	<p>10am Gentle Rise: A Morning Movement Practice 11am Oneness Blessing Meditation Circle 12-2pm Quiet Time 2-3pm Healing Through Journaling</p>
23/30	24/31	25	26	27	28	29
		<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 Alcoholics Anonymous</p>	<p>12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6-8pm Community Pickleball @ Box Pickleball in Riverhead</p>	<p>2-4pm Quiet Time 5pm Moms Support Group 6-6:30pm Problem Gambling Screening 6-8pm Game Night!</p>	<p>12-2pm Quiet Time 1:30-3pm Comfort Therapy Dogs 2-3pm Healing Through Journaling</p>

*Registration is required! See description for information. You can also follow us on Facebook @ <https://www.facebook.com/THRIVERecoverly/> & 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.

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, March 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-1249598766549?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.

Community Pickleball @ Box Pickleball: Thursday, March 27th @6-8pm: Join us for an evening of pickleball! This recovery-friendly event offers a gentle route to play and connection through one of today's most accessible sports. No experience needed - Box Pickleball provides all equipment and guidance for beginners.

Through movement and casual play, we create space for both healing and joy.

Come as you are, wear comfortable shoes. 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/community-pickleball-tickets-124957723609?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email events@hugsinc.org for more information. **The address for this event is:** 605 Old Country Road, Riverhead NY 11901.

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, March 7th @ 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-1249571595279?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. If you need a ride to our center, please call (631) 822 3397.

Reiki Energy Healing: Friday, March 14th @ 6:30-8pm: Join us for an evening of healing and grounding oneself. Reiki is a healing modality that aids in the unblocking of stagnant energy. During the event, you will have the opportunity to receive a Reiki session from our experienced practitioner, who will help balance your energy and promote overall well-being. Come unwind, recharge, and discover the benefits of Reiki healing. 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/reiki-healing-tickets-1249770490179?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you need transportation, please call: 631-822-3397.

Narcan Training: Friday, March 21st @ 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.

Problem Gambling Screening: Friday, March 28th @ 6-6:30pm: Brief screens can help people decide whether to seek formal evaluation of their gambling behavior. THRIVE will offer a brief screening to participants during Game Night to highlight the growing presence of Gambling among the SUD community during Problem Gambling Awareness Month. For more resources on Problem Gambling, please visit: <https://nyproblemgamblinghelp.org/long-island/>

Game Night: Friday, March 28th @ 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+.

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.

Somatic Release Breathwork: Saturday, March 1st @ 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-1249486781599?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.

Gentle Rise: A Morning Movement Practice: Saturday, March 8th & 22nd @ 10am: Experience the gentle power of mindful movement and somatic awareness in this recovery-friendly practice. Through slow stretches and guided body sensing, we create a safe space to release tension, cultivate presence, and strengthen your natural capacity for self-regulation. We'll explore simple techniques to soothe your nervous system and develop a deeper connection with your body's innate wisdom. All supplies for this workshop are provided, feel free to bring your own. 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/gentle-rise-a-morning-movement-practice-tickets-1249589087599?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp> or email events@hugsinc.org for more information.

Art for Emotional Healing: Saturday, March 8th @ 11am-12:30pm: 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-1249601063419?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.

East End St. Patrick's Day Party: Saturday, March 15th @ 12-3pm: Join us at East End THRIVE for a St. Patrick's Day Party! Enjoy fun, friendly fellowship. Food and refreshments will be provided. All are welcome to attend 18+.

Oneness Blessing Meditation Circle: Saturday, March 22nd @ 11am: Experience deep peace and connection through guided meditation and the gentle blessing of Deeksha. This ancient practice offers a path to inner calm, healing, and authentic connection with yourself and others. 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/oneness-blessing-meditation-circle-tickets-1249592277139?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email events@hugsinc.org for more information.

Comfort Therapy Dogs: Saturday, March 29th @ 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+.