



April East End THRIVE 2025 Calendar



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

For our most current information/updates, please visit www.ThriveLL.org

Need a FREE ride? Call: (631) 822-3397
Tuesday – Friday 12pm-8pm
Saturday 10am-6pm

KEY: **GREEN – IN-PERSON & ZOOM** **ORANGE – IN-PERSON ONLY** **PURPLE – COMMUNITY EVENT**
Check back of calendar for group descriptions and online meeting links!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	2 2-4pm Quiet Time 3:30-4:30pm Women's Support Group 6:30pm Alcoholics Anonymous	3 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-7:30 Al-Anon	4 12:30-6:30pm SHERPA Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group 6:30pm Guided Gong Therapy Meditation	5 10am Gentle Rise: A Morning Movement Practice 11am Art for Emotional Healing 12-2pm Quiet Time 2-3pm Thinking Anew: Monthly Journaling Workshop
6	7	8 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	9 2-4pm Quiet Time 3:30-4:30pm Women's Support Group 6:30pm Alcoholics Anonymous	10 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 5-6:30pm Comfort Therapy Dogs	11 12:30-6:30pm SHERPA Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group 6:30-7:30pm East End Narcan Training	12 <i>Passover</i> 11:30-12:45 Recovery Housing: Nature Walk @ Quogue Wildlife Refuge 12-2pm Quiet Time 2-3pm Healing Through Journaling
13	14	15 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	16 2-4pm Quiet Time 3:30-4:30pm Women's Support Group 6:30pm Alcoholics Anonymous	17 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30pm Sound Journey	18 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	19 11:30-12:45 ** RAIN DATE** Recovery Housing Nature Walk @ Quogue Wildlife Refuge 12-2pm Quiet Time 2-3pm Healing Through Journaling 4pm Somatic Release Breathwork
<i>Easter Sunday</i> 20	21	22 <i>Earth Day</i> 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	23 2-4pm Quiet Time 3:30-4:30pm Women's Support Group 6:30pm Alcoholics Anonymous	24 12:30-1:00pm Breath Work and Meditation 2-4pm Quiet Time 6:30pm Mastering the Art of Cooking @ Cuisine by Colleen	25 12:30-6:30pm SHERPA Harm Reduction Services 2-4pm Quiet Time 5pm Moms Support Group 6:30-8:00pm Lost Innocence: My Journey from Addiction to Recovery Book Reading & Signing with Merritt Hartblay	26 9am-5pm 12 in 12
27	28	29 12:30-1:00pm Breath Work and Meditation 1-2pm East End Narcan Training 2-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous	30 2-4pm Quiet Time 3:30-4:30pm Women's Support Group 6:30pm Alcoholics Anonymous			
				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.	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](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: Enjoy some quiet time in East End THRIVE's welcoming space. Whether you're working on step work, homework, reading, or using our community computers, this is a great opportunity to unwind and relax in a supportive environment.

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: Enjoy some quiet time in East End THRIVE's welcoming space. Whether you're working on step work, homework, reading, or using our community computers, this is a great opportunity to unwind and relax in a supportive environment.

Women's Support Group: Every Wednesday 3:30-4:30pm: 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/88306611027>

Meeting ID: 883 0661 1027 [Dial In #:](https://us02web.zoom.us/j/88306611027) +1 646 558 8656 US (New York). For more information call Samantha at **East End THRIVE:** (631) 822-3397.

Alcoholics Anonymous: Every Wednesday @ 6:30-7:30pm: "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."

THURSDAY

Breathwork and Meditation: See Tuesday for description. 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 US (New York)

Quiet Time: Enjoy some quiet time in East End THRIVE's welcoming space. Whether you're working on step work, homework, reading, or using our community computers, This is a great opportunity to unwind and relax in a supportive environment.

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 #](https://us02web.zoom.us/j/85959877337) +1 646 558 8656 US (New York)

Comfort Therapy Dogs: Thursday, April 10th @ 5-6:30pm: Come meet, play, and relax with Artemis and Luna, registered comfort therapy dogs at East End THRIVE!

Sound Journey: Thursday, April 17th @ 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-1291591166949?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.

Mastering the Art of Cooking @ Cuisine by Colleen: Thursday, April 24th @ 6:00pm: Experience the transformative practice of cooking in a supportive environment with local chef, Colleen. Join us as we explore how preparing meals can become a mindful practice that nourishes body and mind. Learn accessible techniques while discovering how cooking can foster presence, patience, and a renewed connection with yourself. In this welcoming space, you'll gain practical skills that support your wellness journey while creating delicious dishes that sustain your health and wellbeing. This event is FREE and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/mastering-the-art-of-cooking-tickets-1291600595149?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>.

This address for this event is: Cuisine by Colleen
30 Old Riverhead, Rd.
Westhampton Beach, NY 11978

FRIDAY

Quiet Time: Enjoy some quiet time in East End THRIVE's welcoming space. Whether you're working on step work, homework, reading, or using our community computers, this is a great opportunity to unwind and relax in a supportive environment.

Mom's 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, April 4th @ 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-1291596332399?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email Christianne at events@hugsinc.org. If you need a ride to our center, please call (631) 822 3397.

East End Narcan Training: Friday, April 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. Every participant will get a take home Narcan kit. This workshop is free and open to everyone 18+.

Reiki Energy Healing: Friday, April 18th @ 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-1291608268099?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>. If you need transportation, please call: 631-822-3397.

Merrit Hartblay: Lost Innocence: My Journey from Addiction to Recovery: Friday, April 25th @ 6:30-8pm: Join us for an inspiring evening with author Merrit Hartblay as he shares his powerful story of transformation and healing. Through excerpts from his book "Lost Innocence: My Journey From Addiction To Recovery," Merrit will offer insights, hope, and authentic conversation about the challenges and triumphs of the recovery journey. Merrit will be reading excerpts from his book, holding a Q&A, and signing copies. Pre-registration is required, please use the Eventbrite link provided: <https://www.eventbrite.com/e/merrit-hartblay-lost-innocence-my-journey-from-addiction-to-recovery-tickets-1291629762389?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. This workshop is FREE! Refreshments will be provided, and all are welcome to attend, 18+.

SATURDAY

Quiet Time: Enjoy some quiet time in East End THRIVE's welcoming space. Whether you're working on step work, homework, reading, or using our community computers, this is a great opportunity to unwind and relax in a supportive environment.

Healing Through Journaling: Saturdays @ 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.

Gentle Rise: A Morning Movement Practice: Saturday, April 5th @ 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-1291588408699?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, April 5th @ 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-1291598037499?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.

Recovery Housing: Nature Walk @ Quogue Wildlife Refuge: Saturday, April 12th @ 11:30-12:45pm: Join us for a refreshing nature walk to relax and recharge at the Quogue wildlife Refuge!

- Meet up time: 11:30 a.m.
- Walk Begins: 11:45 am.

Please wear weather appropriate clothing and sturdy shoes. Bottles of water will be provided. If you need transportation, please call (631) 822-3397.

- Rain Date: Saturday, April 21st @ 11:30am-12:45pm.

Pre-registration is required for this event, please use the Eventbrite link provided: <https://www.eventbrite.com/e/east-end-thrive-recovery-housing-nature-walk-tickets-1291622731359?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>.

The address for this event is: Quogue Wildlife Refuge
3 Old County Rd.
Quogue, NY 11959

Somatic Release Breathwork: Saturday, April 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-1291598940199?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.

12 in 12: Saturday, April 26th @ 9-5pm: The Twelve Steps are a spiritual program of action for tackling life problems including alcoholism, drug addiction, compulsion and so much more. All are invited to come have a personal experience of going through the steps.