



May 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
		<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>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>12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Al-Anon</p>	<p>12pm-6:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm Moms Support Group 6:30pm Guided Gong Therapy Meditation</p>	<p>12pm-3pm Cinco de Mayo Community Luncheon</p>
4	<i>Cinco de Mayo</i>	5	6	7	8	9
		<p>12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous</p>	<p>2pm-4pm Quiet Time 3:30pm-4:30pm Women's Support Group 6:30pm Alcoholics Anonymous</p>	<p>12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 5:30pm-6:30pm Oneness Blessing Meditation Circle</p>	<p>12pm-6:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm Moms Support Group 6:30pm-8:00pm Game Night!</p>	<p>10am Rise+ Revive: Movement, Sound + Reiki Healing 12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling</p>
<i>Mother's Day</i>	11	12	13	14	15	16
		<p>12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous</p>	<p>2pm-4pm Quiet Time 3:30pm-4:30pm Women's Support Group 6:30pm Alcoholics Anonymous</p>	<p>12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm Sound Journey</p>	<p>12pm-6:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm Moms Support Group 6:30pm-7:30pm East End Narcan Training</p>	<p>10am-11am Gentle Rise: A Morning Movement Practice 11:15am-12:45pm Art for Emotional Healing 12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling</p>
18	19	20	21	22	23	24
		<p>12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous</p>	<p>2pm-4pm Quiet Time 3:30pm-4:30pm Women's Support Group 4pm-8pm THRIVE Everywhere: Spring Picnic @ Belmont Lake State Park 6:30pm Alcoholics Anonymous</p>	<p>12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time</p>	<p>12pm-6:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm Moms Support Group</p>	<p>11:30am-12:45pm Recovery Housing: Nature Walk @ Weirtheim National Wildlife Refuge 12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling 3pm-4:30pm Comfort Therapy Dogs</p>
25	<i>Memorial Day</i>	26	27	28	29	30
		<p>12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30-8pm Co-Dependents Anonymous</p>	<p>2pm-4pm Quiet Time 3:30pm-4:30pm Women's Support Group 6:30pm Alcoholics Anonymous</p>	<p>12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time</p>	<p>12pm-6:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm Moms Support Group 6:00-8:00pm Movie Night: The Anonymous People</p>	<p>11:30am-12:45pm ** RAIN DATE** Recovery Housing Nature Walk @ Weirtheim National Wildlife Refuge 12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling 4pm Somatic Release Breathwork</p>

*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVRecovery/> & Instagram @thrive_recovery

TUESDAY

Breathwork and Meditation: Every Tuesday and Thursday @12:30pm-1pm: 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: 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.

Cocodependents 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 3:30pm-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 #: +1 646 558 8656 US (New York). For more information call Samantha at **East End THRIVE:** (631) 822-3397.

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

THRIVE Everywhere: Spring Picnic @ Belmont Lake State Park: Wednesday, May 21st @ 4pm-8pm "Maple Pavilion": Join THRIVE Everywhere for a FREE Spring Picnic! There will be food, refreshments, lawn games, fellowship and much more! Registration is required to attend this event, please scan QR code on flyer or contact thriveeverywhere@fcali.org for more information. This event is free and open to all registrants 18+.

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: 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 @ 6:30pm-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)

Oneness Blessing Meditation Circle: Thursday, May 7th @ 5:30pm-6:30pm: 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-1330499362409?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.

Sound Journey: Thursday, May 15th @ 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-1330501538919?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 transportation, please call: 631-822-3397.

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 @ 5pm-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

Harm Reduction Services: Every Friday @ 12pm-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, May 2nd @ 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-1330495370469?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.

Game Night: Friday, May 2nd @ 6:30pm-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+. If you need transportation, please call: 631-822-3397.

East End Narcan Training: Friday, 16th @ 6:30pm-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+.

Movie Night: The Anonymous People: Friday, May 30th @ 6pm-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+. If you need transportation, please call: 631-822-3397.

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.

Thinking Anew: Monthly Journaling Workshop: Second Saturday for the month of May @ 2pm-3pm: Join us for a monthly workshop series that helps you harness the power to create your own reality through journaling. We are recovery friendly and 18+. If you need a ride to our center, please call (631) 822-3397.

Healing Through Journaling: Saturdays @ 2pm-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.

Cinco de Mayo Community Luncheon: Saturday, May 3rd @ 12pm-3pm: Join us at East End THRIVE for a Cinco de Mayo Community Luncheon! There will be food, refreshments, and plenty of fellowship. This event is free and open to everyone 18+.

Rise+ Revive: Movement, Sound + Reiki Healing: Saturday, May 10th @ 10am: Experience the gentle power of mindful movement and energy healing in this accessible, recovery-friendly practice. No prior experience needed. Christianne will guide you through gentle stretches and simple movements designed to release tension and bring ease to the body while Olivia provides supportive sound elements throughout. The session concludes with Reiki Healing during final relaxation, helping you regulate your nervous system and connect with your body's innate wisdom. 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/rise-revive-movement-sound-reiki-healing-tickets-1333237311689?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or email events@hugsinc.org. If you are in need of a ride to our center, please call: (631)822-3397.

Gentle Rise: A Morning Movement Practice: Saturday, May 17th @ 10am-11am: 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/copy-of-gentle-rise-a-morning-movement-practice-tickets-1330502371409?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp>.

Art for Emotional Healing: Saturday, May 17th @ 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-1330500044449?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 @ Weirtheim National Wildlife Refuge: Saturday, May 24th @ 11:30am-12:45pm: Join us for a refreshing nature walk to relax and recharge at the Weirtheim National Wildlife Refuge!

- Meet up time: 11:30 am
- 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, May 31st @ 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-1336174687459?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>.

The address for this event is: Weirtheim National Wildlife Refuge
340 Old Smith Rd.
Shirley, NY 11967

Comfort Therapy Dogs: Saturday, May 24th @ 3pm-4:30pm: Come meet, play, and relax with Artemis and Luna, registered comfort therapy dogs at East End THRIVE!

Somatic Release Breathwork: Saturday, May 31st @ 4pm: Join us for a guided Somatic Release Breathwork experience with certified Somatic Release Breathwork practitioner, Justin Alio. 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-1330508559919?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.

