



# August East End THRIVE 2025 Calendar

For our most current information/updates, please visit [www.ThriveLI.org](http://www.ThriveLI.org)



680 Elton Street, Riverhead, NY 11901

631-822-3397

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
		<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.	<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!		12pm-5:30pm <b>SHERPA Harm Reduction Services</b> 2pm-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b> 6:30pm <b>Guided Gong Therapy Meditation</b>	12pm-2pm <b>Quiet Time</b> 2pm-3pm <b>Thinking Anew: Monthly Journaling Workshop Series</b>
3	4	5	6	7	8	9
		12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-8pm <b>Co-Dependents Anonymous</b>	2pm-4pm <b>Quiet Time</b> 3:30pm-4:30pm <b>Women's Support Group</b> 6:30pm <b>Alcoholics Anonymous</b>	12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-7:30pm <b>Al-Anon</b>	12pm-5:30pm <b>SHERPA Harm Reduction Services</b> 2pm-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b>	<b>10am-4pm Renewal &amp; Reset- A Day of Wellness &amp; Transformation</b>
10	11	12	13	14	15	16
		12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-8pm <b>Co-Dependents Anonymous</b>	2pm-4pm <b>Quiet Time</b> 3:30pm-4:30pm <b>Women's Support Group</b> 6:30pm <b>Alcoholics Anonymous</b>	12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 5:30pm <b>Oneness Blessing Meditation Circle</b>	12pm-5:30pm <b>SHERPA Harm Reduction Services</b> 2pm-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b>	<b>10am Somatic Release Breathwork</b> <b>2pm-7pm East End &amp; THRIVE Everywhere @ Splish Splash Water Park</b>
17	18	19	20	21	22	23
		12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-8pm <b>Co-Dependents Anonymous</b>	2pm-4pm <b>Quiet Time</b> 3:30pm-4:30pm <b>Women's Support Group</b> 6:30pm <b>Alcoholics Anonymous</b>	12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm <b>Sound Journey</b>	12pm-5:30pm <b>SHERPA Harm Reduction Services</b> 2pm-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b> 5:30pm-8pm <b>Community Living Group-Ping Pong Tournament!</b>	<b>10am-11am The Remedy: Yin Yoga &amp; Somatic Healing</b> <b>11:15am-12:30pm Art for Emotional Healing</b> <b>12pm-2pm Quiet Time</b> <b>2pm-3pm Healing Through Journaling</b>
24	25	26	27	28	29	30
		12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-8pm <b>Co-Dependents Anonymous</b>	2pm-4pm <b>Quiet Time</b> 3:30pm-4:30pm <b>Women's Support Group</b> 6:30pm <b>Alcoholics Anonymous</b>	12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b>	<b>Overdose Awareness Day</b> 12pm-8pm <b>Day of Remembrance</b> 12pm-5:30pm <b>SHERPA Harm Reduction Services</b> 2pm-4pm <b>Quiet Time</b> 5pm <b>Moms Support Group</b> 6:30pm-7:30pm <b>Narcarn Training</b>	<b>12pm-2pm Quiet Time</b> <b>2pm-3pm Healing Through Journaling</b> <b>3pm-4:30pm Comfort Therapy Dogs</b>
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\*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVERecoverly/> & 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 #:](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 3:30pm-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 #:](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 @ 6:30pm-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."

## 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 @ 6:30pm-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 #:](https://us02web.zoom.us/j/85959877337) +1 646 558 8656 US (New York)

**Oneness Blessing Meditation Circle:** Thursday, August 14<sup>th</sup> @ 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-1517484680529?aff=ebdssshccopyurl&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.

**Sound Journey:** Thursday, August 21<sup>st</sup> @ 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-1425991822929?aff=ebdssshccopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>

[term=organizer-profile&utm-share-source=organizer-profile](https://www.eventbrite.com/e/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:** 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.

**Harm Reduction Services:** Every Friday @ 12pm-5:30pm: 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.

**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

**Guided Gong Therapy Meditation:** Friday, August 1<sup>st</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-1486958947239?aff=ebdssshccopyurl&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.

**Community Living Group: Ping Pong Tournament** Friday, August 22<sup>nd</sup> @ 5:30pm-8pm: Join us for a very special community living group, ping pong tournament! Whether you're a seasoned player of new to the game, this tournament is all about showing up, having fun, and celebrating the power of community. All skill levels are welcome! This event is FREE, 18+, and recovery friendly. If you need a ride to our center, please call (631) 822-3397.

**Overdose Awareness Day, Day of Remembrance:** Friday, August 29<sup>th</sup> @ 12pm-8pm: Please join us for a day of remembrance on Friday, August 29<sup>th</sup> as we honor the lives lost to overdose. This all-day event offers a space for quiet reflection, healing, and support. Recovery Coaches will be on-site throughout the day to offer conversation, comfort, and connection. If you are unable to attend in-person but would like a candle lit in someone's honor, please call us at: (631) 822-3397 and we will light one for you.

**East End Narcan Training:** Friday, August 29<sup>th</sup> @ 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+.

## 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:** 1st Saturday of Every Month @ 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.

**Renewal & Reset-A Day of Wellness & Transformation:** Saturday, August 9<sup>th</sup> @ 10am-4pm: Join us at East End THRIVE Recovery for a day dedicated rejuvenation and growth! Get ready to unwind, recharge, and discover new ways to enhance your well-being. This event is all about **self-care** and **personal development**. Take a break from your daily routine and immerse yourself in a day filled with **wellness workshops** and **inspiring activities**. Join us for one session or stay for the full day - create the experience that feels right for you. Don't miss this opportunity to reset your

mind, body, and spirit. This experience is FREE and open to all 18+, and lunch will be served. Pre-registration is required, sign-up through the Eventbrite link provided here: <https://www.eventbrite.com/e/renewal-reset-a-day-of-wellness-transformation-tickets-1507889952439?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdssshccopyurl>. 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).

**Somatic Release Breathwork:** Saturday, August 16<sup>th</sup> @ 10am: 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, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/somatic-release-breathwork-experience-tickets-1524899989919?aff=ebdssshccopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>.

**THRIVE @ Splish Splash Water Park in Calverton:** Saturday, August 16<sup>th</sup> @ 2pm-7pm: Join East End & THRIVE Everywhere for a FREE day at Splish Splash Water Park. This event is all about community, connection, and summer fun! Whether you're coming with family, friends, or flying solo, this is the perfect way to enjoy the summer sun and connect with others in a safe, supportive environment. **Space is limited and pre-registration is required! To register, please call: (631) 822-3397.** This event is free and open to those 18 & over. The address for this event is: **Splish Splash Water Park, 2549 Splish Splash Drive, Calverton.**

**The Remedy: Yin Yoga & Somatic Healing:** Saturday, August 23<sup>rd</sup> @ 10am: 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 retreat is **FREE** and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/the-remedy-yin-yoga-somatic-healing-tickets-1517485833979?aff=ebdssshccopyurl&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).

**Art for Emotional Healing:** Saturday, August 23<sup>rd</sup> @ 11:15-12:30pm: 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-1496107189879?aff=ebdssshccopyurl&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).

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**Comfort Therapy Dogs:** Saturday, August 30<sup>th</sup> @ 3pm-4:30pm: Come experience the calming presence of certified therapy dogs in this special workshop designed to promote wellness, reduce stress, and support recovery. Whether you're a dog lover or simply curious, this workshop offers a warm welcoming space for connection, comfort, and community. Free & 18+.