



September East End THRIVE 2025 Calendar

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

KEY: **GREEN** – IN-PERSON & ZOOM **ORANGE** – IN-PERSON ONLY **PURPLE** – COMMUNITY EVENT
BLUE–ZOOM ONLY

Check back of calendar for group descriptions and online meeting links!



680 Elton Street, Riverhead, NY 11901

631-822-3397

Need a FREE ride? Call: (631) 822-3397

Tuesday – Friday 12pm-8pm

Saturday 10am-6pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1	2	3	4	5	6
NATIONAL RECOVERY MONTH		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous	2pm-4pm Quiet Time 3:30pm-4:30pm Women's Support Group 5:30pm-6:30pm Veterans Support Group 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm Moms Support Group 6:30pm Guided Gong Therapy Meditation	12pm-2pm Quiet Time 9:30am Stand-Up Paddle Boarding Therapy in Westhampton Beach 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series
7	8	9	10	11	12	13
11am-4pm 3 rd Annual Kick-Off to Recovery Month Fair @ THRIVE Suffolk		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous	2pm-4pm Quiet Time 3:30pm-4:30pm Women's Support Group 5:30pm-6:30pm Veterans Support Group 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Sound Journey	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm Moms Support Group 7pm-8pm *NEW* Reiki for Recovery	10am Somatic Release Breathwork 12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling
14	15	16	17	18	19	20
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous	Delayed Opening @6pm 2pm-4pm Quiet Time 3:30pm-4:30pm Women's Support Group 5:30pm-6:30pm Veterans Support Group 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 5:30pm Oneness Blessing Meditation Circle	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm Moms Support Group 6pm-8pm Recovery is Sweet, Ice Cream Social! 7pm-10pm Rock 'N' Roll Recovery XVII @ St. Peters Lutheran Church in Huntington	10am The Remedy: Yin Yoga & Somatic Healing 12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling
21	22	23	24	25	26	27
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous	2pm-4pm Quiet Time 3:30pm-4:30pm Women's Support Group 5:30-6:30pm Veterans Support Group 6:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm Community Healing Circle: Reiki + Sound	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm Moms Support Group 6:30pm-7:30pm East End Narcan Training	12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling 3pm-4:30pm Comfort Therapy Dogs
28	29	30	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.		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!	
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous				

*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-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.

Cocodpendents 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: 2pm-4pm. See Tuesday for description.

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.

Veterans Support Group: Every Wednesday @ 5:30pm-6:30pm: Join us for a hybrid Veteran's support group. This group is brought to you by the Dwyer Peer Support Project of Nassau County. All veterans are welcome to attend, recovery friendly, 18+, safe space, and confidential. For more information, please call THRIVE Nassau at (516) 765-7600. **Zoom Meeting ID: 869 5399 1594**

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 #:** +1 646 558 8656 US (New York)

Quiet Time: 2pm-4pm. See Tuesday for description.

Sound Journey: Thursday, September 11th @ 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-1591968423409?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.

Oneness Blessing Meditation Circle: Thursday, September 18th @ 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-1592395701409?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.

Community Healing Circle: Reiki + Sound: Thursday, September 25th @ 6:30pm: Experience gentle healing energy and deep relaxation through the ancient practice of reiki. This hands-on healing technique promotes balance, reduces stress, and supports your journey toward wholeness and inner peace. Pre-registration is required, sign up through the Eventbrite link provided: <https://www.eventbrite.com/e/community-healing-circle-reiki-sound-tickets-1596594449979?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.

FRIDAY

Quiet Time: 2pm-4pm, see Tuesday for description.

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, September 5th @ 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-1591948935119?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 for Recovery: Friday, September 12th @ 7pm-8pm: Join us for Reiki for Recovery with recovery coach and Reiki Master, Jordan Miller. Reiki is a gentle, yet powerful healing practice. At its core is the understanding that each of us holds the ability to heal from within. Reiki can be a meaningful way to support self-empowerment, personal growth, and emotional balance. During this session you'll experience: a calming Reiki blessing with gentle chanting, guided meditation to support relaxation, and focus, and a guided simple self-practice. This is a free experience open to everyone 18+. Pre-registration is required, to reserve your spot please use the Eventbrite link provided: <https://www.eventbrite.com/e/reiki-for-recovery-tickets-1623497848769?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> or call (631) 822-3397.

Recovery is Sweet, Ice Cream Social! Friday, September 19th @ 6pm-8pm: Please join us for a fun and uplifting evening at our FREE ice cream social. Cool off with a variety of delicious ice cream flavors and toppings, while enjoying a relaxed, friendly atmosphere. This event is open to all 18 and older. Whether you're stopping in for a quick treat or staying to connect, it's the perfect chance to celebrate community and recovery together. For more information or to arrange for transportation, please call (631) 822-3397.

Rock 'N' Roll Recovery XVII @ St. Peters Lutheran Church, Huntington: Friday, September 19th @ 7pm-10pm: Join the Long Island Recovery Association as they host their annual fundraiser that is FREE to attend. There will be food, beverages, door prizes, dancing, and award presentations. The address for this event is: St. Peters Lutheran Church, Upper Auditorium. 10 Ogden Court, Huntington Station, NY 11746.

East End Narcan Training: Friday, September 26th @ 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 free take home Narcan kit. This workshop is free and open to everyone 18+.

SATURDAY

Quiet Time: 12pm-2pm. See Tuesday for description.

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.

Stand-Up Paddle Boarding Therapy in Westhampton Beach: Saturday, September 6th @ 9:30am: Stand up paddle boarding is naturally a very mindful, stress-busting experience. Gentle rhythmic movement, the sound of the water flowing while away from the busyness of our worlds, this is the perfect environment to learn and develop your mindfulness and meditative skills. Together we'll explore ways to bring a mindful presence to all aspects of stand-up paddling safely to bring ourselves closer to nature, reduce stress and anxiety and get more out of an already mindful experience. This experience is free and open to everyone ages 18+. Pre-registration is required, please sign up through the Eventbrite link provided: <https://www.eventbrite.com/e/sup-therapy-tickets-1602614034719?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>. If you need a ride to this event, please call (631) 822 3397. The address for this event is: 1 Library Avenue, Westhampton Beach, NY 11978.

Somatic Release Breathwork: Saturday, September 13th @ 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-1606505905409?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>.

The Remedy: Yin Yoga & Somatic Healing: Saturday, September 12th @ 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 class 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-1606517861169?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.

Somatic Release Breathwork: Saturday, September 19th @ 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-1414431606009?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>.

Comfort Therapy Dogs: Saturday, September 27th @ 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+.

SUNDAY

Kick-Off to Recovery Month Fair @ THRIVE Suffolk: Sunday, September 7th @ 11am-4pm: Join us for the 3rd Annual Kick-Off to Recovery Month Fair. There will be food trucks, a DJ cranking tunes, and plenty of community, fellowship, and connection. This event is FREE and open to all 18 years and older. For more information, please call (631) 822-3396. The address for this event is: 1324 Motor Parkway, Hauppauge NY, 11749. Please note that this is an outdoor event!