



October 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

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
BLUE–ZOOM ONLY

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		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.	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-6pm *New* Wired Differently: Dual Diagnosis Peer Support Group 6:30pm Guided Gong Therapy Meditation	12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series
5	6	7	8	9	10	11
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous 6:30pm-7:30pm *New* Compassionate Yoga	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 Narcan Training	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group	10am-4pm East End Wellness Retreat on Shelter Island **SEE Back for More Details**
12	Indigenous peoples Day	13	14	15	16	17
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous 6:30pm-7:30pm Compassionate Yoga	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-6pm Wired Differently: Dual Diagnosis Peer Support Group 6pm-8pm Breaking the Silence: A Conversation on Mental Health, Addiction and Recovery, featuring In Case of Emergency Break Childhood	10am Somatic Release Breathwork 12pm-1pm Quiet Time 2pm-3pm Healing Through Journaling 2pm-4pm Fall Wreath Decorating Workshop
19	20	21	22	23	24	25
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous 6:30pm-7:30pm Compassionate Yoga	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 5:30pm-6:30pm Oneness Blessing Meditation Circle	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 7pm-8pm Reiki for Recovery	12pm-1pm Quiet Time 2pm-3pm Healing Through Journaling 3pm-4:30pm Comfort Therapy Dogs
26	27	28	29	30	Halloween	31
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous 6:30pm-7:30pm Compassionate Yoga	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 6:30-7:30pm Gentle Yoga + Meditation	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 5pm-8pm East End Halloween & Costume Party!	

*Registration is required! See description for information.

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

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](https://us02web.zoom.us/j/89701719955) (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.

Compassionate Yoga: Every Tuesday @ 6:30pm-7:30pm: Join us for a gentle and supportive yoga class designed to cultivate self-compassion and personal discovery! You can expect: guided meditation, breathwork practices, gentle yoga postures, and light discussion of yogic principles. This class is open to all skill levels and poses can be modified for comfort and accessibility. All are welcome to attend! 18+.

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](https://us02web.zoom.us/j/88306611027) 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](https://us02web.zoom.us/j/89701719955) US (New York)

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

East End Narcan Training: Thursday, October 9th @ 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+.

Sound Journey: Thursday, October 16th @ 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-1689646631559?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopvurl> or email events@hugsinc.org. If you need transportation, please call: 631-822-3397.

Oneness Blessing Meditation Circle: Thursday, October 23rd @ 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-1717268579549?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopvurl>. If you need transportation, please call: 631-822-3397.

Gentle Yoga + Meditation: Thursday, October 30th @ 6:30pm-7:30pm: Gentle yin yoga with props and breathwork to help your body exhale, sleep better, and feel more like yourself. This workshop is free, and all are welcome to attend. Pre-registration is required, please use Eventbrite link provided: <https://www.eventbrite.com/e/gentle-yoga-meditation-tickets-1717274717909?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopvurl>. 18+ and recovery friendly. If you have questions, please email Christianne at events@hugsinc.org or 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.

Wired Differently: Dual Diagnosis Peer Support Group: Every Friday @ 5pm-6pm: A dual-diagnosis is defined as having both a mental health disorder and a substance use disorder simultaneously. This group is a safe, welcoming space to connect with individuals living with both mental health challenges and substance use disorders. Together we share, connect, and support one another in building strength, balance, and lasting recovery! Held in a sensory friendly space, filled with comfy chairs, and low lights. Free and 18+.

Guided Gong Therapy Meditation: Friday, October 3rd @ 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-1689646932459?aff=ebdsshcopvurl&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.

Breaking the Silence: A Conversation on Mental Health, Addiction, and Recovery: Friday, October 17th @ 6pm-8pm. Join us for a special book reading and discussion on mental health, addiction, and recovery with Jason Mayo, CRPA and author of the best-selling memoir *In Case of Emergency Break Childhood*. Light refreshments will be served, and all are welcome to attend. Free & 18+.

Reiki for Recovery: Friday, October 24th @ 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-1689647313599?aff=ebdsshcopvurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>

[content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile](https://www.eventbrite.com/e/attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile) or call (631) 822-3397.

East End Halloween & Costume Party: Friday, October 31st @ 5pm-8pm: Join us at East End THRIVE for a spooktacular Halloween Costume Party! There will be food, refreshments, music, and plenty of fellowship. This event is free, all are welcome to attend, and 18+. If you need a ride to our center, please call (631) 822-3397.

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.

Shelter Island Wellness Retreat: Saturday, October 11th @ 10am-4pm: Join the Town of Shelter Island and East End THRIVE for a transformative day of wellness, healing, and connection. Whether you're on your own recovery journey, supporting a loved one, or simply seeking restoration, you belong here. Together, we'll create a safe and welcoming space designed to nourish mind, body and spirit. **Programming includes kundalini yoga & meditation, healing gong therapy, gentle movement +stretching, creative art therapy, and a nourishing community lunch.** We encourage you to stay for the full day's journey! Walk-on Ferry Passes Provided: We are covering the cost of walk-on ferry passengers only. Tokens will be available at the **Greenport North Ferry terminal ONLY** on the day of the retreat. **We highly recommend using the walk-on option and shuttle provided for ease of transport and community connection.** This event is 18+ and pre-registration is required, please use the Eventbrite link provided to receive the full scope of information: <https://www.eventbrite.com/e/shelter-island-wellness-retreat-tickets-1632900652809?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopvurl>. If you have questions, please email Christianne at events@hugsinc.org or call (631) 822-3397.

Fall Wreath Decorating Workshop: Saturday, October 18th @ 2pm-4pm: Join us for a fall wreath decorating workshop! All supplies and instructions will be provided to make your own take home 12-inch wreath. Space is limited and pre-registration is required, to attend, please use the Eventbrite link provided: <https://www.eventbrite.com/e/fall-wreath-decorating-workshop-tickets-1717278198319?aff=ebdsshcopvurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile> or call (631) 822-3397. This workshop is free, and all are welcome to attend. 18+.

Somatic Release Breathwork: Saturday, October 18th @ 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-1743504592169?aff=ebdsshcopvurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>

Comfort Therapy Dogs: Saturday, October 25th @ 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+.