



East End December 2025 Calendar



680 Elton Street, Riverhead, NY 11901

631-822-3397

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

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

Tuesday – Friday, 12pm-8pm & Saturday, 10am-6pm

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 3:30pm-4:30pm <u>Women's Support Group</u> 5:30pm-6:30pm <u>Veterans Support Group</u> 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Narcan Training	Delayed Opening Opening at 6pm 12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm-6pm <u>Wired Differently: Dual Diagnosis Peer Support Group</u> 6:30pm Guided Gong Therapy Meditation	10am Gentle Yoga + Meditation 11:15pm Art for Emotional Healing 12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series
7	8	9	10	11	12	13
		12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 3:30pm-4:30pm <u>Women's Support Group</u> 5:30pm-6:30pm <u>Veterans Support Group</u> 6:30pm-7:30pm Alcoholics Anonymous	Opening at 5pm 12:30pm-1:00pm <u>Breath Work and Meditation – Virtual Only</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Sound Journey	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm-6pm <u>Wired Differently: Dual Diagnosis Peer Support Group</u> 6pm-8pm 90's Trivia Night: Ugly Holiday Sweater Edition!	10am Somatic Release Breathwork 12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling 4pm-5:45pm Gingerbread House Decorating Workshop <i>*Space is limited* Pre-Registration Required!</i>
14	Hanukkah	15	16	17	18	19
		12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 3:30pm-4:30pm <u>Women's Support Group</u> 5:30pm-6:30pm <u>Veterans Support Group</u> 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Oneness Blessing Meditation	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm-6pm <u>Wired Differently: Dual Diagnosis Peer Support Group</u> 6:30pm-9:30pm THRIVE Winter Celebration @ Hauppauge THRIVE	12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling 2pm-4pm East End Holiday Movie & Cocoa!
21	22	23	24	25	26	27
		12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 3:30pm-4:30pm <u>Women's Support Group</u> 5:30-6:30pm <u>Veterans Support Group</u> 6:30pm-7:30pm Alcoholics Anonymous	Christmas Day	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm-6pm <u>Wired Differently: Dual Diagnosis Peer Support Group</u> 6:30pm-7:30pm Reiki for Recovery	12-2pm Quiet Time 2pm-3pm Healing Through Journaling
28	29	30	31	1	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.	
		12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-8pm Co-Dependents Anonymous 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 3:30pm-4:30pm <u>Women's Support Group</u> 5:30-6:30pm <u>Veterans Support Group</u> 6:30pm-7:30pm Alcoholics Anonymous	New Year's Day East End THRIVE will be Closed in Observance of New Year's Day		

*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVErecovery/> & Instagram @[thrive_reco](https://www.instagram.com/thrive_reco)

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: Bi-Weekly on Tuesdays @ 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/8306611027>

Meeting ID: 883 0661 1027 [Dial In #:+1 646 558 8656](https://us02web.zoom.us/j/8306611027) 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, December 4th @ 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, December 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-1974432123632?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, December 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-1974427233004?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.

Wired Differently: Dual Diagnosis Peer Support Group: Friday, December 12th & 26th @ 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+. In person and on Zoom! **Meeting ID:** 831 8520 4930 **Join Zoom Meeting:** <https://us02web.zoom.us/j/83185204930>

Guided Gong Therapy Meditation: Friday, December 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-1974429114632?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.

90's Trivia Night: Ugly Holiday Sweater Edition: Friday, December 12th @ 6pm-8pm: Wear your worst holiday sweater and come and enjoy an evening of 90's trivia! This recovery-friendly event is all about fun, nostalgia, and good vibes. Whether you lived through the 90s or just love the decade, there's a place for you here. Come solo or bring friends - we'll have snacks, laughs, and some seriously questionable fashion choices. This event is free, all are welcome to attend, and 18+.

Reiki for Recovery: Friday, December 26th @ 6:30m-7:30pm: 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-1974434681282?aff=ebdsshcopyurl&utm_campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile or call (631) 822-3397.

THRIVE Winter Celebration @ THRIVE Hauppauge: Friday, December 19th @ 6:30pm-9:30pm: Join us at THRIVE Hauppauge for a special winter holiday gathering! This special event celebrates all things community and friendship. There will be a catered meal, refreshments, dessert station, photo booth, and live music! This event is free, all are welcome to attend, and 18+. If you need a ride to our center, please call (631) 822-3396.

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.

Gentle Yoga + Meditation: Saturday, December 6th @ 10am: Gentle yin yoga with props and breathwork to help your body exhale, sleep better, and feel more like yourself. This workshop is free, 18+, and all are welcome to attend. Pre-registration is required, please use Eventbrite link provided: https://www.eventbrite.com/e/gentle-yoga-meditation-tickets-1974435953086?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.

Art for Emotional Healing: Saturday, December 6th @ 11:15am-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-1974431057443?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.

Somatic Release Breathwork: Saturday, December 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-1853748625039?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.

Gingerbread House Decorating Workshop: Saturday, December 13th @ 4pm-5:45pm: Join us at East End THRIVE for a special gingerbread house decorating workshop! WE will be providing all of the necessary supplies to decorate your own gingerbread house. Space is limited so please use the following Eventbrite link to pre-register: https://www.eventbrite.com/e/gingerbread-house-decorating-tickets-1974448994092?aff=ebdsshcopyurl&utm_campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile. This is event is free, all are welcome to attend, and 18+.

East End Holiday Movie & Cocoa: Saturday, December 20th @ 2pm-4pm: Join us at East End THRIVE for a holiday movie and warm cocoa! Come and enjoy friendly fellowship in East End's sitting room. This event is free, all are welcome to attend, and 18+.