



East End THRIVE January 2026 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

680 Elton Street, Riverhead, NY 11901

631-822-3397

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
				New Year's Day 1	2	3
		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.	East End THRIVE Closed in Observance of New Year's Day	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-8pm Guided Gong Therapy Meditation	12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series
4	5	6	7	8	9	10
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 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	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 5:30pm-7:45pm Ping Pong Tournament!	10:30am Movement & Gong Therapy 12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling 4pm-5:45pm Vision Board Workshop: Manifest Your Goals
11	12	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 6:30pm-7:30pm Narcan Training	10am Somatic Release Breathwork 12pm-2pm Quiet Time 2pm-3pm Healing Through Journaling
18	19	20	21	22	23	24
	MLK Birthday	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 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-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Oneness Blessing Meditation Circle	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 6:30pm-7:30pm Reiki for Recovery	12-2pm Quiet Time 2pm-3pm Healing Through Journaling 2pm-4pm Get Arty: Paint Party! **Pre-registration required** Space is limited!!
25	26	27	28	29	30	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-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 6pm-8pm East End Movie Night: The Anonymous People	10am-11am Gentle Yoga+ Meditation 11:15am-12:30pm Art for Emotional Healing 2pm-3pm Healing Through Journaling 2pm-5pm THRIVE: Hobby Hangout

*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 (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/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, January 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-1978177239374?aff=ebdsshccopyurl&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, January 22nd @ 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-1978177705769?aff=ebdsshccopyurl&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: 1st Friday of Every Month @ 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, January 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-1978176881303?aff=ebdsshccopyurl&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.

Ping Pong Tournament: Friday, January 9th @ 5:30pm-7:45pm: Join us at East End THRIVE for a ping pong tournament! Whether you're a seasoned player or 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.

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

Reiki for Recovery: Friday, January 23rd @ 6:30pm-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-1978297752833?aff=ebdsshccopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile> or call (631) 822-3397.

East End Movie Night: The Anonymous People: Friday, January 30th @ 6pm-8pm: 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: 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.

Movement & Gong Therapy: Saturday, January 10th @ 10:30am: With Clarisse Khalsa, spiritual coach + sound healer. Begin your day with gentle Kundalini movement to awaken the body and settle into presence. Clarisse, will guide you through sacred gong vibrations that wash over you, creating space for deep relaxation and inner harmony. This opening session invites you to release what no longer serves and open to the healing energy of the day ahead. This experience is FREE and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided here: <https://www.eventbrite.com/e/movement-gong-therapy-tickets-1978177883300?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshccopyurl>. If you have any questions or if this event is sold out email Christianne at Events@hugsinc.org

Vision Board Workshop: Manifest Your Goals: Saturday, January 10th @ 4pm-5:45pm: Creating a vision board is tapping into what you really want and giving it a visual home. Through reflection, creativity, and a little magic, you'll design a vision board that represents your goals, growth, and joy for the year ahead. Whether you're manifesting confidence, wellness, success, adventure, or inner peace, this workshop is your space to dream big, get inspired, and leave feeling empowered and focused. No artistic experience is needed, just bring yourself and an open mind! Pre-registration is required, please use Eventbrite link provided here: <https://www.eventbrite.com/e/vision-board-workshop-tickets-1978178602451?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshccopyurl>. This is event is free, all are welcome to attend, and 18+.

Somatic Release Breathwork: Saturday, January 17th @ 10am Join us for a guided Somatic Release Breathwork experience with certified Somatic Release Breathwork practioner, 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-1978176992636?aff=ebdsshccopyurl&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.

Get Art!: Paint Party: Saturday, January 23rd @ 2pm-4pm: Join us at East End THRIVE for a very special art workshop. Participants will receive step-by-step instructions to create a unique, take-home art piece. Pre-registration is required to attend. Space is limited, please use the Eventbrite link here to pre-register: <https://www.eventbrite.com/e/get-art-paint-party-tickets-1978296932379?aff=ebdsshccopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>. Free, 18+, and all are welcome to attend!

Gentle Yoga + Meditation: Saturday, January 31st @ 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-1978177596442?aff=ebdsshccopyurl&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, January 31st @ 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-1978177335662?aff=ebdsshccopyurl&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.

THRIVE: Hobby Hangout: Saturday, January 31st @ 2pm-5pm: Clear your schedule! We're hosting a fun, three-hour Hobby Hangout right here at THRIVE Riverhead. This is your invitation to bring your crew, your favorite miniatures, your board games, and just hang out. It's a low-pressure evening dedicated to painting, playing, and spending quality time with the amazing community. Come join the fun! FREE, 18+, and all are welcome to attend!

