



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 12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	4 2pm-4pm Quiet Time 5pm-6pm <u>Wired Differently: Dual Diagnosis Peer Support Group</u> 6:30pm-7:30pm Alcoholics Anonymous	5 12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Grief & Loss: Peer-Led Support Group *First Thursday of Every Month *	6 12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 6:30pm-7:30pm East End Narcan Training	7 10am Somatic Release Breathwork 12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series *First Saturday of Every Month *
8	9	10 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	11 2pm-4pm Quiet Time 5pm-6pm <u>Wired Differently: Dual Diagnosis Peer Support Group</u> 6:30pm-7:30pm Alcoholics Anonymous	12 12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time	13 12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 6pm-7:30pm East End: Y2K Trivia Game Night!	14 <b>Valentine's Day</b> 12pm-2pm <del>Quiet Time</del> 11am-1pm Love of Self: Valentine's Day Yoga Workshop
15 <i>Presidents Day</i>	16	17	18	19	20	21
		12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 5pm-6pm <u>Wired Differently: Dual Diagnosis Peer 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 Sound Journey	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 6:30pm-8pm Guided Gong Therapy Meditation	10am Gentle Yoga + Meditation 11:15pm Art for Emotional Healing 12pm-2pm Quiet Time 2pm-3:30pm Dance It Out! *An Open Movement Event*
22	23	24	25	26	27	28
		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 5pm-6pm <u>Wired Differently: Dual Diagnosis Peer Support Group</u> 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 5:30pm-6:30pm Oneness Blessing Meditation Circle	12pm-5:30pm SHERPA Harm Reduction Services 2pm-4pm Quiet Time 6:30pm-7:30pm Reiki for Recovery	10am-12pm Community Pickleball @ Box Pickleball in Riverhead 12-2pm Quiet Time 2pm-5pm THRIVE: Hobby Hangout

\*Registration is required! See description for information.

## 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.

**Wired Differently: Dual Diagnosis Peer Support Group: Every Wednesday @ 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>

**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.

**Grief & Loss: Peer-Led Support Group: 1st Thursday of Every Month @ 6:30pm-7:30pm:** Losing a loved one can feel overwhelming, but you don't have to go through it alone. In this group we will explore ways to find comfort, share support, and begin healing. This group is FREE, 18+, and recovery friendly. For more information or if you are need of transportation, please call (631) 822-3397.

**Sound Journey: Thursday, February 19<sup>th</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-1980487397118?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](mailto:events@hugsinc.org). If you need transportation, please call: 631-822-3397.

**Oneness Blessing Meditation Circle: Thursday, February 26<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-1980487745159?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.

**East End Narcan Training: Friday, February 6<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 free take home Narcan kit. This workshop is free and open to everyone 18+.

**Y2K Trivia Rewind: Game Night: Friday, February 13<sup>th</sup> @ 6pm-7:30pm:** Step back into the early 2000s and 2010s for Y2K Trivia Rewind at East End THRIVE. Bring a team or come solo and test your pop culture knowledge! Please use the Eventbrite link provided to register to attend: <https://www.eventbrite.com/e/y2k-trivia-rewind-tickets-1980656686467?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> This event is FREE, 18+, and recovery friendly. If you need a ride to our center, please call (631) 822-3397.

**Guided Gong Therapy Meditation: Friday, February 20<sup>th</sup> @ 6:30pm-8pm:** 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-1980544201020?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](mailto:events@hugsinc.org). If you need a ride to our center, please call (631) 822 3397.

**Reiki for Recovery: Friday, February 27<sup>th</sup> @ 6:30pm-7:30pm:** Join us for Reiki for Recovery with recovery coach and Reiki Master, Crow 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-1981367964920?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.

## 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.

**Somatic Release Breathwork: Saturday, February 7<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-1980487562613?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](mailto:events@hugsinc.org).

**Love of Self: Valentine's Day Yoga Workshop: Saturday, February 14<sup>th</sup> @ 11am-2pm:** This is a recovery-friendly space to slow down and reconnect. This two-hour workshop includes gentle yoga and light journaling, with time for attention, presence, and self-care. Come whether you're partnered or single. A light lunch will follow. Pre-registration is required, please use Eventbrite link provided here: <https://www.eventbrite.com/e/love-of-self-a-valentines-day-yoga-workshop-tickets-1980741292526?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl> We are recovery friendly and 18+. If you need a ride to our center, please call (631) 822-3397.

**Gentle Yoga + Meditation: Saturday, February 21<sup>st</sup> @ 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-1980487956792?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile> or email Christianne [events@hugsinc.org](mailto:events@hugsinc.org).

**Art for Emotional Healing: Saturday, February 21<sup>st</sup> @ 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-1980488075146?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](mailto:events@hugsinc.org).

**Dance It Out: An Open Movement Event: Saturday, February 21<sup>st</sup> @ 2pm-3:30pm:** Dance It Out is a recovery-friendly dance party at East End THRIVE. This is an open movement space with music and disco lights! This is a mid-day, recovery-friendly dance party at East End THRIVE. This is an open movement space with music and disco lights, created to be judgment-free and welcoming. Come as you are, move however you want, or take breaks as needed. We suggest you wear comfortable clothing and bring water. 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/dance-it-out-an-open-movement-event-tickets-1980660931163?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If you need a ride to our center, please call (631) 822 3397.

**Community Pickleball @ Box Pickleball in Riverhead: Saturday, February 28<sup>th</sup> @ 10am-12pm:** This recovery-friendly event offers a gentle return to play and connection through one of today's most accessible sports. No experience needed - Box Pickleball provides all equipment and guidance for beginners. Through movement and casual play, we create space for both healing and joy. Come as you are, wear comfortable shoes. 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/community-pickleball-tickets-1980748385742?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>. If this event is sold out on Eventbrite and you wish to attend please email events@hugsinc.org.

**THRIVE: Hobby Hangout: The Last Saturday of Every Month @ 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!**