



East End THRIVE April 2026 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
			2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Grief & Loss: Peer-Led Support Group *First Thursday of Every Month *	12pm-5:30pm SHERPA Integrated Prevention Services 2pm-4pm Quiet Time 6:30pm-8pm Guided Gong Therapy Meditation	10am Somatic Release Breathwork 12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series *First Saturday of Every Month *
<i>Easter</i> 5	6	7	8	9	10	11
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga 6:30pm-8pm Co-Dependents Anonymous *(Bi-Weekly) *	2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time	12pm-5:30pm SHERPA Integrated Prevention Services 2pm-4pm Quiet Time 6:30pm-7:30pm Reiki for Recovery	12pm-2pm Quiet Time 2pm: 3:30pm Dance It Out: An Open Movement Event!
12	13	14	15	16	17	18
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous	<i>*Delayed Opening@ 3:30pm*</i> 12:30pm-1:00pm Breath Work and Meditation -**Zoom Only** 2pm-4pm Quiet Time 5:30pm-6:30pm Sound Journey	12pm-5:30pm SHERPA Integrated Prevention Services 2pm-4pm Quiet Time 5:30pm-7:30pm East End Game Night!	10:30am-12pm Movement & Gong Therapy 12pm-2pm Quiet Time 4pm-5:30pm Spring Rock Painting
19	20	21	22	23	24	25
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga 6:30pm-8pm Co-Dependents Anonymous *(Bi-Weekly) *	<i>Earth Day</i> 2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm 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 Integrated Prevention Services 2pm-4pm Quiet Time 6:30pm-7:30pm Narcan Training	10am-11am Gentle Yoga & Meditation 11:15-12:30pm Healing with Art 12-2pm Quiet Time 2pm-5pm THRIVE: Hobby Hangout *Last Saturday of Every Month*
26	27	28	29	30		
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time	SHERPA Integrated Prevention 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.

*Registration is required! See description for information.

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

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 modeled 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 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 need transportation, please call (631) 822-3397.

Sound Journey: Thursday, April 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-1985175261647?aff=ebdsshcopyurl&utm-content=social&utm-term=organizer-profile&utm-share-source=organizer-profile>. If you have any questions, please email Christianne at events@hugsinc.org.

Oneness Blessing Meditation Circle: Thursday, April 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-1985175276692?aff=ebdsshcopyurl&utm-content=social&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.

Integrated Prevention 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.

Guided Gong Therapy Meditation: Friday, April 3rd @ 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-1985534032741?aff=ebdsshcopyurl&utm-content=social&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, April 10th @ 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-1985175385016?aff=ebdsshcopyurl&utm-content=social&utm-term=organizer-profile&utm-share-source=organizer-profile> or call (631) 822-3397.

East End Game Night: Friday, April 17th @ 5:30pm-7:30pm: Join us at East End THRIVE for an open floor game night. Enjoy a game of ping pong, trivia, giant Jenga, or bring your own game to play! This event is FREE and open to everyone ages 18+. Light snacks and refreshments will be served! We ask that you pre-register for this event using the Eventbrite link provided: <https://www.eventbrite.com/e/game-night-tickets-1985175564553?aff=ebdsshcopyurl&utm-content=social&utm-term=organizer-profile&utm-share-source=organizer-profile>. If you need a ride to our center, please call (631) 822 3397.

East End Narcan Training: Friday, April 24th @ 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+. We ask that you pre-register for this event using the Eventbrite link provided here: <https://www.eventbrite.com/e/narcan-training-tickets-1985175294746?aff=ebdsshcopyurl&utm-content=social&utm-term=organizer-profile&utm-share-source=organizer-profile>.

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, April 4th @ 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-1985175485316?aff=ebdsshcopyurl&utm-content=attendeeshare&utm-medium=discover&utm-term=organizer-profile&utm-share-source=organizer-profile> or email Christianne at events@hugsinc.org.

Dance It Out: An Open Movement Event: Saturday, April 11th @ 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-1985175423130?aff=ebdsshcopyurl&utm-content=attendeeshare&utm-medium=discover&utm-term=organizer-profile&utm-share-source=organizer-profile>. If you need a ride to our center, please call (631) 822 3397.

Movement & Gong Therapy: Saturday, April 18th @ 10:30am-12pm: 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: <https://www.eventbrite.com/e/movement-gong-therapy-tickets-1985175461244?aff=ebdsshcopyurl&utm-content=attendeeshare&utm-medium=discover&utm-term=organizer-profile&utm-share-source=organizer-profile> or email Christianne at events@hugsinc.org.

Spring Rock Painting: Saturday, April 18th @ 4pm-5:30pm: Rock lovers? Art Lovers? Join us for a fun spring rock painting workshop. You can paint an affirmation or create a mandala! You are only limited by your imagination. Examples will be provided! 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/rock-painting-tickets-1985175320824?aff=ebdsshcopyurl&utm-content=attendeeshare&utm-medium=discover&utm-term=organizer-profile&utm-share-source=organizer-profile>. If you need a ride to our center, please call (631) 822 3397.

Gentle Yoga + Meditation: Saturday, April 25th @ 10am-11am: 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-1985175244596?aff=ebdsshcopyurl&utm-content=attendeeshare&utm-medium=discover&utm-term=organizer-profile&utm-share-source=organizer-profile> or email Christianne events@hugsinc.org.

Healing with Art: Saturday, April 25th @ 11:15am-12:30pm: Connect with your inner landscape and express yourself through art with Tonito Valderrama. 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/healing-with-art-tickets-1985175625736?aff=ebdsshcopyurl&utm-content=attendeeshare&utm-medium=discover&utm-term=organizer-profile&utm-share-source=organizer-profile> or email Christianne at 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!**

