



# East End THRIVE March 2026 Calendar



680 Elton Street, Riverhead, NY 11901

631-822-3397

For our most current information/updates, please visit [www.ThriveLI.org](http://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 12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-7:30pm <b>Compassionate Yoga</b>	4 2pm-4pm <b>Quiet Time</b> 5pm-6pm <b>Wired Differently: Dual Diagnosis Peer Support Group</b> 6:30pm-7:30pm <b>Alcoholics Anonymous</b>	5 12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-7:30pm <b>Grief &amp; Loss: Peer-Led Support Group *First Thursday of Every Month *</b>	6 12pm-5:30pm <b>SHERPA Integrated Prevention Services</b> 2pm-4pm <b>Quiet Time</b> 5pm-6:30pm <b>Problem Gambling Screening Event</b> 5:30pm-7:30pm <b>March Madness: Mario Cart Tournament!</b>	7 10am <b>Somatic Release Breathwork</b> 12pm-2pm <b>Quiet Time</b> 2pm-3pm <b>Thinking Anew: Monthly Journaling Workshop Series *First Saturday of Every Month *</b>
8	9	10 12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-8pm <b>Co-Dependents Anonymous * (Bi-Weekly) *</b> 6:30pm-7:30pm <b>Compassionate Yoga</b>	11 2pm-4pm <b>Quiet Time</b> 5pm-6pm <b>Wired Differently: Dual Diagnosis Peer Support Group</b> 6:30pm-7:30pm <b>Alcoholics Anonymous</b>	12 12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-7:30pm <b>Reiki for Recovery</b>	13 12pm-5:30pm <b>SHERPA Integrated Prevention Services</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-8pm <b>Guided Gong Therapy Meditation</b>	14 12pm-2pm <b>Quiet Time</b> 4pm-5:30pm <b>Back to the 80's: Trivia Challenge</b>
15	16	17 <b>St. Patrick's Day</b>	18	19	20	21
		22 12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-7:30pm <b>Compassionate Yoga</b>	23 2pm-4pm <b>Quiet Time</b> 5pm-6pm <b>Wired Differently: Dual Diagnosis Peer Support Group</b> 6:30pm-7:30pm <b>Alcoholics Anonymous</b>	24 12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 5:30pm-6:30pm <b>Oneness Blessing Meditation Circle</b>	25 12pm-5:30pm <b>SHERPA Integrated Prevention Services</b> 2pm-4pm <b>Quiet Time</b> 6:30-7:30 <b>Narcan Training</b>	26 10am <b>Gentle Yoga + Meditation</b> 12pm-2pm <b>Quiet Time</b> 2pm-3pm <b>Chair Yoga</b> <b>**Space is limited, pre-registration required to attend**</b>
22	23	24 12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-8pm <b>Co-Dependents Anonymous * (Bi-Weekly) *</b> 6:30pm-7:30pm <b>Compassionate Yoga</b>	25 2pm-4pm <b>Quiet Time</b> 5pm-6pm <b>Wired Differently: Dual Diagnosis Peer Support Group</b> 6:30pm-7:30pm <b>Alcoholics Anonymous</b>	26 12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 5:30pm-6:30pm <b>Sound Journey</b>	27 12pm-5:30pm <b>SHERPA Integrated Prevention Services</b> 2pm-4pm <b>Quiet Time</b> 5:30pm-9:30pm <b>An Evening Celebrating the Life of Rich Buckman @ Hauppauge THRIVE</b>	28 12-2pm <b>Quiet Time</b> 2pm-5pm <b>THRIVE: Hobby Hangout *Last Saturday of Every Month*</b>
29	30	31				
		12:30pm-1:00pm <b>Breath Work and Meditation</b> 2pm-4pm <b>Quiet Time</b> 6:30pm-7:30pm <b>Compassionate Yoga</b>			<b>SHERPA Integrated Prevention Services:</b> 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.	<b>THRIVE'S Certified Recovery Peer Advocates</b> are available to support <b>YOU</b> 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 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 US (New York)

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

**Grief & Loss: Peer-Led Support Group: 1<sup>st</sup> 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.

**Reiki for Recovery: Thursday, March 12<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-1983634333690?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>

[campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile](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 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, March 19<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-1982809779426?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.

**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.

**Problem Gambling Screening Event: Friday, March 6<sup>th</sup> @ 5pm-6:30pm:** Brief screens can help people decide whether to seek formal evaluation of their gambling behavior. THRIVE will offer a brief screening to participants prior to and during the Mario Kart Game NIGHT. This is in order to highlight the growing presence of Gambling among the SUD community during Problem Gambling Awareness Month. For more resources on Problem Gambling, please visit: <https://nyproblemgamblinghelp.org/long-island/>

**March Madness: Mario Kart Tournament: Friday, March 6<sup>th</sup> @ 5:30pm-7:30pm:** Are you competitive? Have you played Mario Kart for way too long? Test your skills in this two-hour tournament. Are you competitive? Have you played Mario Kart for way too long? Test your skills in this two-hour tournament. Socialize with others in recovery and be an active audience member or participate for a chance to win a prize. Prizes will be given to 1st, 2nd, and 3rd place. There are only 16 spots, so sign up now. Light refreshments and snacks will be served. We're playing on Nintendo Switch. If you have one, bring your own pro controller. Pre-registration is required to attend, please use the Eventbrite link provided: <https://www.eventbrite.com/e/march-madness-mario-kart-tournament-tickets-1982911400377?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, March 13<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-1982810023155?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile> or email [Christianne@hugsinc.org](mailto:Christianne@hugsinc.org). If you need a ride to our center, please call (631) 822 3397.

**East End Narcan Training: Friday, March 20<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+.

**An Evening Celebrating the Life of Rich Buckman: Friday, March 27<sup>th</sup> @ 5:30pm-9pm.** This event will be held at THRIVE Hauppauge, please check the THRIVE website for more information.

## SATURDAY

**Quiet Time: 12pm-2pm.** See Tuesday for description.

**Thinking Anew: Monthly Journaling Workshop: 1<sup>st</sup> 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, March 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-1983633714839?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile> or email [Christianne@hugsinc.org](mailto:Christianne@hugsinc.org).

**Back to the 80's: Trivia Challenge: Saturday, March 14<sup>th</sup> @ 4pm-5:30pm:** We've traveled to the 90s, explored Y2K and the 2010's, but it's time we go back... back to the 80's! We've traveled to the 90s, explored Y2K and the 2010's, but it's time we go back... back to the 80's! Join us for an ultimate test of your knowledge of the most radical decade. Dressing for the time period is highly encouraged! Prizes will be given to 1st, 2nd, and 3rd place. Light snacks and beverages will be served. This event is free and 18+. Pre-registration is required, please use the Eventbrite link provided: <https://www.eventbrite.com/e/back-to-80s-trivia-tickets-1982911497668?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.

**Gentle Yoga + Meditation: Saturday, March 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-1982809574814?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile> or email [Christianne@hugsinc.org](mailto:Christianne@hugsinc.org).

**Chair Yoga: Saturday, March 21<sup>st</sup> @ 2pm-3pm:** Whether you're new to yoga or simply looking for a gentle way to move, this class meets you where you are. Join us for an accessible yoga practice at East End THRIVE. Whether you're new to yoga or simply looking for a gentle way to move, this class meets you where you are. No experience necessary - all are welcome. 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/chair-yoga-at-east-end-thrive-tickets-1983024013205?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.

**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!**