



# East End THRIVE June 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	4	5	6
		12:30pm-1:00pm <a href="#">Breath Work and Meditation</a> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga 6:30pm-8pm Co-Dependents Anonymous <b>*(Bi-Weekly) *</b>	2pm-4pm Quiet Time 5pm-6pm <a href="#">Wired Differently: Dual Diagnosis Peer Support Group</a> 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <a href="#">Breath Work and Meditation</a> 2pm-4pm Quiet Time 6:30pm-7:30pm Grief & Loss: Peer-Led Support Group <b>*First Thursday of Every Month *</b>	2pm-4pm Quiet Time 6:30pm-7:30pm Serenity Through Artistry: Open Creativity Hour <b>*New Workshop*</b>	12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series <b>*First Saturday of Every Month *</b>
7	8	9	10	11	12	13
		12:30pm-1:00pm <a href="#">Breath Work and Meditation</a> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 5pm-6pm <a href="#">Wired Differently: Dual Diagnosis Peer Support Group</a> 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <a href="#">Breath Work and Meditation</a> 2pm-4pm Quiet Time 5:30pm-6:30pm Oneness Blessing Meditation	2pm-4pm Quiet Time 6:30-8pm Guided Gong Therapy Mediation	12pm-2pm Quiet Time 2pm-4pm Get Arty! Paint Party! <b>**Space is limited, Pre-registration Required**</b>
14	15	16	17	18	19	20
		12:30pm-1:00pm <a href="#">Breath Work and Meditation</a> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga 6:30pm-8pm Co-Dependents Anonymous <b>*(Bi-Weekly) *</b>	2pm-4pm Quiet Time 5pm-6pm <a href="#">Wired Differently: Dual Diagnosis Peer Support Group</a> 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <a href="#">Breath Work and Meditation</a> 2pm-4pm Quiet Time 6:30pm-7:30pm Sound Journey	2pm-4pm Quiet Time 6:30-7:30pm East End Narcan Training	8:30 am Green Therapy @ Lavender by the Bay in Calverton 12pm-2pm Quiet Time 2:30pm-5pm Celebration of PRIDE! <b>**Special Pride Month Event**</b>
21	22	23	24	25	26	27
		12:30pm-1:00pm <a href="#">Breath Work and Meditation</a> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 5pm-6pm <a href="#">Wired Differently: Dual Diagnosis Peer Support Group</a> 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <a href="#">Breath Work and Meditation</a> 2pm-4pm Quiet Time 6:30pm-7:30pm Reiki for Recovery	2pm-4pm Quiet Time 5:30pm-7:30pm Sober Movie Night!	10am Somatic Release Breathwork 12-2pm Quiet Time 2pm-5pm THRIVE: Hobby Hangout <b>*Last Saturday of Every Month*</b>
28	29	30				
		12:30pm-1:00pm <a href="#">Breath Work and Meditation</a> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga 6:30pm-8pm Co-Dependents Anonymous <b>*(Bi-Weekly) *</b>	<b>SHERPA- Integrated Prevention Services:</b> In-person FREE confidential HIV, Hepatitis C, STI's testing and linkage to treatment. PrEP/PEP screenings and linkage to providers. Available by appointment! Please call: 631-822-3397.		<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. Walk-ins Welcome!	

\*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.

**Oneness Blessing Meditation Circle: Thursday, June 11<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/1989327652560?aff=oddtcreator>. If you need transportation, please call: 631-822-3397.

**Sound Journey: Thursday, June 18<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/1989327756872?aff=oddtcreator>. If you have any questions, please email Christianne at [events@hugsinc.org](mailto:events@hugsinc.org).

**Reiki for Recovery: Thursday, June 25<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/1989663548233?aff=oddtcreator> or call (631) 822-3397.

## FRIDAY

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

**Serenity Through Artistry: Open Creativity Hour: Friday, June 5<sup>th</sup> @ 6:30pm-7:30pm:** Stretch those creative muscles! Join us for an open art session. All supplies are 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/1989329763875?aff=oddtcreator> or call (631) 822-3397 for more information.

**Guided Gong Therapy Meditation: Friday, June 12<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/1989327814043?aff=oddtcreator> or email Christianne at [events@hugsinc.org](mailto:events@hugsinc.org). If you need a ride to our center, please call (631) 822 3397.

**East End Narcan Training: Friday, June 19<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+. We ask that you pre-register for this event using the Eventbrite link provided here: <https://www.eventbrite.com/e/1989663371705?aff=oddtcreator>.

**Sober Movie Night: Friday, June 26<sup>th</sup> @ 5:30pm-7:30pm:** Join us at East End THRIVE for a sober movie night! Snacks and refreshments will be provided. This event is **FREE, 18+, and all are welcome to attend!** Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/1989328240318?aff=oddtcreator> or call (631) 822-3397 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.

**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!**

**Get Art: Paint Party: Saturday, June 13<sup>th</sup> @ 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/1987140056401?aff=oddtcreator>. Free, 18+, and all are welcome to attend!

**Green Therapy @ Lavender by the Bay: Saturday, June 20<sup>th</sup> @ 8:30am:** Join East End THRIVE at Lavender by the Bay in Calverton for a beautiful morning of mindfulness in nature. Take in the sights and scents that nature has to offer at the lavender farm. You will not regret attending this free workshop!! Pre-registration is required, please use the Eventbrite link provided: <https://www.eventbrite.com/e/1989327922367?aff=oddtcreator>. If you need transportation to this event, please call 631-822-3397. The address for this event is: **Lavender by the Bay, 47 Manor Rd, Calverton NY.**

**Celebration of Pride: Saturday, June 20<sup>th</sup> @ 2:30pm-5pm:** Join us at East End THRIVE to celebrate Pride Month! We will be playing your favorite pride hits (old and new), Karaoke, and Just Dance! We will also be providing a catered lunch and refreshments. Pre-registration is required, please use Eventbrite link provided: <https://www.eventbrite.com/e/1989328835097?aff=oddtcreator>. This event is **FREE, 18+, and all are welcome to attend!**

**Somatic Release Breathwork: Saturday, June 27<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/1989325335630?aff=oddtcreator> or email Christianne at [events@hugsinc.org](mailto:events@hugsinc.org).

