



# East End THRIVE May 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
	<p><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.</p>		<p><b>THRIVE'S Certified Recovery Peer Advocates</b> are available to support YOU on your Recovery journey.            Call us at 631-822-3397. To schedule with one of THRIVE'S Recovery Coaches.</p>		<p>12pm-5:30pm <b>SHERPA-Integrated Prevention Services</b>            2pm-4pm <b>Quiet Time</b>            6:30-8pm <b>Guided Gong Therapy Mediation</b></p>	<p>10am-1pm <b>Spring Renewal: A Morning of Healing &amp; Community on Shelter Island</b>            12pm-2pm <b>Quiet Time</b>            2pm-3pm <b>Thinking Anew: Monthly Journaling Workshop Series</b> *First Saturday of Every Month *</p>
3	4	5	6	7	8	9
		<p>12:30pm-1:00pm <b>Breath Work and Meditation</b>            2pm-4pm <b>Quiet Time</b>            6:30pm-7:30pm <b>Compassionate Yoga</b>            6:30pm-8pm <b>Co-Dependents Anonymous</b> *(Bi-Weekly) *</p>	<p>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></p>	<p>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</b>*First Thursday of Every Month *</p>	<p>12pm-5:30pm <b>SHERPA - Integrated Prevention Services</b>            2pm-4pm <b>Quiet Time</b></p>	<p>10am <b>Somatic Release Breathwork</b>            12pm-2pm <b>Quiet Time</b>            3pm-5pm <b>Mandala Art Therapy Workshop</b></p>
10	11	12	13	14	15	16
		<p>12:30pm-1:00pm <b>Breath Work and Meditation</b>            2pm-4pm <b>Quiet Time</b>            6:30pm-7:30pm <b>Compassionate Yoga</b></p>	<p>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></p>	<p>12:30pm-1:00pm <b>Breath Work and Meditation</b>            2pm-4pm <b>Quiet Time</b>            5:30pm-6:30pm <b>Oneness Blessing Meditation</b></p>	<p>12pm-5:30pm <b>SHERPA-Integrated Prevention Services</b>            2pm-4pm <b>Quiet Time</b>            6:30-7:30pm <b>East End Narcan Training</b></p>	<p>12pm-2pm <b>Quiet Time</b>            4pm-5:30pm <b>Summer: Mini Wreath Decorating Workshop</b> **Supplies are limited, pre-registration required to attend**</p>
17	18	19	20	21	22	23
		<p>12:30pm-1:00pm <b>Breath Work and Meditation</b>            2pm-4pm <b>Quiet Time</b>            6:30pm-7:30pm <b>Compassionate Yoga</b>            6:30pm-8pm <b>Co-Dependents Anonymous</b> *(Bi-Weekly) *</p>	<p>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></p>	<p>12:30pm-1:00pm <b>Breath Work and Meditation</b>            2pm-4pm <b>Quiet Time</b>            6:30pm-7:30pm <b>Sound Journey</b></p>	<p>12pm-5:30pm <b>SHERPA - Integrated Prevention Services</b>            2pm-4pm <b>Quiet Time</b>            6:30pm-7:30pm <b>Reiki for Recovery</b></p>	<p>12-2pm <b>Quiet Time</b>            2pm-3:30pm <b>Comfort Therapy Dogs</b></p>
24/31	25	26	27	28	29	30
	<p><b>Memorial Day</b></p>	<p>12:30pm-1:00pm <b>Breath Work and Meditation</b>            2pm-4pm <b>Quiet Time</b>            6:30pm-7:30pm <b>Compassionate Yoga</b></p>	<p>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></p>	<p>12:30pm-1:00pm <b>Breath Work and Meditation</b>            2pm-4pm <b>Quiet Time</b></p>	<p>12pm-5:30pm <b>SHERPA-Integrated Prevention Services</b>            2pm-4pm <b>Quiet Time</b>            5:30pm-7:30pm <b>Community Pizza Party!</b></p>	<p>10am-11am <b>Gentle Yoga + Meditation</b>            11:15am-12:30pm <b>Art for Emotional Healing</b>            2pm-5pm <b>THRIVE: Hobby Hangout</b> *Last Saturday of Every Month *</p>

\*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.

**Codopendents 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: 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.

**Oneness Blessing Meditation Circle: Thursday, May 14th @ 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/1987135323244?aff=oddtcreator>. If you need a ride to our center, please call: 631-822-3397.

**Sound Journey: Thursday, May 21st @ 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/1987135082524?aff=oddtcreator>. If you have any questions, please email Christianne at [events@hugsinc.org](mailto:events@hugsinc.org).

## 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, May 1st @ 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/1987134148731?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, May 15th @ 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/198784969037?aff=oddtcreator>.

**Reiki for Recovery: Friday, May 22nd @ 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/1987458630264?aff=oddtcreator> or call (631) 822-3397 for more information.

**East End Community Pizza Party: Friday, May 29th @ 5:30pm-7:30pm:** Get ready to munch on some delicious pizza and connect with the East End community at the THRIVE Pizza Party!! Enjoy friendly fellowship, food, and refreshments! All are welcome to attend. 18+. We ask that you pre-register to attend, please use the Eventbrite link provided here: <https://www.eventbrite.com/e/1987135418529?aff=oddtcreator> or call (631) 822-3397 for more information.

## 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.

**Spring Renewal: A Morning of Healing & Community on Shelter Island: Saturday, May 2nd @ 10:30am-12:30pm:** Join us for a very special pop-up wellness workshop in collaboration with the Town of Shelter Island! Whether you're on your own recovery journey, supporting a loved one, or simply seeking restoration, you belong here. Together, we'll create a safe and welcoming space designed to nourish mind, body and spirit. **Programming includes:** Kundalini Yoga & Meditation, Healing Gong Therapy, Gentle Movement + Stretching, and to go nourishing community lunch. Doors open at 10:00 AM | Programming begins at 10:30 AM. This offering is free and open to all 18+. Space is limited and pre-registration is required, please sign up through Eventbrite link provided here: <https://www.eventbrite.com/e/1986010638281?aff=oddtcreator>.

**Somatic Release Breathwork: Saturday, May 9th @ 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/1987134936086?aff=oddtcreator> or email Christianne at [events@hugsinc.org](mailto:events@hugsinc.org).

**Mandala Art Therapy Workshop: Saturday, May 9th @ 3pm-5pm:** Join us for a guided workshop to create and paint your own mandala! Mandalas have been used for centuries in various cultures for meditation and spiritual practices. Carl Jung recognized it as a powerful psychological tool, helping his patients to externalize their inner states, and work through emotional difficulties. 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/1987136113608?aff=oddtcreator>. If you need a ride to our center, please call (631) 822 3397.

**Summer: Mini Wreath Decorating Workshop: Saturday, May 16th @ 4pm-5:30pm:** Create your own summer wreath with all supplies provided in this hands-on workshop celebrating creativity and community. There's something about working with your hands that settles the mind in ways nothing else can. This workshop is FREE, 18+, and all are welcome to attend! Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/1987136360346?aff=oddtcreator>. If you need a ride to our center, please call (631) 822 3397.

**Comfort Therapy Dogs: Saturday, May 23rd @ 2pm-3:30pm:** Come experience the calming presence of certified therapy dogs in this special workshop designed to promote wellness, reduce stress, and support recovery. Whether you're a dog lover or simply curious, this workshop offers a warm welcoming space for connection, comfort, and community. Free & 18+.

**Gentle Yoga + Meditation: Saturday, May 30th @ 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/1987135189845?aff=oddtcreator> or email Christianne at [events@hugsinc.org](mailto:events@hugsinc.org).

**Art for Emotional Healing: Saturday, May 30th @ 11:15am-12:30pm:** Connect with your inner landscape and express yourself through art. 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/1987742987785?aff=oddtcreator> or email Christianne at [events@hugsinc.org](mailto: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!**