



# East End THRIVE July 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 <i>Independence Day</i>
	<div style="border: 1px solid purple; padding: 5px; text-align: center;"> <p><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!</p> </div>		<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>2pm-4pm <b>Quiet Time</b>                      5:30pm-7:00pm <b>Comfort Therapy Dogs</b></p>	<p>Closed in Observance of the 4<sup>th</sup> of July Holiday</p>
5	6	7	8	9	10	11
		<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>                      5pm-7pm <b>Serenity Through Artistry</b></p>	<p>2pm-4pm <b>Quiet Time</b>                      6:30-8pm <b>Guided Gong Therapy Meditation</b></p>	<p>12pm-2pm <b>Quiet Time</b>                      11am-3pm <b>D.I.Y. Spa Retreat</b> **pre-registration required; space is limited**</p>
12	13	14	15	16	17	18
		<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>2pm-4pm <b>Quiet Time</b>                      6pm-8pm <b>Get Arty: Paint Party!</b> **pre-registration required; space is limited**</p>	<p>12pm-2pm <b>Quiet Time</b>                      3:30pm-5:30pm <b>Building Blocks to Recovery: Block Building Workshop</b></p>
19	20	21	22	23	24	25
		<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>                      6:30pm-7:30pm <b>Oneness Blessing Meditation</b></p>	<p>2pm-4pm <b>Quiet Time</b>                      6:30pm-7:30pm <b>East End Narcan Training</b></p>	<p>10:30am <b>Movement &amp; Gong Therapy</b>                      12pm-2pm <b>Quiet Time</b>                      2pm-5pm <b>THRIVE: Hobby Hangout</b> *Last Saturday of Every Month*</p>
26	27	28	29	30	31	
		<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></p>	<p>2pm-4pm <b>Quiet Time</b>                      6pm <b>Stand Up Paddle Boarding in Westhampton Beach</b>                      6:30pm-7:30pm <b>Reiki for Recovery</b></p>	<div style="border: 1px solid black; padding: 5px;"> <p><b>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.</p> </div>

\*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.

**Please note: The July 7<sup>th</sup> session of Compassionate Yoga is cancelled and will return on July 14<sup>th</sup>.**

**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.

**Serenity Through Artistry: Thursday, July 9<sup>th</sup> @ 5:30pm-7:30pm:** Stretch those creative muscles! Join us for an open art session. Bring your own art piece to work on or use the provided supplies and art prompts. 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/1992095756032?aff=oddtcreator>

or call (631) 822-3397 for more information.

### **Oneness Blessing Meditation Circle: Thursday, July 16<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/1991496583892?aff=oddtcreator> or email Christianne @ [events@hugsinc.org](mailto:events@hugsinc.org).

**Sound Journey: Thursday, July 23<sup>rd</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/1991496770450?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.

**Comfort Therapy Dogs: Friday, July 3<sup>rd</sup> @ 5:30pm-7:00pm:** 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+.

**Guided Gong Therapy Meditation: Friday, July 10<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/1991494611994?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.

**Get Arty: Paint Party: Friday, July 17<sup>th</sup> @ 6pm-8pm:** 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 provided here to pre-register: <https://www.eventbrite.com/e/1991497418388?aff=oddtcreator> or call (631) 822-3397 for more information. Free, 18+, and all are welcome to attend!

**Reiki for Recovery: Friday, July 24<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/1992155779564?aff=oddtcreator> or call (631) 822-3397.

**Stand-Up Paddle Boarding Therapy in Westhampton Beach: Friday, July 31<sup>st</sup> @ 6pm:** Stand up paddle boarding is naturally a very mindful, stress-busting experience. Gentle rhythmic movement, the sound of the water flowing while away from the busyness of our worlds, this is the perfect environment to learn and develop your mindfulness and meditative skills. Together we'll explore ways to bring a mindful presence to all aspects of stand-up paddling safely to bring

ourselves closer to nature, reduce stress and anxiety and get more out of an already mindful experience. This experience is free and open to everyone ages 18+. Pre-registration is required, please use the Eventbrite link provided: <https://www.eventbrite.com/e/1991493930957?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. The address for this event is: **1 Liberty Avenue, Westhampton Beach, NY 11978.**

**East End Narcan Training: Friday, July 31<sup>st</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/1991497725306?aff=oddtcreator> or call (631) 822-3397 for more information.

## SATURDAY

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

**\*\*Please note: The Thinking Anew workshop is cancelled for July and will be back the 1<sup>st</sup> Saturday in August**

**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.

**D.I.Y. Spa Retreat: Saturday, July 11<sup>th</sup> @ 11am-3pm:** Join East End THRIVE for a relaxing DIY Spa Day filled with self-care, creativity, and restoration. Throughout the day, participants will create their own sugar scrub and lotion, make a calming serenity bag with herbs, charms, and beads, and close with a peaceful sound healing session led by Jenny.

Schedule of events: **11:00 AM: Create Your Own Sugar Scrub & Lotion**  
**12:45 PM: Create Your Own Serenity Bag**  
**2:00 PM: Sound Healing with Jenny**

Spaces and materials are limited, so please reserve your spot in advance. Please use the Eventbrite link provided here to register: <https://www.eventbrite.com/e/1991496408367?aff=oddtcreator> or call (631) 822-3397 for more information. This event is FREE, 18+, and

**Building Blocks to Recovery: Block Building Workshop: Saturday, July 18<sup>th</sup> @ 12pm-1:30pm:** Join us for Building Blocks to Recovery, a collaborative block building workshop for adults 18+ and older. Participants will build a mini block kit, connect with others, and take home their finished project. This workshop offers a simple, hands-on way to reduce stress, support concentration, encourage creativity, and find joy in small accomplishments. Materials are limited, so please reserve your spot in advance using the Eventbrite link provided here: <https://www.eventbrite.com/e/1991498188692?aff=oddtcreator> or call (631) 822-3397 for more information.

**Movement & Gong Therapy: Saturday, July 25<sup>th</sup> @ 10:30am:** 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 here: <https://www.eventbrite.com/e/1991498363214?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!**

