



East End THRIVE August 2026 Calendar FCA

FAMILY & CHILDREN'S ASSOCIATION

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

680 Elton Street, Riverhead, NY 11901

631-822-3397

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
		<u>THRIVE'S Certified Recovery Peer Advocates</u> are available to support <u>YOU</u> on your Recovery journey. Call us at: 631-822-3397. To schedule with one of THRIVE'S Recovery Coaches. Walk-ins Welcome!		<u>Integrated Prevention Services:</u> 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.		12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series *First Saturday of Every Month *
2	3	4	5	6	7	8
		12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga @ Canceled	2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Grief & Loss: Peer-Led Support Group *First Thursday of Every Month *	2pm-4pm Quiet Time 6:30-8pm Guided Gong Therapy Meditation	10am Somatic Release Breathwork 12pm-2pm Quiet Time 2pm-4pm Get Arty: Paint Party! **pre-registration required; space is limited**
9	10	11	12	13	14	15
		12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga 6:30pm-8pm Co-Dependents Anonymous *(Bi-Weekly) *	2pm-4pm Quiet Time 5pm-6pm Drop in Pizza Party! 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 5:30pm-6:30pm Oneness Blessing Meditation Circle	2pm-4pm Quiet Time 6pm-7:30pm Comfort Therapy Dogs	12pm-2pm Quiet Time 12pm-1:30pm Healing Through Singing Bowls **pre-registration required; space is limited**
16	17	18	19	20	21	22
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23/30	24/31	25	26	27	Overdose Awareness Day 28	
		12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga 6:30pm-8pm Co-Dependents Anonymous *(Bi-Weekly) *	2pm-4pm Quiet Time 5pm-6pm Drop in Pizza Party! 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm <u>Breath Work and Meditation</u> 2pm-4pm Quiet Time 6pm Stand Up Paddle Boarding in Westhampton Beach **pre-registration required; space is limited**	2pm-4pm Quiet Time 10am-12pm International Overdose Awareness Day Candle Lighting Remembrance @ Hauppauge THRIVE 6:30pm-7:30pm East End Overdose Awareness Narcan Training 7pm Night of Remembrance Vigil @ Westbury THRIVE	12pm-2pm Quiet Time 2pm-5pm THRIVE: Hobby Hangout *Last Saturday of Every Month *

*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVErecovery/> & Instagram @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 August 4th session of Compassionate Yoga is cancelled and will return the following week!

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: The 1st & 3rd Wednesday of Each Month @ 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 only!

Drop in Pizza Party: The 2nd and 4th Wednesday of Each Month: Join us at East End THRIVE for a drop in pizza party. We will be providing pizza, salad, side dishes, and refreshments. Eat it at the center or take it to go! This event is free, 18+, and all are welcome to attend. Please use the Eventbrite link provided here to register: <https://www.eventbrite.com/e/1995196408166?aff=oddtcreator>.

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, August 13th @ 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 here: <https://www.eventbrite.com/e/1994484695414?aff=oddtcreator> or email Christianne @ events@hugsinc.org.

Sound Journey: Thursday, August 20th @ 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/1994483476769?aff=oddtcreator> If you have any questions, please email Christianne at events@hugsinc.org.

Stand-Up Paddle Boarding Therapy in Westhampton Beach: Thursday, August 27th @ 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/1994484711462?aff=oddtcreator> or email Christianne at events@hugsinc.org. If you need a ride to our center, please call (631) 822 3397. The address for this event is: 1 Library Avenue, Westhampton Beach, NY 11978.

FRIDAY

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

Guided Gong Therapy Meditation: Friday, August 7th @ 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/1994485042452?aff=oddtcreator> or email Christianne at events@hugsinc.org. If you need a ride to our center, please call (631) 822 3397.

Comfort Therapy Dogs: Friday, August 14th @ 6pm-7:30pm: 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+. Please use the Eventbrite link provided to pre-register: <https://www.eventbrite.com/e/1994485129713?aff=oddtcreator>.

Serenity Through Artistry: Friday, August 21st @ 5pm-7pm: 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. 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/1995197151389?aff=oddtcreator>.

Overdose Awareness Day, Candle Lighting Remembrance @ Hauppauge THRIVE: Friday, August 28th @ 10am-12pm: Please call Hauppauge THRIVE for more details at: (631) 822-3396.

East End Overdose Awareness Narcan Training: Friday, August 28th @ 6:30pm-7:30pm: Join us as East End THRIVE for a FREE training on how to properly administer Naloxone (Narcan). Narcan is the brand name for 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+ or call (631) 822-3397 for more information. To pre-register, please use the Eventbrite link provided: <https://www.eventbrite.com/e/1995476179971?aff=oddtcreator>.

Night of Remembrance Vigil @ Westbury THRIVE: Friday, August 28th @ 7pm: Please call Westbury THRIVE for more details at: (631) 756-7600.

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, August 8th @ 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/1994484851882?aff=oddtcreator> or email Christianne at events@hugsinc.org.

Get Arty: Paint Party: Saturday, August 8th @ 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/1994484811762?aff=oddtcreator> Free, 18+, and all are welcome to attend!

Healing Through Singing Bowls: Saturday, August 15th @ 12pm-1:30pm: Join us for an educational workshop on connecting with crystal singing bowls. You will be guided through simple - yet powerful techniques in healing sound. As always, you will be supported in a judgement free environment. Space is limited, so reserve your spot using the Eventbrite link provided: <https://www.eventbrite.com/e/1995475737648?aff=oddtcreator>. Sound bowls and mallets provided. 18+ Only.

Gemstones and how they rock: Saturday, August 22nd @ 1pm-2:30pm: Join us at East End THRIVE for a fun and enlightening workshop with our special guest, Maria, as she guides you through the enchanting world of crystals and gemstones. As a special keepsake, each workshop participant will have the opportunity to choose and take home their own selection of gemstones and crystals. You will discover the unique properties of a variety of gemstones and explore their holistic uses for wellness, mindfulness, and personal growth. This workshop is FREE, 18+, and all are welcome to attend. Pre-registration is required to attend, please use the Eventbrite link provided here: <https://www.eventbrite.com/e/1994485755585?aff=oddtcreator>

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!

