



East End THRIVE September 2026 Calendar



680 Elton Street, Riverhead, NY 11901

631-822-3397

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

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
	NATIONAL RECOVERY MONTH <i>Recovery is possible!</i>	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous	EE Opening at 3:30pm 12:30pm-1:00pm Breath Work and Meditation -Virtual Only 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	12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series *First Saturday of Every Month * 3:30pm-5pm Comfort Therapy Dogs
6	Labor Day	7	8	9	10	11
		12:30pm-1:00pm Breath Work and Meditation 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 Breath Work and Meditation 2pm-4pm Quiet Time 6:30-7:30pm Sound Journey	2pm-4pm Quiet Time 5:30pm-7:30pm Serenity Through Tie Dye	10am Green Therapy & Hike 12pm-2pm Quiet Time 2pm-3pm Zumba Fitness for Recovery! **pre-registration required; space is limited**
13	14	15	16	17	18	19
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 5:30pm Somatic Release Breathwork	East End Closed	12pm-2pm Quiet Time 2pm-3:30pm Just Dance for Recovery!
20	21	22	23	24	25	26
		12:30pm-1:00pm Breath Work and Meditation 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 Breath Work and Meditation 2pm-4pm Quiet Time 5:30pm-6:30pm Oneness Blessing Meditation Circle	2pm-4pm Quiet Time 6pm-8pm Get Arty: Paint Party! **pre-registration required; space is limited**	12pm-2pm Quiet Time 2pm-5pm THRIVE: Hobby Hangout *Last Saturday of Every Month*
27	28	29	30	Integrated Prevention Services: In-person FREE confidential HIV, Hepatitis C, STI's testing and linkage to treatment. PrEP/PEP screenings and linkage to providers. Available by appointment!		THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Call us at: 631-822-3397. To schedule with one of THRIVE'S Recovery Coaches. Walk-ins Welcome!
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Compassionate Yoga	2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous			

*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.

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+.

Please note: The September 8th session of Compassionate Yoga is cancelled and will return on September 15th.

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 and refreshments. Eat it at the center or take it to go! This event is free, 18+, and all are welcome to attend. This event is first come first serve!

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.

Sound Journey: Thursday, September 10th @ 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/1997925809880?aff=oddtcreator>. If you have any questions, please email Christianne at events@hugsinc.org.

Somatic Release Breathwork: Thursday, September 17th @ 5:30pm: 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/1998249588310?aff=oddtcreator> or email Christianne at events@hugsinc.org.

Oneness Blessing Meditation Circle: Thursday, September 24th @ 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/1997925317407?aff=oddtcreator> or email Christianne at events@hugsinc.org.

FRIDAY

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

Guided Gong Therapy Meditation: Friday, September 4th @ 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/1997925858024?aff=oddtcreator> or email Christianne at events@hugsinc.org. If you need a ride to our center, please call (631) 822 3397.

Serenity Through Tie Dye: Friday, September 11th @ 5:30pm-7:30pm: Stretch those creative muscles! Join us for a free tie dye workshop. Bring your t-shirt to dye or use one of ours! All supplies are provided!! Wear old clothing that you won't mind getting dye on. This experience is FREE and open to everyone ages

18+ and will be held outdoors!! Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/1998390761563?aff=oddtcreator> or call (631) 822-3397 for more information.

Get Arty: Paint Party: Friday, September 25th @ 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/1998249099849?aff=oddtcreator> or call (631) 822-3397 for more information. Free, 18+, and all are welcome to attend!

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.

Comfort Therapy Dogs: Saturday, September 5th @ 3:30pm-5pm: 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+.

Green Therapy & Hike @ Terrell County Park in Center Moriches: Saturday, September 12th @ 10am: Join us for a hike at this scenic trail on the south shore of Long Island. We will meet in the parking lot at the head of the trail. Hike will begin promptly at 10am, so please arrive 10 minutes early. Please wear appropriate footwear, attire, and water. This experience is free and open to everyone ages 18+. Pre-registration is required, please use the Eventbrite link provided here: <https://www.eventbrite.com/e/1998389684341?aff=oddtcreator>.

Zumba Fitness for Recovery: Saturday, September 12th @ 2pm-3pm: Join us for a FREE Zumba class with ZIN instructor Rosa! This is a class where intentional movement, music, and connection meet to create a full mind-body experience. Recovery through dance fitness can be just as fun as it is effective! Wear comfortable clothing for movement, sneakers, and bring a water bottle! 18+ only. Spots are limited, so sign up today! Please use the Eventbrite link provided to pre-register: <https://www.eventbrite.com/e/1998252056693?aff=oddtcreator> or call 631-822-3397 for more information.

Just Dance for Recovery: Saturday, September 19th @ 2pm-3:30pm: Join us at East End THRIVE to celebrate Recovery Month with a fun movement-based video game, where you dance along to your favorite songs for points! Just Dance is beginner friendly, all you need is your phone to play! Dress comfortably for movement - sneakers, sweatpants, or leggings, etc. - and bring a water bottle! 18+ only! Pre-registration is required, sign up through Eventbrite link provided: <https://www.eventbrite.com/e/1998251534130?aff=oddtcreator> or call 631-822-3397 for more information.

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!**