East End THRIVE October 2026 Calendar

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

Check back of calendar for group descriptions and online meeting links!

FAMILY & CHILDREN'S ASSOCIATION

680 Elton Street, Riverhead, NY 11901

631-822-3397

Need a FREE ride? Call: (631) 822-3397

Tuesday – Friday, 12pm-8pm & Saturday, 10am-6pm

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!

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! Please call: 631-822-3397.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Grief & Loss: Peer-Led Support Group *First Thursday of Every Month *	2 2pm-4pm Quiet Time 6:30pm-8pm Guided Gong Therapy Mediation	3 12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series *First Saturday of Every Month *
4	5	6 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) *	7 2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous	8 12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 5:30pm-6:30pm First Step to Happiness: *A Meditation Class* *New Workshop*	9 12pm-6pm SHERPA- Integrated Prevention Services 1pm-2pm 11th Step- Two-Way Prayer Meeting *New Group* 2pm-4pm Quiet Time ~~5:30pm-7:30pm *Open Mic Night!!*~~	10 11am Movement + Gong Therapy ~~12pm-2pm Quiet Time~~ 2pm-4pm Get Arty: Paint Party! Halloween Edition **pre-registration required; space is limited**
11	12 Indigenous People's Day	13 12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time ~~6:30pm-7:30pm Compassionate Yoga~~	14 2pm-4pm Quiet Time 5pm-6pm Drop- in Pizza Party! 6:30pm-7:30pm Alcoholics Anonymous	15 12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Sound Journey	16 12pm-6pm SHERPA- Integrated Prevention Services 1pm-2pm 11th Step- Two-Way Prayer Meeting 2pm-4pm Quiet Time 6pm-7:30pm Comfort Therapy Dogs	17 12pm-2pm Quiet Time ~~11am-12pm Chair Yoga~~ 12:30pm-1:30pm Mastering the Art of Cooking **pre-registration required; space is limited**
18	19	*Closing @ 4pm* 20 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) *~~	21 2pm-4pm Quiet Time 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group 6:30pm-7:30pm Alcoholics Anonymous	*Closing @6:30pm* 22 12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 5:30pm-6:30pm Oneness Blessing Meditation	23 12pm-6pm SHERPA- Integrated Prevention Services 1pm-2pm 11th Step- Two-Way Prayer Meeting 2pm-4pm Quiet Time ~~6:30pm-7:30pm East End Narcan Training~~	*Modified Hours* 24 *12pm-5pm* 12pm-2pm Quiet Time 12:30pm-2:30pm Autumn Wreath Making **pre-registration required; space is limited**
25	26	*Closing @ 4pm* 27 12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time ~~6:30pm-7:30pm Compassionate Yoga~~	28 2pm-4pm Quiet Time 6:30pm-7:30pm Alcoholics Anonymous	*Closing @7pm* 29 12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 5:30pm Somatic Release Breathwork Experience	30 12pm-6pm SHERPA- Integrated Prevention Services 1pm-2pm 11th Step Two-Way Prayer Meeting 2pm-4pm Quiet Time 5pm-7pm *Spooky Movie & Pizza Night!!!*	*Halloween* 31 *Delayed Opening @1pm* 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.

~~**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+.~~ ****On Hiatus****

WEDNESDAY

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

Wired Differently: Dual Diagnosis Peer Support Group: 1st & 3rd Wednesday for the Month of October at: 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!

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."

Drop- in Pizza Party: Wednesday, October 14th @ 5pm-6pm: 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 even is t first comes, first served! To pre-register, please use the Eventbrite link provided here: https://www.eventbrite.com/e/2000997484341?aff=oddtdtcreator.

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.

First Step to Happiness: A Meditation Class: Thursday, October 8th @ 5:30pm-6:30pm: Join us at THRIVE East End for First Step to Happiness, a one-hour introductory meditation class with North Fork Meditation. Through meditation and timeless wisdom, this class will explore the habits of mind that keep us searching for happiness outside ourselves and offer simple tools for cultivating greater peace, contentment, and well-being from within. No prior meditation experience is necessary! FREE and open to everyone ages 18+. Pre-registration is required, sign up through Eventbrite link provided: https://www.eventbrite.com/e/2001079019214?aff=oddtdtcreator or email Christiannne at Events@hugsinc.org . For Free Rides please call: 631) 822-3397.

Sound Journey: Thursday, October 15th @ 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/2000892273653?aff=oddtdtcreator. For questions, please email Christianne at events@hugsinc.org.

Oneness Blessing Meditation Circle: Thursday, October 22nd @ 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/2000892678865?aff=oddtdtcreator or email Christianne @ events@hugsinc.org.

Somatic Release Breathwork: Thursday, October 29th @ 5:30pm: Join us for a guided Somatic Release Breathwork experience with certified Somatic Release Breathwork practioner, 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/2001400575999?aff=oddtdtcreator or email Christianne at events@hugsinc.org.

FRIDAY

Integrated Prevention Services: **Every Friday 12pm-6pm**: In-person FREE confidential HIV, Hepatitis C, STI's testing and linkage to treatment. PrEP/PEP screenings and linkage to providers. Prevention kits are also available. ***Beginning on Friday, October 9th***

11th Step-Two-Way Prayer Meeting: Every Friday @ 1pm -2pm: A meditation and prayer group focusing on the 11th step. In-person and open. **A.A.** **** NEW Group* Beginning on Friday, October 9th***

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

Guided Gong Therapy Meditation: Friday, October 2nd @ 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=oddtdtcreator or email Christianne at events@hugsinc.org. If you need a ride to our center, please call (631) 822 3397.

~~**Open Mic Night: Friday, October 9th @ 5:30pm-7:30pm:** Join us at East End THRIVE for our first Open Mic Night. Whether you want to take the stage or simply come out and support the performers, all are welcome. Music, poetry, comedy, and other creative performances are encouraged. Light snacks and beverages will be served. This is a free event 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=oddtdtcreator or call (631) 822-3397. Equipment will be provided, including two microphones, a guitar, and a full PA system. ***Please note that: Performers should arrive by 5:30pm to sign up.*** *~~ **Cancelled***

Comfort Therapy Dogs: Friday, October 16th @ 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+.

~~**East End Narcan Training: Friday, October 23rd @ 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.~~ ***Cancelled***

Spooky Movie & Pizza Night: Friday, October 30th @ 5pm-7pm: Join us at East End THRIVE for a Spooky Movie Pizza Party! Enjoy a Halloween movie, pizza, popcorn, refreshments, and time together with the THRIVE community. Costumes are welcome and a movie title will be decided by vote. All are welcome to attend, FREE, & 18+. We ask that you pre-register for this event, please use the Eventbrite link provided here: https://www.eventbrite.com/e/2000998463269?aff=oddtdtcreator.

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.

Movement + Gong Therapy: Saturday, October 10th @ 11am: 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/2000892792204?aff=oddtdtcreator or email Christianne at Events@hugsinc.org.

Get Arty: Paint Party: Halloween Edition: Saturday, October 10th @ 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 provided here: https://www.eventbrite.com/e/2000996568602?aff=oddtdtcreator to pre-register: or call (631) 822-3397 for more information. Free, 18+, and all are welcome to attend!

~~**Chair Yoga: Saturday, October 17th @ 11am-12pm:** Whether you're new to yoga or simply looking for a gentle way to move, this class meets you where you are. Join us for an accessible yoga practice at East End THRIVE. No experience necessary - all are welcome. Pre-registration is required, sign up through Eventbrite link provided:~~ ***Cancelled***

Mastering the Art of Cooking: Saturday, October 17th @ 12:30pm-1:30pm: Experience the culinary expertise of local private chef and caterer 'Cuisine by Colleen'. Collen will be teaching a hands-on cooking class. During this workshop you will gain practical skills that will support you on your wellness journey. Pre-registration is required to attend, please use the Eventbrite link provided here: https://www.eventbrite.com/e/2001078061349?aff=oddtdtcreator. All are welcome to attend, Free, and 18+.

Autumn Wreath Making: Saturday October 24th @ 12:30pm-2:30pm: Create your own take home autumn wreath, all supplies will be provided. **For beginners there will be a wreath decoration demonstration at 12:45pm.** Space is limited, and pre-registered is required to attend. Please use the Eventbrite link provided here to register: https://www.eventbrite.com/e/2001400727452?aff=oddtdtcreator.

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!**