East End THRIVE December2026 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

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

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Early Closing @ 6pm 1	2	3	4	5
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	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 6pm-Candle Making @ Loide & Co in Riverhead **pre-registration required; space is limited** 6:30pm-7:30pm Grief & Loss: Peer-Led Support Group*First Thursday of Every Month *	12pm-6pm SHERPA- Integrated Prevention Services 2pm-4pm Quiet Time 6:30pm-8pm Guided Gong Therapy Mediation	12pm-2pm Quiet Time 2pm-3pm Thinking Anew: Monthly Journaling Workshop Series *First Saturday of Every Month *
6	7	*Early Closing @ 6pm* 8	9	10	11	*1st Day of Hannukah* 12
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time	2pm-4pm Quiet Time 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time 6:30pm-7:30pm Sound Journey	12pm-6pm SHERPA- Integrated Prevention Services 1pm-2pm 11th Step- Two-Way Prayer Meeting*New Group* 2pm-4pm Quiet Time 5:30pm-7:30pm Holiday Wreath Decorating	12pm-2pm Quiet Time 2pm-4pm Get Arty: Paint Party! Winter Holiday Edition **pre-registration required; space is limited**
13	14	*Early Closing @ 6pm* 15	16	*Opening @ 4pm* 17	18	19
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time	2pm-4pm Quiet Time 6:30pm-7:30pm Alcoholics Anonymous 5pm-6pm Wired Differently: Dual Diagnosis Peer Support Group	12:30pm-1:00pm Breath Work and Meditation *Virtual Only* ~~2pm-4pm Quiet Time~~ 5:30pm-6:30pm Oneness Blessing Meditation	12pm-6pm SHERPA- Integrated Prevention Services 1pm-2pm 11th Step- Two-Way Prayer Meeting 2pm-4pm Quiet Time 6pm-9:30pm Winter Celebration @ Hauppauge THRIVE	12pm-2pm Quiet Time 10am Somatic Release Breathwork 2pm-4pm Holiday Ornament Decorating
20	21	*Early Closing @ 6pm* 22	23	*Modified Hours @ 10am-5pm* 24	*Christmas Day* 25	26
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time	2pm-4pm Quiet Time 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time	East End THRIVE Closed in Observance of Christmas Day	12pm-2pm Quiet Time 2pm-3pm East End Narcan Training
27	28	*Early Closing @ 6pm* 29	30	*Modified Hours @ 10am-5pm* 31	*New Years Day* 1	
		12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time	2pm-4pm Quiet Time 6:30pm-7:30pm Alcoholics Anonymous	12:30pm-1:00pm Breath Work and Meditation 2pm-4pm Quiet Time	East End THRIVE Closed in Observance of New Years Day	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.

**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.~~ **On Hiatus**

~~**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."

THURSDAY

Breathwork and Meditation: 12:30pm-1pm: 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.

Candle Marking @ Loide & Co in Riverhead: Thursday, December 3rd @ 6pm: Join us at Loide & Co. for a hands-on candle-making workshop focused on creativity, connection, and community. Participants will learn the basics of candle making while creating their own personalized candle to take home. This experience offers an opportunity to explore a new skill, connect with others, and enjoy a positive, supportive environment. No prior experience is necessary. All materials will be provided. This event is FREE and open to everyone ages 18 and older. Pre-registration is required, please use the link provided here to register: https://www.eventbrite.com/e/2005099875704?aff=oddtdtcreator
If you have questions or the event is sold out and you would like to attend, please email events@hugsinc.org.

Sound Journey: Thursday, December 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/2004969982189?aff=oddtdtcreator or for more information email events@hugsinc.org.

Oneness Blessing Meditation Circle: Thursday, December 17th @ 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/2004971682274?aff=oddtdtcreator or email events@hugsinc.org for more information.

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.

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

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

Guided Gong Therapy Meditation: Friday, December 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/2004966762559?aff=oddtdtcreator or email events@hugsinc.org for more information.

Holiday Wreath Decorating: Friday, December 11th @ 5:30pm-7:30pm: Join us to create your own take home holiday wreath. All supplies will be provided, and you are only limited by your imagination. Pre-registration is required, please use the following link to register:
https://www.eventbrite.com/e/2004972440542?aff=oddtdtcreator.

Winter Celebration: Friday, December 18th @ 6pm-9:30pm @ THRIVE Hauppauge: Join us at Hauppauge THRIVE for a special Winter Celebration Party!! There will be food, live music, sweet treats, and a photo booth. All are welcome to attend! Free and 18+.

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.

Get Arty: Paint Party: Winter Holiday Edition: Saturday, December 12th @ 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/2004967351320?aff=oddtdtcreator
or call (631) 822-3397 for more information. Free, 18+, and all are welcome to attend!

Somatic Release Breathwork: Saturday, December 19th @ 10am: 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/2004972045360?aff=oddtdtcreator
or email Christianne at events@hugsinc.org.

Holiday Ornament Decorating: Saturday, December 19th @ 2pm-4pm: Join us at East End THRIVE for a special take home holiday ornament decorating workshop! All supplies will be provided. This event is FREE, 18+, and all are welcome to attend. Space is limited, please use the Eventbrite link provided here to register: https://www.eventbrite.com/e/2004972607040?aff=oddtdtcreator.

East End Narcan Training: Saturday, December 26th @ 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+.

~~**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!**~~