

JUNE 2022 East End THRIVE Calendar

For our most current information/updates, please visit www.THRIVELI.org

KEY: GREEN – IN-PERSON & ON ZOOM ORANGE – IN-PERSON ONLY BLUE - ZOOM ONLY

Underlined group names are clickable links

Back of calendar contains group descriptions and online meeting links!

110 Mill Rd suite A/B, Westhampton Beach, NY 11978
631-822-3397

Monday – Tuesday 12pm-8pm
Wednesday – Friday 10am-6pm

THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey. Schedule with one of THRIVE'S Recovery Coaches today!



Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2-4pm Quiet Time 5pm <u>Women's Support Group</u>	2 2-4pm Quiet Time	3 2-4pm Quiet Time 4pm <u>Coping Skills</u> 6pm <u>Sound Healing</u> *REGISTRATION REQUIRED*	4
5	6 2-4pm Quiet Time	7 2-4pm Quiet Time 5pm <u>Yoga & Movement for All</u> 6pm <u>Men's Support Group</u> 7pm <u>THRIVE University: CRPA Credentialing 101</u>	8 2-4pm Quiet Time 5pm <u>Women's Support Group</u>	9 2-4pm Quiet Time	10 2-4pm Quiet Time 4pm <u>Coping Skills</u>	11
12	13 2-4pm Quiet Time	14 2-4pm Quiet Time 5pm <u>Yoga & Movement for All</u> 6pm <u>Men's Support Group</u>	15 2-4pm Quiet Time 5pm <u>Women's Support Group</u>	16 2-4pm Quiet Time 6-7:30pm <u>East End Art Night: FLOW</u> *REGISTRATION REQUIRED*	17 2-4pm Quiet Time 4pm <u>Coping Skills</u> 5-7pm <u>East End Hike & Nature Meetup</u> *REGISTRATION REQUIRED*	18
19	20 2-4pm Quiet Time 6:00pm <u>Vision Team Meeting</u>	21 2-4pm Quiet Time 5pm <u>Yoga & Movement for All</u> 6pm <u>Men's Support Group</u>	22 2-4pm Quiet Time 5pm <u>Women's Support Group</u>	23 2-4pm Quiet Time	24 2-4pm Quiet Time 4pm <u>Coping Skills</u>	25
26	27 2-4pm Quiet Time 6:00pm <u>Volunteer Meeting</u>	28 2-4pm Quiet Time 5pm <u>Yoga & Movement for All</u> 6pm <u>Men's Support Group</u>	29 2-4pm Quiet Time 5pm <u>Women's Support Group</u>	30 2-4pm Quiet Time		

*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVerecovery/> & Instagram @thrive_recovery

MONDAY

Quiet Time: Spend some quiet time in East End THRIVE's welcoming space. A great opportunity to do step work, homework, or spend time reading.

East End THRIVE Vision Team: Third Monday of each month.

The Vision Team is the voice of our community! It is the driving force behind program development and implementation. If you're interested in helping drive East End THRIVE's programming, join us in person or on Zoom.

Join Zoom Meeting: <https://us02web.zoom.us/j/82489305001>
Meeting ID: 854 1569 5954 Dial In# 646-558-8656

East End THRIVE Volunteer Meeting Fourth Monday of each month. Interested in volunteering with THRIVE? We have lots of opportunities – come to our monthly Volunteer Meeting to learn more!

Join Zoom Meeting: <https://us02web.zoom.us/j/83426894595>
Meeting ID: 861 4104 2883 Dial In# 646-558-8656

TUESDAY

Quiet Time: Spend some quiet time in East End THRIVE's welcoming space. A great opportunity to do step work, homework, or spend time reading.

Yoga & Movement for All: 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/83166034760>
Meeting ID: 831 6603 4760 Dial In #: +1 646 558 8656 US (New York)

Men's Support Group: A weekly discussion group about being a man as it relates to life today, covering all topics (sobriety,

codependency, gender roles, etc). On Zoom and in person at East End THRIVE.

Join Zoom Meeting: <https://us02web.zoom.us/j/82520251724>
Meeting ID: 825 2025 1724 Dial In #: +1 646 558 8656 US (New York)

THRIVE University – Peer Development Education and

Training: Second Tuesday of each month. THRIVE University will be providing FREE education and training for Certified Recovery Peer Advocates who are new to and/or working in the field. Our experienced team of professionals has developed trainings based on feedback from those in the field and the community partners we work with.

Join Zoom Meeting: <https://us02web.zoom.us/j/87691347644>
Meeting ID: 876 9134 7644 Dial In #: +1 646 558 8656

WEDNESDAY

Quiet Time: Spend some quiet time in East End THRIVE's welcoming space. A great opportunity to do step work, homework, or spend time reading.

Women's Support Group: A discussion group for women to talk about the unique challenges that women experience in recovery. In person at East End THRIVE and on Zoom.

Join Zoom Meeting: <https://us02web.zoom.us/j/89685864441>
Meeting ID: 896 8586 4441 Dial In #: +1 646 558 8656 US (New York)

THURSDAY

Quiet Time: Spend some quiet time in East End THRIVE's welcoming space. A great opportunity to do step work, homework, or spend time reading.

East End Art Night: FLOW: Third Thursday of each month. HUGS and East End THRIVE with Christianne Gentry will be hosting a radically inclusive watercolor and meditation experience, no prior art or meditation experience required for participants to benefit. Supplies provided. REGISTRATION REQUIRED – <https://tinyurl.com/2znfvv7k> , events@hugs.org or 631-822-3397.

FRIDAY

Quiet Time: Spend some quiet time in East End THRIVE's welcoming space. A great opportunity to do step work, homework, or spend time reading.

Coping Skills: In person at East End THRIVE and on Zoom. A safe space for people in recovery to discuss and share the coping skills they have developed through their journey. Learn new coping skills from others and share what you have learned.

Join Zoom Meeting <https://us02web.zoom.us/j/83551856244>
Meeting ID: 835 5185 6244 Dial In #: +1 646 558 8656

Sound Healing: Come immerse yourself in the healing vibrations of sound with Melissa Sheppard Giambrone, certified yoga instructor, reiki master and sound healer in East End THRIVE's Westhampton Beach space with HUGS, inc.

East End HIKE: We will meet in the parking lot next to the nature center at Wertheim Wildlife Refuge. This experience is free and open to all, but preregistration is required. The hike will end at 7pm. Bring snacks and water! REGISTER HERE: <https://tinyurl.com/2p99afyd> , events@hugs.org or 631-822-3397.