

September 2022 THRIVE East End Calendar

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

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

KEY: **GREEN** – IN-PERSON & ZOOM **ORANGE** – IN-PERSON ONLY **BLUE** – ZOOM ONLY
PURPLE – COMMUNITY EVENT

Back of calendar contains group descriptions and online meeting links!



Monday – Friday 12pm-8pm



Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>THRIVE'S Certified Recovery Peer Advocates are available to support YOU on your Recovery journey.</p> <p>Call us 516-765-7600 To schedule with one of THRIVE'S Recovery Coaches.</p>		<p>12-12:30pm Breath Work and Meditation</p> <p>2-4pm Quiet Time</p> <p>6:30pm Color, Sound, Energy: An Immersive Meditative Experience</p>	<p>2-4pm Quiet Time</p> <p>4pm Coping Skills</p>	
4	Labor Day 5	6	7	Hope & Recovery 8	9	10
	2-4pm Quiet Time	<p>12-12:30pm Breath Work and Meditation</p> <p>2-4pm Quiet Time</p> <p>6pm Men's Support Group</p>	<p>2-4pm Quiet Time</p> <p>5pm Women's Support Group</p>	<p>12-12:30pm Breath Work and Meditation</p> <p>2-4pm Quiet Time</p> <p>THRIVE CLOSSES at 4:30pm</p> <p>5:15-7:45pm Hope and Recovery @ Good Ground Park, Hamptons Bays, NY.</p>	THRIVE CLOSED	
11	12	13	14	15	16	17
	2-4pm Quiet Time	<p>2-4pm Quiet Time</p> <p>12-12:30pm Breath Work and Meditation</p> <p>6pm Men's Support Group</p> <p>7pm THRIVE University –Active Listening</p>	<p>2-4pm Quiet Time</p> <p>5pm Women's Support Group</p>	<p>2-4pm Quiet Time</p> <p>12-12:30pm Breath Work and Meditation</p> <p>6pm Art Night: Release</p>	<p>2-4pm Quiet Time</p> <p>4pm Coping Skills</p>	
18	19	20	21	22	23	24
	<p>2-4pm Quiet Time</p> <p>6:00pm Vision Team Meeting</p>	<p>2-4pm Quiet Time</p> <p>12-12:30pm Breath Work and Meditation</p> <p>6pm Men's Support Group</p>	<p>2-4pm Quiet Time</p> <p>5pm Women's Support Group</p>	<p>2-4pm Quiet Time</p> <p>12-12:30pm Breath Work and Meditation</p> <p>6:30pm: Sea Glass Jewelry Making Class</p>	<p>2-4pm Quiet Time</p> <p>4pm Coping Skills</p>	
25	26	27	28	29	30	
	<p>2-4pm Quiet Time</p> <p>6:00pm Volunteer Meeting</p>	<p>2-4pm Quiet Time</p> <p>12-12:30pm Breath Work and Meditation</p> <p>6pm Men's Support Group</p>	<p>2-4pm Quiet Time</p> <p>5pm Women's Support Group</p>	<p>2-4pm Quiet Time</p> <p>12-12:30pm Breath Work and Meditation</p> <p>6:30pm: Guided Gong Therapy Meditation</p>	<p>2-4pm Quiet Time</p> <p>4pm Coping Skills</p> <p>Special Late-Night Event!</p> <p>8pm LIRA Rock N Recovery XIV</p>	

*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.

Breathwork and Meditation: 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.

Color, Sound, Energy: An immersive meditation experience. This is free and open to the public. Facilitated by Linda & Kathy Pasca. Preregistration is required and ages 18+ welcome! To learn more about this event or to reserve your spot contact Christianne at events@hugs.org.

Breathwork and Meditation: See Tuesday for description. Join Zoom Meeting <https://us02web.zoom.us/j/83166034760>
Meeting ID: 831 6603 4760 Dial In #: +1 646 558 8656 US (New York)

Guided Gong Therapy Meditation: In honor of Recovery Month: Please join us for an in- person experience geared specifically for recovery related challenges. A yogic angle on recovery and addictive behavior, guided recovery meditation, and gong therapy

to induce the brain back to delta waves. REGISTRATION REQUIRED- Eventbrite, events@hugs.org, or call 631-822-3397

East End Art Night: Release: 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/58w6rbyb>, events@hugs.org or 631-822-3397.

Jewelry Making for Happiness and Peace: September 22nd, 6:30pm.

Hugs with East End THRIVE brings us a class hosted by Robyn Romanoff. Come Learn how to make beautiful, one-of-a-kind sea glass necklaces. All patrons will learn how to wire wrap sea glass to make a wearable pendant. All supplies will be provided for this class! Pre-registration is required. Go on Eventbrite, events@hugs.org, or call 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

LIRA's One Recovery Meeting: A meeting that welcomes all who struggle with addiction, are affected by addiction, and/or support the recovery lifestyle. All pathways of recovery are embraced; not affiliated with any particular approach.

Rock "N" Recovery XIV: A hybrid event brought to us by the Long Island Recovery Association (LIRA). Join to win prizes, scholarships, and raffles! There will be music, games, and plenty of fellowship.

Join Zoom Meeting: <https://us02web.zoom.us/j/85120004598>
Meeting ID: 851 2000 4598 Dial-in By Phone: 929-205-6099