

MAY 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 6pm Men's Support Group	2-4pm Quiet Time 5pm Yoga & Movement for All	2-4pm Quiet Time 5pm Women's Support Group	2-4pm Quiet Time	2-4pm Quiet Time 4pm Coping Skills	7
8	2-4pm Quiet Time 5-7pm East End Hike & Nature Meetup *REGISTRATION REQUIRED* 6pm Men's Support Group	2-4pm Quiet Time 5pm Yoga & Movement for All 7pm THRIVE University: Professional Boundaries	2-4pm Quiet Time 5pm Women's Support Group	2-4pm Quiet Time	2-4pm Quiet Time 4pm Coping Skills	14
15	2-4pm Quiet Time 6pm Men's Support Group	2-4pm Quiet Time 5pm Yoga & Movement for All 6:30pm Vision Team Meeting	2-4pm Quiet Time 5pm Women's Support Group	2-4pm Quiet Time 6-7:30pm East End Art Night: CONNECTION *REGISTRATION REQUIRED*	2-4pm Quiet Time 4pm Coping Skills 4-6pm East End Green Therapy & Farm Visit *REGISTRATION REQUIRED*	21
22	2-4pm Quiet Time 6pm Men's Support Group	2-4pm Quiet Time 5pm Yoga & Movement for All 6:30pm Volunteer Meeting	2-4pm Quiet Time 5pm Women's Support Group	2-4pm Quiet Time	2-4pm Quiet Time 4pm Coping Skills	28
29	2-4pm Quiet Time 6pm Men's Support Group	2-4pm Quiet Time 5pm Yoga & Movement for All				

*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVerecovery/> & Instagram @[thrive_recovery](https://www.instagram.com/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 HIKE: We will meet in the parking lot of Terrel River County Park at 5pm where we will share a mindfulness activity before exploring the scenic 2.5 mile trail that is home to a diverse population of wildlife including deer, foxes, hawks, owls, egrets and more and opens up on Moriches Bay with views of Fire Island. Dress in layers and bring water! REGISTER HERE: <https://www.eventbrite.com/e/320844202647>

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/85765218219>
Meeting ID: 857 6521 8219 Dial In #: +1 646 558 8656 US (New York)

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)

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

East End THRIVE Vision Team: Third Tuesday 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/85415695954>
Meeting ID: 854 1569 5954 Dial In#: 646-558-8656

East End THRIVE Volunteer Meeting Fourth Tuesday 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/86141042883>
Meeting ID: 861 4104 2883 Dial In# 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: CONNECTION: 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/2p8ub2mb> 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

East End Green Therapy & Farm Visit: Join HUGS inc., and East End THRIVE May 20th from 4 to 6pm at Early Girl farm located at 267 S. Country Rd., Brookhaven for an afternoon of mindfulness in nature and farm education. REGISTER HERE: <https://www.eventbrite.com/e/321783772927>