

November East End THRIVE 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- Check back of calendar for more details!

Monday – Friday 12pm-8pm

[Back of calendar contains group descriptions and online meeting links!](#)

Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	<p>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!</p>	<p>12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6pm Men's Support Group 6:30-8pm Co-Dependents Anonymous</p>	<p>2-4pm Quiet Time 5pm Women's Support Group</p>	<p>12-12:30pm Breath Work and Meditation 2-4pm Quiet Time</p>	<p>2-4pm Quiet Time 4pm Coping Skills 6-7:30pm Yin/ Restorative Yoga and Sound bath</p>	<p>8am Two Way Prayer</p>
6	7	8	9	10	11	12
	<p>2-4pm Quiet Time 6-7:30pm African Drumming Lessons</p>	<p>12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6pm Men's Support Group 6:30-8pm Co-Dependents Anonymous</p>	<p>2-4pm Quiet Time 5pm Women's Support Group</p>	<p>12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-7:30pm Express Yourself</p>	<p>Veterans Day</p> <p>2-4pm Quiet Time 4pm Coping Skills</p>	<p>8am Two Way Prayer</p>
13	14	15	16	17	18	19
	<p>2-4pm Quiet Time 6-7:30pm African Drumming Lessons</p>	<p>2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6pm Men's Support Group 6:30-8pm Co-Dependents Anonymous</p>	<p>2-4pm Quiet Time 5pm Women's Support Group</p>	<p>2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6-7:30pm Paint Night</p>	<p>2-4pm Quiet Time 4pm Coping Skills</p>	<p>8am Two Way Prayer 9am Nature Hike and Meetup @ Terrell River County Park in Center Moriches</p>
20	21	22	23	24	25	26
	<p>2-4pm Quiet Time 6:00pm Vision Team Meeting 6-7:30pm African Drumming Lessons</p>	<p>2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6pm Men's Support Group 6:30-7:30pm Lets Play! 6:30-8pm Co-Dependents Anonymous</p>	<p>2-4pm Quiet Time 5pm Women's Support Group 5-8pm Friendsgiving: Potluck Celebration</p>	<p>Thanksgiving Day: East End THRIVE Is Closed</p>	<p>East End THRIVE Is Closed</p>	<p>8am Two Way Prayer</p>
27	28	29	30			
	<p>2-4pm Quiet Time 6:00pm Volunteer Meeting 6-7:30pm African Drumming Lessons</p>	<p>2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6pm Men's Support Group 6:30-8pm Co-Dependents Anonymous</p>	<p>2-4pm Quiet Time 5pm Women's Support Group 6:45-8:45pm Lets Skate! @ United Skates of America</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 sitting room. A great opportunity to do step work, homework, spend time reading about local history, do some adult coloring, or have a cup of tea.

African Drumming Lessons: Learn the art of African Drumming in a relaxed setting. As lessons progress a drum circle will be created. All are welcome! 18 and older. If you have any questions call: **East End THRIVE** at (631) 822-3397.

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, spend time reading, adult coloring, or just come in and rest your eyes for a spell.

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/87624251658> Meeting ID: 876 2425 1658 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/825020251724>
Meeting ID: 825 2025 1724 Dial In #: +1 646 558 8656 US (New York)

Codependents Anonymous: 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.

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

Let's Play! November 22nd @ 6:30-7:30pm: Find support, community and joy through music making. We will be using instruments and our voices for self-expression, self-awareness, empowerment, improved mood, mindfulness, stress relief and happiness This is a free experience open to adults 18+ Registration is required. Reserve your spot through eventbrite link provided: [Let's Play! Tickets, Tue 22 Nov 2022 at 18:30 | Eventbrite](https://www.eventbrite.com/e/lets-play-tickets-tue-22-nov-2022-at-18-30) or contact Christianne at events@hugsinc.org. You can also call East End THRIVE at: (631) 822-3397

WEDNESDAY

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

Women's Support Group: A discussion group for women to talk about the unique challenges that women experience in life. Recovery Friendly! 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). For more information call Samantha at **East End THRIVE:** (631) 822-3397

Friendsgiving Eve Potluck: November 23rd, 5-8pm. Thanksgiving eve fellowship and food. Food will be provided at each of our locations! Bring a dish or dessert to share if you would like. Open to all ages 18 and up + .For details or to volunteer please call Samantha at East End Thrive at (631)1-822-3397.

Lets Skate! @United Skates of America A THRIVE Everywhere Event on November 30th, 6:45- 8:45pm. Join us for an evening of skating! Skates, pizza, and beverages provided. Registration required on event brite or call **East End THRIVE** at (631) 822-3397.

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, adult coloring, and enjoying complimentary, coffee, tea and snacks.

Breathwork and Meditation: See Tuesday for description. Join Zoom Meeting <https://us02web.zoom.us/j/87624251658>
Meeting ID: 876 2425 1658 Dial In #: +1 646 558 8656 US (New York)

Express Yourself: Hosted by Music Therapist Kathy Pasca: Thursday, November 10th @ 6:30-7:30pm- Join Music Therapist

Kathy Pasca for a workshop using instruments and art materials for self-expression, empowerment, stress relief and fun! This is a free workshop open to high school students. Registration is required. Reserve your spot through Eventbrite link provided @ [Express Yourself Tickets, Thu 10 Nov 2022 at 18:30 | Eventbrite](https://www.eventbrite.com/e/express-yourself-tickets-thu-10-nov-2022-at-18-30), contact Christianne at events@hugsinc.org, or call East End THRIVE at (631) 822-3397.

East End Art Night: Paint Night November 17th @ 6-7:30pm: Third Thursday of each month. HUGS Inc., and East End THRIVE will be hosting a relaxing paint night, no prior art experience required for participants to benefit. Supplies provided. Registration is required ,18+, Register on Eventbrite: on [Paint Night Tickets, Thu 17 Nov 2022 at 18:00 | Eventbrite](https://www.eventbrite.com/e/paint-night-tickets-thu-17-nov-2022-at-18-00), email Christianne @ events@hugs.org, or call **East End THRIVE** at (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, adult coloring, and enjoying some of complimentary refreshments and snacks.

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

Yin/Restorative Yoga and Sound Bath: November 4th @ 6:00-7:30pm- Join us for an evening of restorative yoga, breath work, and sound healing. This workshop is focused on helping to relieve stress (physical and mental). Beginners are welcome! We provide all the supplies. Registration is required. Register on Eventbrite: [Yin/Restorative Yoga & Sound Bath Tickets, Fri 4 Nov 2022 at 18:00 | Eventbrite](https://www.eventbrite.com/e/yin-restorative-yoga-sound-bath-tickets-fri-4-nov-2022-at-18-00), email Christianne @ events@hugs.org, or call **East End THRIVE** at (631) 822-3397.

SATURDAY

Nature Hike and Meetup: November 19th @ 9am @ Terrell River County Park 43 Montauk Highway Center Moriches, NY 11934 We will meet in the parking lot at the head of the trail. Hike will begin promptly at 9am, please arrive 10 minutes early. Wear appropriate footwear, attire, and bring water. Registration is required. To reserve your spot please use Eventbrite link provided: [Nature Hike & Meetup Tickets, Sat 19 Nov 2022 at 09:00 | Eventbrite](https://www.eventbrite.com/e/nature-hike-meetup-tickets-sat-19-nov-2022-at-09-00), email Christianne at events@hugsinc.org, or call East End THRIVE at (631) 822-3397.

Two Way Prayer: Saturdays @ 8am: A two-way prayer meeting that includes meditation and support. *ON SITE ONLY*