

January East End THRIVE Calendar 2023

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!

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

Monday – Friday 12pm-8pm

Activities/Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
New Year's Day	New Year's Day (Public Holiday) 2-4pm Quiet Time 6-7:30pm African Drumming Lessons	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6pm Men's Support Group 6:30-8pm Co-Dependents Anonymous	2-4pm Quiet Time 5pm Women's Support Group	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-7:30pm Express Yourself	2-4pm Quiet Time 4pm Coping Skills	8am Two Way Prayer 930am-1230pm Begin Anew: A Retreat for Women
8	9	10	11	12	13	14
	2-4pm Quiet Time 6-7:30pm African Drumming Lessons	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6pm Men's Support Group 6:30-8pm Co-Dependents Anonymous	2-4pm Quiet Time 5pm Women's Support Group	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6-7:30pm Paint Night!	2-4pm Quiet Time 4pm Coping Skills	8am Two Way Prayer 9:30-10:30am Gentle Yoga, Movement & Meditation
15	16	17	18	19	20	21
	Martin Luther King Jr. Day 2-4pm Quiet Time 6pm Vision Team Drumming Lessons	2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6pm Men's Support Group 6:30-8pm Co-Dependents Anonymous	2-4pm Quiet Time 5pm Women's Support Group	12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6:30-7:30pm Express Yourself	2-4pm Quiet Time 4pm Coping Skills	8am Two Way Prayer
22	23	24	25	26	27	28
	2-4pm Quiet Time 6:00pm Volunteer Meeting 6-7:30pm African Drumming Lessons	2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6pm Men's Support Group 6:30-8pm Co-Dependents Anonymous	2-4pm Quiet Time 5pm Women's Support Group	12-12:30pm Breath Work and Meditation 5:15-7:30pm Ice Skating @ Southampton Ice Rink	2-4pm Quiet Time 4pm Coping Skills	8am Two Way Prayer 11am-7pm East End Recovery Coach Academy (Registration Required)
29	30	31				
11am-7pm East End Recovery Coach Academy (Registration Required)	2-4pm Quiet Time 6:00pm Volunteer Meeting 6-7:30pm African Drumming Lessons	2-4pm Quiet Time 12-12:30pm Breath Work and Meditation 6pm Men's Support Group 6:30-8pm Co-Dependents Anonymous			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.	

*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: 824 8930 5001 [Dial In# 646-558-8656](https://us02web.zoom.us/j/82489305001)

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: 834 2689 459 [Dial In# 646-558-8656](https://us02web.zoom.us/j/83426894595)

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 \(New York\)](https://us02web.zoom.us/j/87624251658)

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 \(New York\)](https://us02web.zoom.us/j/82520251724)

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](https://us02web.zoom.us/j/87691347644)

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 \(New York\)](https://us02web.zoom.us/j/89685864441). For more information call Samantha at **East End THRIVE:** (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 \(New York\)](https://us02web.zoom.us/j/87624251658)

Express Yourself: Thursdays January 5th & 19th @ 6:30-7:30pm
Join Music Therapist Kathy Pasca for this ongoing (twice monthly) Expressive Arts Workshop Discover ways to relieve stress, practice mindfulness and have fun using sound, art, writing and movement! This is a FREE workshop open to everyone ages 18+. Registration is required. Reserve your spot through Eventbrite: <https://www.eventbrite.com/e/express-yourself-tickets-500915601047?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb> or contact Christianne at Event@hugsinc.org.

Paint Night! Thursday, January 12th @ 6:00 -7:30 PM.
@ East End THRIVE, 110 Mill Road, Westhampton Beach, NY, 11978 Paint away all your stress with this FREE, sober & fun watercolor painting and meditation experience. You'll be setting mindful awareness into motion through the act of creating - bring the chattering of your mind into stillness, let go of stress, and encourage self-expression. In this way, painting becomes a soothing meditation. And remember, it's all about the process! Don't worry about your artistic skill or experience. Pre-registration is required, ages 18 and up please. Register at Eventbrite: <https://www.eventbrite.com/e/paint-night-tickets-500301253517?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb> or email Christianne @ events@hugsand.org.

Ice Skating at the Southampton Ice Rink:

January 26th from 5:15-7:30pm- Join THRIVE East End Recovery Center and THRIVE Everywhere for an evening of **FREE** Ice Skating at the Southampton Ice Rink!! All are Welcome! Preregistration is required. Please sign up through Eventbrite link: <https://www.eventbrite.com/e/ice-skating-at-southampton-ice-rink-tickets-483145941517?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>. Or call **East End THRIVE** at (631) 822-3397.

The Southampton Ice rink:

668 County Rd. 39
Southampton NY, 11968

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](https://us02web.zoom.us/j/83551856244)

SATURDAY

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

Gentle Yoga, Movement & Meditation @ 9:30-10:30am on January 14th @ East End THRIVE, 110 Mill Road, Westhampton Beach, NY, 11978. Join Christianne Gentry, a certified trauma informed yoga & meditation instructor for a gentle yoga and movement class, accessible to all levels with meditation and deep rest. Connect with your body, your breath, and your spirit. We will center and ground in our bodies through breath work and fascia release exercises followed by a steady flow of postures to build strength, balance, and flexibility. This is a great class if you are recovering from an injury or illness, are brand new to movement or with minimal flexibility. This is a FREE class for everybody ages 18+ and preregistration is required. Please sign up through Eventbrite link provided: <https://www.eventbrite.com/e/gentle-yoga-movement-meditation-tickets-500275546627?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb> or send an email to events@hugsinc.org for more information and to reserve your spot.

Recovery Coach Academy: Saturday & Sunday, January 28th & 29th. From 11am-7pm. Preregistration is required. Contact lirany@admin.org for more information.