

February 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
		<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>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</p>	<p>8am Two Way Prayer</p>
5	6	7	8	9	10	11
	<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 6-7:30pm Paint Night!</p>	<p>2-4pm Quiet Time 4pm Coping Skills</p>	<p>8am Two Way Prayer 9:30-10am Gentle Yoga & Movement</p>
12	13	14	15	16	17	18
	<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>12-12:30pm Breath Work and Meditation 2-4pm Quiet Time 6-7:30pm Beading & Reading</p>	<p>2-4pm Quiet Time 4pm Coping Skills</p>	<p>8am Two Way Prayer</p>
19	20	21	22	23	24	25
	<p>Presidents Day 2-4pm Quiet Time 6pm Vision Team 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>12-12:30pm Breath Work and Meditation 2-4pm Quiet Time</p>	<p>2-4pm Quiet Time 4pm Coping Skills</p>	<p>8am Two Way Prayer</p>
26	27	28				
	<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>				

*Registration is required! See description for information.

You can also follow us on Facebook @ <https://www.facebook.com/THRIVRecovery/> & 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 #](https://us02web.zoom.us/j/82489305001): 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: 834 2689 459 [Dial In #](https://us02web.zoom.us/j/83426894595): 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 #](https://us02web.zoom.us/j/87624251658): +1 646 558 8656 US (New York)

Men's Support Group: Every Tuesday @ 6pm-7pm 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/83295346122> Meeting ID: 832 9534 6122
[Dial In #](https://us02web.zoom.us/j/83295346122): +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 #](https://us02web.zoom.us/j/87691347644): +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, 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 #](https://us02web.zoom.us/j/89685864441): +1 646 558 8656 US (New York).
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 #](https://us02web.zoom.us/j/87624251658): +1 646 558 8656 US (New York)

Paint Night! FEBRUARY 9TH 6-7:30PM |108 MILL RD WESTHAMPTON BEACH, NY

Nurture your inner artist with this relaxing self-care art session that is mindfully designed to help you awaken sustainable inner peace and calm while creating a beautiful piece of original art to take home! This event is FREE and for everyone ages 18+ Supplies and light refreshments provided.

Registration required. Sign up through Eventbrite link provided: <https://www.eventbrite.com/e/paint-night-tickets-526571287897?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb> or email events@hugsinc.org to reserve your spot and join us!

Beading & Reading: Thursday February 16th @ 6-7:30pm

Join us for this workshop where we will explore the meditative art of jewelry making while we discuss affirmations from Melody Beattie's 'More Language of Letting Go.' Each guest will have the opportunity to make one piece of jewelry to take home with them. All tools and supplies are included. There's something soothing and therapeutic about making art. Learn to

coordinate colors with shapes and to develop designs. It all starts with one bead, no experience necessary!

This experience is FREE & for everyone ages 18+ & pre-registration is required, sign up through the Eventbrite link:

<https://www.eventbrite.com/e/beading-reading-tickets-526573273837?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>

Provided on THRIVELI.org
provided or email events@hugsinc.org

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 #](https://us02web.zoom.us/j/83551856244): +1 646 558 8656

SATURDAY

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

Gentle Yoga & Movement: 9:30-10:30am February 11th @ A Better Place: 344 Main Street, Center Moriches. 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-tickets-526576523557?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.