

# EXPONENTS

Improving health. Igniting hope.

*Judith Loeb Chiara*

*Recovery & Wellness Center*

*September 2019*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2.  Closed Labor Day	3. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p - Open Compute	4. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:30p – Book Club 1:30p – Educational Recovery Group 2:45p – Job Readiness 4:00p - Open Computer	5. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circles 2:00p - Support Group 3:30p - Open Computer 6:00p – Game Night (Bingo)	6. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 1:00p – Jewelry Making 2:00p - Recovery Group	7.  Closed
9. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00pm Break 12:30p – Recovery Walk 2:45p – Creative Writing 4:00p - Open Computer	10. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p - Open Compute	11. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:30p – Book Club 1:30p – Educational Recovery Group 2:45p – Job Readiness 4:00p - Open Computer	12. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circles 2:00p - Support Group 3:30p - Open Computer 6:00p – Open Mic.	13. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Art Therapy 2:00p - Recovery Group	14. 9:00am – 12:00pm Odyssey House 14 <sup>th</sup> Annual Run or Your Life 5K Run & Recovery Walk
16. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00pm Break 12:30p – Recovery Walk 2:45p – Creative Writing 4:00p - Open Computer	17. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p - Open Compute	18. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:30p – Book Club 1:30p – Educational Recovery Group 2:45p – Job Readiness 4:00p - Open Computer	19. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circles 2:00p - Support Group 3:30p - Open Computer 6:00p – Recovery Night	20. 10:00a – Breakfast Club 11:00am – Emma L. Bowen Community Service Center 145 <sup>th</sup> Street and Amsterdam NY, NY Community Health Fair	21. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:30p - Break 1:00p – Socialization Activities



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00pm Break 12:30p – Recovery Walk 2:45p – Creative Writing 4:00p - Open Computer	24. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p - Open Compute	25. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:30p – Book Club 1:30p – Educational Recovery Group 2:45p – Job Readiness 4:00p - Open Computer	26. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circles 2:00p - Support Group 3:30p - Open Computer 6:00p – Game Night	27. 10:00am – 4:00pm <b>THE ANNUAL BKLYN            RECOVERY            CONFERENCE</b> Brooklyn Borough Hall 209 Joralemon St. Bklyn, NY	28. 10:00a – Breakfast Club 1:00pm – 6 <sup>th</sup> Annual Bronx Walk Raising Awareness for Substance Abuse Pulaski Park 135 <sup>th</sup> St. & Bruckner Blvd Bx. NY
30. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00pm Break 12:30p – Recovery Walk 2:45p – Creative Writing 4:00p - Open Computer					



\* For more information contact Robert Gerlich at 212 – 243 - 3434, ext. 348. You can also follow us on Facebook

\* One on One Recovery Coaching Also Available!