

October, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Via Zoom Virtual Groups 12:00p -1:00p Support Groups 5:00p-6:00p Open Discussion	2. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Recovery Goals 1:00 – 2:00pm Prep & HIV Testing Seminar 2:15 – 3:15pm Recovery Group	3. Via Zoom Virtual Meetings 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group
5. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15p Book Club	6. Virtual Groups 12:00p -1:00p Health & Wellness 5:00p-6:00p What is Recovery	7. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Vision Team Meeting 1:00 – 2:00pm Recovery Group 2:15 – 3:15pm Open Discussion	8. Via Zoom Virtual Groups 12:00p -1:00p Recovery Group 5:00p-6:00p Meditation of the Day	9. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Setting Goals 1:00 – 2:15pm Woman's Group & Men' Group 2:30 – 3:30pm Spirituality Group	10. Via Zoom Virtual Meetings 12:00p - 1:00p Open Discussion 5:00 – 6:00pm What is Recovery
12. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15p Recovery Group	13. Virtual Groups 12:00p -1:00p Health & Wellness 5:00p-6:00p Meditation of the Day	14. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm PTP/MAT-PDOA Presentation 2:15 – 3:15pm Recovery Group	15. Via Zoom Virtual Groups 12:00p -1:00p Support Group 5:00p-6:00p Open Discussion	16. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Setting Goals 1:00 – 2:00pm Prep & HIV Testing Seminar 2:15 – 3:15pm Recovery Group	17. Via Zoom Virtual Meetings 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group

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19. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15p Book Club	20. Virtual Groups 12:00p -1:00p Health & Wellness 5:00p-6:00p What is Recovery	21. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Life Skills 2:15 – 3:15pm Support Group	22. Via Zoom Virtual Groups 12:00p -1:00p Recovery Group 5:00p-6:00p Meditation of the Day	23. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Setting Goals 1:00 – 2:15pm Woman’s Group & Men’ Group 2:30 – 3:30pm Open Discussion	24. Via Zoom Virtual Meetings 12:00p - 1:00p Open Discussion 5:00 – 6:00pm Support Group
26. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15p Recovery Group	27. Virtual Groups 12:00p -1:00p Health & Wellness 5:00p-6:00p Meditation of the Day	28. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:15pm Support Group 2:30 – 3:30pm Recovery Group	29. Virtual Groups 12:00p -1:00p Support Group 5:00p-6:00p Open Discussion	30. Office Space 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Setting Goals 12:30 – 3:30pm Halloween Parade	31. Via Zoom Virtual Meetings 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group



- One on One Recovery Coaching Also Available!
- For more information you can call: 212 -243 - 3434 ext. 425 or You can also follow us on Facebook & Twitter.
- If you want to talk someone about any challenges related to Drugs or Alcohol give us a call at 917-681-8531 confidential discreet 24hrs/7 days a week.
- Virtual Groups via Zoom Monday thru Saturday 12:00pm and 5:00pm (more information call 971-681-8531)