

## October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Recovery Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Keep it simple	2. Virtual Groups Via Zoom  12:00p - 1:00p Just for Today  5:00 – 6:00pm Support Group
4. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Responsibilities	5. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Growing honesty	6. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 1:00 – 2:15pm Jerwely Group 2:30 – 3:30pm Life Skills 3:30p – Computer Lab 5:00 – 6:00pm Fear	7. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15– 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm The Power in the group	8. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00– 2:15pm Recovery Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00p-6:00pm Relapse	9. Virtual Groups Via Zoom  12:00p - 1:00p Meditation of the Day  5:00 – 6:00pm Recovery Group
11. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Success	12. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion Group 5:00 – 6:00pm Priorities	13. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Life Skills 2:15 – 3:15pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Expectations	14. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm The principle of self support	15. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Creating Writing 2:30 – 3:30pm Recovery Group 3:30 – 5:00pm Computer Lab 5:00 – 6:00pm Health & Wellness	16. Virtual Groups Via Zoom  12:00p - 1:00p Just for Today  5:00 – 6:00pm Support Group

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health &amp; Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15pm Book Club 3:30p – Computer Lab 5:00 – 6:00pm Trigger to Relapse</p>	<p>19. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Wellness &amp; Recovery</p>	<p>20. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Jerwely Group 2:15 – 3:15pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Reservations</p>	<p>21. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15– 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Choosing Life</p>	<p>22. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00– 2:15pm Woman’s &amp; Men’s Group 2:30 – 3:30pm Support Group 3:45 – 5:00p Computer Lab 5:00p-6:00pm Recovery &amp; Relapse</p>	<p>23. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Open Discussion</p>
<p>25. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health &amp; Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Living in the moment</p>	<p>26. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm I can’t – we can</p>	<p>27. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 1:00 – 2:15pm Jerwely Group 2:30 – 3:30pm Life Skills 3:30p – Computer Lab 5:00 – 6:00pm Freedom to choose</p>	<p>28. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Meditation</p>	<p>29. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Setting Goals 1:00 – 2:15pm Open Discussion 2:30 – 3:30pm 3:00 – 6:00p Halloween Celebration &amp; Dance</p>	<p>30. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group</p>



- 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 917-681-8531)  
RWC@exponents.org | 17 Battery Place, 8<sup>th</sup> floor, NY, NY 10004 | 212- 243 - 3434 ext.425