



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

October, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Faith Take Practice) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:15pm Problem Gambling 2:30– 3:30pm Recovery Group (Just for Today) 3:30p – Computer Lab	4.
6. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Group (Self-Supporting) 1:00 – 2:15pm Employment Session (Effective Job Interview) 2:30 – 3:30pm Support group 3:30p – Computer Lab	7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Family Illness) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Instant Gratification) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:15pm Recovery Group (Just for Today) 2:30 – 3:30pm Support group 3:30p – Computer Lab	11.
13. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Group (Process of Recovery) 1:00 – 2:15pm Harm Reduction 2:30 – 3:30pm Support group 3:30p – Computer Lab	14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Under Pressure) 2:30 – 3:30pm Support group 3:30p – Computer Lab	15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Building Thrust) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:15pm Problem Gambling 2:30 – 3:30pm Recovery Group (Just for Today) 3:30p – Computer Lab	18.

October, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20. 10:00 – 10:30am Morning Chat 11:00am – 12:00pm PrEP Presentation 1:00 – 2:15pm Educational Group (Prayer & Meditation) 2:30 – 3:30pm Support group 3:30p – Computer Lab	21. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Letting Go & Letting God) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Self - Pity) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	24. 10:00 – 10:30am Morning Chat 10:30am – 4:00pm Governors Island (Pumpkin Patch)	25.
27. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Group (Every Day Living) 1:00 – 2:15pm Employment Session (Work Experience and Education) 2:30 – 3:30pm Support group 3:30p – Computer Lab	28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (The Choice is Mine) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Changes & Acceptances) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	31. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 12:30 – 3:30pm Halloween Parade Dance	Exponents Recovery & Wellness Center Monday - Thursday 9am – 5pm Summer Hours Fridays (9am – 3pm)

- 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.
- RWC@exponents.org | 17 Battery Place, 8th floor, NY, NY 10004 | 212-243-3434 ext.425