

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Recovery Coaching Group 2:30 – 3:30pm Recovery /Peer Support (Just for Today) 3:30p – Computer Lab	2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:00pm (Jewelry Making) 2:00 – 3:15pm Support Group 3:30p – Computer Lab	3.
5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Discussion Group 1:00 – 2:15pm Recovery /Peer Support (Encouragement) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	6. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Stress Management) 1:00 – 2:15pm Recovery /Peer Support (Grief & Healing) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Today I will do one Thing) 1:00 – 2:15pm Relapse Prevention 2:30 – 3:30pm Support Group 3:30p – Computer Lab	8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Recovery Coaching Group 2:30 – 3:30pm Recovery/Peer Support (Just for Today) 3:30p – Computer Lab	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:15pm (Gamblers Anonymous) 2:15 – 3:15pm (Painting) 3:30p – Computer Lab	10.
12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Discussion Group 1:00 – 2:15pm Employment/Vocational (The Stay Interview Questions) 2:30 – 3:30pm Recovery /Peer Support (Dealing with Conflict) 3:30p – Computer Lab	13. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Group Facilitation) 1:00 – 2:15pm Recovery /Peer Support (Dealing with Conflict) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Today I will do one Thing) 1:00 – 3:00pm Hispanic Heritage Month Celebration 3:30p – Computer Lab	15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Wellness Walk 1:00 – 2:15pm Recovery Coaching Group 2:30 – 3:30pm Recovery /Peer Support (Just for Today) 3:30p – Computer Lab	16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:15pm (Jewelry Making) 2:15 – 3:15pm Support Group 3:30p – Computer Lab	17.



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Discussion Group 1:00 – 2:15pm Employment/Vocational (Interview Mistakes) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	20. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Conflict Resolution) 1:00 – 2:15pm Recovery /Peer Support (Grief & Healing) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	21. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Today I will do one Thing Book) 1:00 – 2:15pm Narcan Training 2:30 – 3:30pm Support Group 3:30p – Computer Lab	22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Wellness Walk 1:00 – 2:15pm Recovery Coaching Group 2:30 – 3:30pm Recovery/Peer Support (Just for Today) 3:30p – Computer Lab	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:15pm (Gamblers Anonymous) 2:15 – 3:15pm Painting 3:30p – Computer Lab	24.
26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery /Peer Support (Decision Making) 1:00 – 2:15pm Recovery/Peer Support (Choices) 2:30 – 3:30pm Support group 3:30p – Computer Lab	27. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Relapse Prevention Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Today I will do one Thing) 1:00 – 2:15pm Open Discussion Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Wellness Walk 12:30 – 3:30pm Halloween Event 3:30p – Computer Lab	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:15pm (Jewelry Making) 2:15 – 3:15pm Recovery /Peer Support (Just for Today) 3:30p – Computer Lab	Exponents Recovery & Wellness Center Monday – Thru Friday 9am – 5pm



- 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