

November, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.
3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill Building (Anger Management) 1:00 – 2:15pm Employment/Vocational (Interview Skills) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	4. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill Building (Life Style Change) 1:00 – 2:15pm Recovery /Peer Support (Came to Believe) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Controlling Our Behavior) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	6. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (A Balance Diet) 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill Building (Computer Skill Class) 1:00 – 2:15pm Problem Gambling 2:30 – 3:30pm Recovery /Peer Support (Just for Today) 3:30p – Computer Lab	8.
10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill Building (Decision Process) 1:00 – 2:15pm Recovery /Peer Support Harm Reduction 2:30 – 3:30pm Support group 3:30p – Computer Lab	11. Veterans Day Agency Closed	12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Delicate Balance) 1:00 – 2:15pm Support Group (Donald Powell) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	13. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (Eating Healthy) 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill Building (Computer Skill Class) 1:00 – 2:15pm Recovery /Peer Support (Just for Today) Support Group 2:30 – 3:30pm 3:30p – Computer Lab	15.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Men's & Woman's Group 1:00 – 2:15pm Narcan Training 2:30 – 3:30pm Support group 3:30p – Computer Lab	18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery/Peer Support (My Journey) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Social Health in Recovery) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	20. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (Health in Recovery) 12:30 – 3:30pm RWC Thanksgiving Dinner 3:30p – Computer Lab	21. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:15pm Recovery/Peer Support (Just for Today) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	22.
24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill Building (Using Good Judgement) 1:00 – 2:15pm Employment/Vocational (Work Experiences) 2:30 – 3:30pm Support group 3:30p – Computer Lab	25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery/Peer Support (Shortcomings) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2:15pm Recovery/Peer Support (Gratitude) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	27. Thanksgiving Day Agency Closed	28. Agency Closed	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