

December, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1. Virtual Groups 12:00p -1:00p Health & Wellness 5:00p-6:00p Support Group</p>	<p>2. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Meditation 1:00 – 2:15pm Educational Group 2:30 – 3:30pm Life Skills 3:30p – Computer Lab</p>	<p>3. Via Zoom Virtual Groups 12:00p -1:00p Support Groups 5:00p-6:00p Open Discussion</p>	<p>4. 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 3:30p – Computer Lab</p>	<p>5. Via Zoom Virtual Meetings 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group</p>
<p>7. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Daily meditation 12:00 – 1:00pm Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15p Book Club 3:30p – Computer Lab</p>	<p>8. Virtual Groups 12:00p -1:00p Health & Wellness 5:00p-6:00p Meditation of the Day</p>	<p>9. 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</p>	<p>10. Via Zoom Virtual Groups 12:00p -1:00p Recovery Group 5:00p-6:00p Fear of Falling</p>	<p>11. 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 3:30p – Computer Lab</p>	<p>12. Via Zoom Virtual Meetings 12:00p - 1:00p Open Discussion 5:00 – 6:00pm What is Recovery</p>
<p>14. 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 3:30p – Computer Lab</p>	<p>15. Virtual Groups 12:00p -1:00p Health & Wellness 5:00p-6:00p Stress Management</p>	<p>16. 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 3:30p – Computer Lab</p>	<p>17. Via Zoom Virtual Groups 12:00p -1:00p Support Group 5:00p-6:00p Meditation of the Day</p>	<p>18. 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 3:30p – Computer Lab</p>	<p>19. Via Zoom Virtual Meetings 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Meditation 12:00 – 1:00pm Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15p Book Club 3:30p – Computer Lab</p>	<p>22. Virtual Groups 12:00p -1:00p Health & Wellness 5:00p-6:00p Triggers to Relapse</p>	<p>23 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</p>	<p>24. Via Zoom Virtual Groups 12:00p -1:00p Recovery Group 5:00p-6:00p What is Recovery</p>	<p>25. Merry Christmas</p>	<p>26. Via Zoom Virtual Meetings 12:00p – 1:00p Open Discussion 5:00 – 6:00pm Support Group</p>
<p>28. 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 3:30p – Computer Lab</p>	<p>29. Virtual Groups 12:00p -1:00p Health & Wellness 5:00p-6:00p Open Discussion group</p>	<p>30. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Meditation 1:00 – 2:15pm Educational Group 2:30 – 3:30pm Life Skills 3:30p – Computer Lab</p>	<p>31. Via Zoom Virtual Groups 12:00p -1:00p Support Group 5:00p-6:00p Meditation of the Day</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)