

December, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Stress Management) 1:00 – 2:15pm Employment/Vocational (Employment History) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery/Peer Support (Living Clean) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2:30pm Vision Team Meeting 2:30 – 3:30pm Support Group 3:30p – Computer Lab	4. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (Financial Wellness) 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:15pm Recovery /Peer Support (Just for Today) Support Group 2:30 – 3:30pm 3:30p – Computer Lab	6.
8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (What is Recovery) 1:00 – 2:15pm Recovery /Peer Support (Fear of Falling) 2:30 – 3:30pm Support group 3:30p – Computer Lab	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Trigger to Relapse) 1:00 – 2:15pm Recovery /Peer Support (Telephone Therapy) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2:15pm Recovery/Peer Support (Emphaty) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	11. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (Emotional Wellness) 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Rockefeller Center	12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:15pm Problem Gambling 2:30 – 3:30pm Recovery /Peer Support (Just for Today) 3:30p – Computer Lab	13.
15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational (Self Esteem) 1:00 – 2:15pm Employment/Vocational (My References) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery/Peer Support (Self Help) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2:15pm Recovery/Peer Support (Recovery Phases) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (Social Wellness) 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill Building (Computer Skill Class) 12:30 – 3:30pm RWC Holiday Christmas Party	20.



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Men's & Woman's Group 1:00 – 2:15pm 2:30 – 3:30pm Support group 3:30p – Computer Lab	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Conflc Resolution) 1:00 – 2:15pm Recovery /Peer Support (Loneliness) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2:15pm Recovery/Peer Support (Obligation Today) 2:30 – 3: 30pm Support Group 3:30p – Computer Lab	25. Merry Christmas Agency Closed	26. Agency Closed	27.
29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Method of Change) 1:00 – 2:15pm Employment/Vocational (Typical Questions) 2:30 – 3:30pm Support group 3:30p – Computer Lab	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery/Peer Support (Self-Improvement) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	31. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2: 15pm Recovery/Peer Support (Discouragement) 2:30 – 3: 30pm Support Group 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