

## January, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1.  <b>Happy New Year's Day</b>  Closed	2.  Via Zoom Virtual Meetings 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group
4. 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	5. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:00 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Stress Management	6. 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	7. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:00 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00p-6:00p Fear of Falling	8. 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	9.  Via Zoom Virtual Meetings 12:00p - 1:00p Open Discussion 5:00 – 6:00pm What is Recovery
11. 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	12. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:00 – 1:15pm Recovery Group 1:30 – 2:45pm Support Group 5:00 – 6:00pm Health & Wellness	13. 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	14. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:00 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm What is Narcotic Anonymous	15. 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	16.  Via Zoom Virtual Meetings 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group

## January, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18.</p> <p><b>Martin Luther King Jr. Day</b></p> <p><b>Closed</b></p>	<p>19. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:00 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion Group 5:00 – 6:00pm Triggers to Relapse</p>	<p>20. 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>21. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:00 – 1:15pm Recovery Group 1:30 – 2:45pm Support Group 5:00p-6:00p What is Recovery</p>	<p>22. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Financial Workshop 1:00 – 2:15pm Woman's Group Men' Group 2:30 – 3:30pm Spirituality Group 3:30p – Computer Lab</p>	<p>23.</p> <p>Via Zoom Virtual Meetings 12:00p – 1:00p Open Discussion 5:00 – 6:00pm Support Group</p>
<p>25. 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>26. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:00 – 1:15pm Open Discussion Group 1:30 – 2:45pm Support Group 5:00 – 6:00pm Stress Management</p>	<p>27. 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>28. Morning Chat 11:00am – 12:00pm Meditation of the Day 12:00 – 1:15pm Recovery Group 1:30 – 2:45pm Support Group 5:00p-6:00p Feeling's</p>	<p>29. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Setting Goals 1:00 – 2:00pm Prep &amp; HIV Testing Seminar 2:15 – 3:15pm Recovery Group 3:30p – Computer La</p>	<p>30.</p> <p>Via Zoom Virtual Meetings 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group</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)