

## January, 2026

| Monday                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                             | Saturday |
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|                                                                                                                                                                                                                            |                                                                                                                                                                                                                            |                                                                                                                                                                                                             | 1. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Health & Wellness<br>1:00 – 2:15pm<br>Peer Support Group<br>2:30 – 3:30pm<br>Support Group<br>3:30p – Computer Lab                                  | 2. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Educational Skill<br>(Computer Skill Class)<br>1:00 – 2:15pm<br>Recovery /Peer Support<br>(Just for Today)<br>Support Group<br>2:30 – 3:30pm<br>3:30p – Computer Lab    | 3.       |
| 5. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Educational Skill<br>(Group Process)<br>1:00 – 2:15pm<br>Recovery /Peer Support<br>(Complete Failure)<br>2:30 – 3:30pm<br>Support group<br>3:30p – Computer Lab | 6. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Educational Skill<br>(Outreach Techniques)<br>1:00 – 2:15pm<br>Recovery /Peer Support<br>(Abstinence)<br>2:30 – 3:30pm<br>Support Group<br>3:30p – Computer Lab | 7. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Moral Reconation<br>Therapy<br>1:00 – 2:15pm<br>Recovery/Peer Support<br>(Dishonesty)<br>2:30 – 3:30pm<br>Support Group<br>3:30p – Computer Lab  | 8. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Health & Wellness<br>1:00 – 2:15pm<br>Peer Support Group<br>2:30 – 3:30pm<br>Recovery /Peer<br>Support<br>(Just for Today)<br>3:30p – Computer Lab  | 9. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Educational Skill<br>(Computer Skill Class)<br>1:00 – 2:15pm<br>Problem Gambling<br>2:30 – 3:30pm<br>Recovery /Peer Support<br>(Recovery Bingo)<br>3:30p – Computer Lab | 10.      |
| 12. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Educational<br>(Setting Goals)<br>1:00 – 2:15pm<br>Employment/Vocational<br>(Be Prepared)<br>2:30 – 3:30pm<br>Support Group<br>3:30p – Computer Lab            | 13. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Creating Writing<br>1:00 – 2:15pm<br>Recovery /Peer Support<br>(Turning Point)<br>2:30 – 3:30pm<br>Support Group<br>3:30p – Computer Lab                       | 14. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Moral Reconation<br>Therapy<br>1:00 – 2:15pm<br>Recovery/Peer Support<br>(Groundwork)<br>2:30 – 3:30pm<br>Support Group<br>3:30p – Computer Lab | 15. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Health & Wellness<br>1:00 – 2:15pm<br>Peer Support Group<br>2:30 – 3:30pm<br>Recovery /Peer<br>Support<br>(Just for Today)<br>3:30p – Computer Lab | 16. 10:00 – 10:30am<br>Morning Chat<br>10:30am – 12:00pm<br>Educational Skill<br>(Computer Skill Class)<br>1:00 – 3:30pm<br>Recovery /Peer Support<br>(Recovery Movie)<br>3:30p – Computer Lab                                     | 17.      |

## January, 2026

| Monday                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                       | Saturday                                                                                                    |
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| <p>19.</p> <p><b>Martin Luther King Jr. Day</b></p> <p><b>Agency Closed</b></p>                                                                                                                                                            | <p>20. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Educational Skill (My Journey)<br/>1:00 – 2:15pm<br/>Recovery /Peer Support (Involvement)<br/>2:30 – 3:30pm<br/>Support Group<br/>3:30p – Computer Lab</p> | <p>21. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Moral Reconation Therapy<br/>1:00 – 2:15pm<br/>Recovery/Peer Support (Complete Freedom)<br/>2:30 – 3:30pm<br/>Support Group<br/>3:30p – Computer Lab</p> | <p>22. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Health &amp; Wellness<br/>1:00 – 2:15pm<br/>Peer Support Group<br/>2:30 – 3:30pm<br/>Support Group<br/>3:30p – Computer Lab</p> | <p>23. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Educational Skill (Computer Skill Class)<br/>1:00 – 2:15pm<br/>Problem Gambling<br/>2:30 – 3:30pm<br/>Recovery /Peer Support (Recovery Bingo)<br/>3:30p – Computer Lab</p> | <p>24.</p>                                                                                                  |
| <p>26. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Educational Skill (Decision Making)<br/>1:00 – 2:15pm<br/>Employment/Vocational (Troublesome Questions)<br/>2:30 – 3:30pm<br/>Support group<br/>3:30p – Computer Lab</p> | <p>27. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Creating Writing<br/>1:00 – 2:15pm<br/>Recovery/Peer Support (Continue Abstinence)<br/>2:30 – 3:30pm<br/>Support Group<br/>3:30p – Computer Lab</p>        | <p>28. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Moral Reconation Therapy<br/>1:00 – 2:15pm<br/>Recovery/Peer Support (Fellowship)<br/>2:30 – 3:30pm<br/>Support Group<br/>3:30p – Computer Lab</p>       | <p>29. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Health &amp; Wellness<br/>1:00 – 2:15pm<br/>Peer Support Group<br/>2:30 – 3:30pm<br/>Support Group<br/>3:30p – Computer Lab</p> | <p>30. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Educational Skill (Computer Skill Class)<br/>1:00 – 3:30pm<br/>Recovery /Peer Support (Recovery Movie)<br/>Support Group<br/>2:30 – 3:30pm<br/>3:30p – Computer Lab</p>    | <p><b>Exponents Recovery &amp; Wellness Center</b><br/><b>Monday – Thru Friday</b><br/><b>9am – 5pm</b></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.
- RWC@exponents.org | 17 Battery Place, 8<sup>th</sup> floor, NY, NY 10004 | 212- 243 - 3434 ext.425