

## February, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Meditation of the Day 1:00 – 2:00pm Peers Support Group 2:15 -3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Open Discussion</p>	<p>2. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Support Group 5:00 – 6:00pm Health &amp; Wellness</p>	<p>3. 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 5:00p-6:00pm Fear of Falling</p>	<p>4. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Recovery Group</p>	<p>5. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Setting Goals 1:00 – 2:15pm Black HIV/AIDS Awareness Day 2:30 – 3:30pm Spirituality Group 3:30p – Computer Lab 5:00 – 6:00pm Open Discussion</p>	<p>6. 12:00p - 1:00p Virtual Groups Via Zoom Meditation of the Day 5:00 – 6:00pm Recovery Group</p>
<p>8. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Meditation of the Day 1:00 – 2:00pm Peers Support Group 2:15 -3:15pm Book Club 3:30p – Computer Lab 5:00 – 6:00pm Recovery Group</p>	<p>9. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Stress Management</p>	<p>10. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:15pm Life Skills 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Open Discussion</p>	<p>11. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Recovery Group</p>	<p>12. 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 4:30 – 8:00pm Valentine's Day Celebration</p>	<p>13. 12:00p - 1:00p Virtual Groups Via Zoom Open Discussion 5:00 – 6:00pm What is Recovery</p>
<p>15.  President's Day  Closed</p>	<p>16. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Support Group 5:00 – 6:00pm Health &amp; Wellness</p>	<p>17. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Meditation of the Day 1:00 – 2:15pm Educational Group 2:30 – 3:30pm Life Skills 5:00 – 6:00pm Recovery Group</p>	<p>18. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15– 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Recovery Group</p>	<p>19. 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 Lab</p>	<p>20. 12:00p - 1:00p Virtual Groups Via Zoom Meditation of the Day 5:00 – 6:00pm Open Discussion</p>

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22. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Meditation of the Day 1:00 – 2:00pm Peers Support Group 2:15 -3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Open Discussion	23. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion Group 5:00 – 6:00pm Triggers to Relapse	24. 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 5:00 – 6:00pm Health & Wellness	25. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Support Group 5:00p-6:00pm What is Recovery	26. 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 5:00 – 6:00pm Recovery Group	27. 12:00p – 1:00p Via Zoom Virtual Groups Open Discussion 5:00 – 6:00pm Support Group



- 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)