

February, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Recovery) 1:00 – 2:15pm Employment/Vocational (Interview Questions) 2:30 – 3:30pm Support group 3:30p – Computer Lab	3. 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	4. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2:15pm Recovery/Peer Support (Freedom) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	6. 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	7.
9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Group Process # 2) 1:00 – 2:15pm Recovery /Peer Support (Humility) 2:30 – 3:30pm Support group 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Emotionally) 1:00 – 2:15pm Recovery /Peer Support (Self-Acceptance) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	11. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2:15pm Recovery/Peer Support (Obsession) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 3:30pm Valentine's Dance Family & Friends Welcome	13. 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 (Recovery Bingo) 3:30p – Computer Lab	14.
16. Presidents' Day Agency Closed	17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery /Peer Support (The Journey Continues) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2:15pm Recovery/Peer Support (Recovery Stages) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Recovery /Peer Support (Just for Today) 3:30p – Computer Lab	20. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 3:30pm Recovery /Peer Support (Recovery Movie) 3:30p – Computer Lab	21.



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational (Relapse Prevention) 1:00 – 2:15pm Narcan Training 2:30 – 3:30pm Support Group 3:30p – Computer Lab	24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Triggers) 1:00 – 2:15pm Recovery /Peer Support (Involvement) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Moral Reconation Therapy 1:00 – 2:15pm Recovery/Peer Support (Tolerance) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	27. 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 (Recovery Bingo) 3:30p – Computer Lab	28.
					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