

March 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 11:05am – 12:00pm Meditation of the Day 12:05 – 1:15pm-Break Recovery Group 1:20 – 2:45pm Support Group 5:00 – 6:00pm Health & Wellness</p>	<p>3. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Vision Team Meeting 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 12:05 – 1:15pm Break 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 Daily Meditation Setting Goals 1:00 – 2:15pm 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 – 10:40am The Journey Continues 10:40am – 10:55am-Break 10:55 am– 11:35am Infection Control continues/Flu&Covid 11:35am -12:00pm-Break 12:00 pm to 12:40 pm Infection Control Continued/Flu & COVID-19 Pt#2 1:10pm-2:10pm-Support Group/Peers/Peers 2:15pm-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 12:05 – 1:15pm-Break Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Stress Management</p>	<p>10. 10:00 am -10:40am HIV Disclosure Pt. #1 10:40 am to 10:55 am-break 10:55 am to 11:35 am HIV Disclosure Pt. #2 11:35am to 12:00pm-break 12:00 pm to 12:40 pm HIV Disclosure Pt. #3 1:10 – 2:10pm Support Group 2:15p – 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 – 10:40am Sex & Sexuality Pt.# 1 10:40am – 10:55am-Break 10:55 am– 11:035am Sex & Sexuality Pt.# 2 11:35am -12:00pm Break 12:00 pm to 12:40 pm Sex & Sexuality Pt.# 3 1:10pm-2: 10pm- Woman's Group Men' Group 2:15pm-computer Lab 5:00 – 6:00pm Recovery Group</p>	<p>13. 12:00p - 1:00p Virtual Groups Via Zoom Open Discussion 5:00 – 6:00pm What is Recovery</p>
<p>15. 10:00 – 10:40am Triggers & Cravings Pt. # 1 10:40am – 10:55am-Break 10:55 am– 11:035am Triggers & Cravings Pt. # 2 11:35am -12:00pm Break 12:00 pm to 12:40 pm Triggers & Cravings Pt. # 3 1:10pm-2: 10pm-Support Group 2:15pm-computer Lab 5:00 – 6:00pm Open Discussion</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 & Wellness</p>	<p>17. 10:00 – 10:40am Financial Literacy & SUD 1 10:40am – 10:55am-Break 10:55 am– 11:035am Financial Literacy & SUD 2 11:35am -12:00pm-Break 12:00 pm to 12:40 pm Financial Literacy & SUD P3 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 – 10:40am Overcoming Procrastination 1 10:40am – 10:55am-Break 10:55 am– 11:35am Overcoming Procrastination n2 11:35am -12:00pm-Break 12:00 pm to 12:40 pm Overcoming Procrastinations 3 1:00 – 2:00pm-Prep & HIV Testing Seminar 2:15 – 3:15pm-Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Support Group</p>	<p>20. 12:00p - 1:00p Virtual Groups Via Zoom Meditation of the Day 5:00 – 6:00pm Open Discussion</p>

EXPONENTS

Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>27. 12:00p – 1:00p Via Zoom Virtual Groups Open Discussion 5:00 – 6:00pm Support Group</p>
<p>29. 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>30. 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</p>	<p>31. 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>			



- 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)