

## July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 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	2. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Health & Wellness	3. 12:00p - 1:00p Virtual Groups Via Zoom Meditation of the Day 5:00 – 6:00pm Recovery Group
5. Closed  Independence Day	6. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Recovery Group	7. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Financial Literacy 1:00 – 2:15pm Educational Group 2:30 – 3:30pm Life Skills 3:30p – Computer Lab 5:00 – 6:00pm Recovery is a Process	8. 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	9. 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 Fear of Falling	10. RWC Outing Day at the Park 10:00am – 3:00pm Dumbo Brooklyn Bridge Park A & C Train High Street stop
12. 11:00am Park Gathering Day Meeting Point Exponents 17 Battery Pl. NY, NY  5:00 – 6:00pm Open Discussion	13. 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 Recovery and Relapse	14. 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 Stress Management	15. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:15pm Vision Team Meeting 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Triggers to Relapse	16. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Financial Workshop 1:00 – 2:15pm Woman's Group Men' Group 2:30 – 5:00pm Computer Lab 5:00 – 6:00pm Open Discussion	17. RWC Outing Day Little Island 11:30am – 3:00pm Meeting Point Exponents 17 Battery Pl. NY, NY 10:30am

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19. 10:00 – 11:00am Morning Chat 11:15am – 12:30pm Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15pm Book Club 3:30p – Computer Lab 5:00 – 6:00pm Now What</p>	<p>20. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Recovery Group</p>	<p>21. 11:00am – 4:00pm RWC Orchard Beach Annual BBQ Day Left side on the Packing Lot by the basketball Court</p>	<p>22. 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>23. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Setting Goals 1:00 – 2:15pm Recovery Group 2:30 – 3:30pm Spirituality Group 3:30p – Computer Lab 5:00 – 6:00pm Open Discussion</p>	<p>24. RWC Outing Day Morningside Park 11:00 – 3:00pm Meet up @ Morningside Park Dr. Take # 1 Train to 116<sup>th</sup> St./Columbia University We will meet up at 10:30 at the train station</p>
<p>26. 10:00 – 11:00am Morning Chat 11:15am – 12:30pm Wellness Walk 1:00 – 2:00pm Prep &amp; HIV Testing Seminar 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Open Discussion</p>	<p>27. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Health &amp; Wellness</p>	<p>28. 10:00 am – 3:00pm Trip to the New York Botanical Garden 11:00am – 12:15pm Self Esteem 1:00 – 2:15pm Woman’s Group Men’ Group 2:30 – 3:30pm Spirituality Group 3:30p – Computer Lab 5:00 – 6:00pm Open Discussion</p>	<p>29. 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 Why We Here</p>	<p>30. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:00pm Prep &amp; HIV Testing Seminar 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Triggers to Relapse</p>	<p>31. 12:00p - 1:00p Virtual Groups Via Zoom Meditation of the Day 5:00 – 6:00pm Open Discussion</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)