



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

August, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:00pm Problem Gambling 2:00 – 3:00pm Recovery Group (Just for Today)	2.
4. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Gratitude) 1:00 – 2:15pm Employment Session (Interview Questions) 2:30 – 3:30pm Support group 3:30p – Computer Lab	5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Recovery Process) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	6. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Procrastination) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 12:00 – 3:00pm Game Day	9.
11. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Group (What is Anger?) 1:00 – 2:15pm Harm Reduction 2:30 – 3:30pm Support group 3:30p – Computer Lab	12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Early Recovery) 2:30 – 3:30pm Support group 3:30p – Computer Lab	13. 10:00 – 10:30am Morning Chat 10:30am – 4:00pm Brooklyn Bridge trip Brooklyn NY	14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:00pm Recovery Group (Just for Today) 2:00 – 3:00pm Support group	16.



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Group (Dealing with Stress) 1:00 – 2:15pm Narcen Training 2:30 – 3:30pm Support group 3:30p – Computer Lab	19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Insanity) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	20. 10:00 – 3:00ap Peer Alliance Recovery Center 3 rd Annual Bronx Community Fair St Mary's Park St. Ann's & E. 146 th Bronx, NY	21. 10:00 – 10:30am Morning Chat 11:00am – 3:00pm Museum of New York City	22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:00pm Recovery Group (Just for Today) 2:00 – 3:00pm Support group	23.
25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Goal vs Ambition) 1:00 – 2:15pm Employment Session (Interview Process) 2:30 – 3:30pm Support group 3:30p – Computer Lab	26. 10:00am– 3:30pm RWC BBQ Event at Orchard Beach Bronx, NY	27. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Choices & Actions) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class Raffle Day 1:00 – 2:00pm Recovery Group (Just for Today) 2:00 – 3:00pm Support group	Exponents Recovery & Wellness Center Monday - Thursday 9am – 5pm Summer Hours Fridays (9am – 3pm)



- 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