

## September, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Recovery Group 2:15 – 3:15pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm The Group	2. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Am I an Addict?	3. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Recovery Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Staying Clean a Must	4. Virtual Groups Via Zoom  12:00p - 1:00p Just for Today  5:00 – 6:00pm Support Group
6. <b>Closed Labor Day</b>	7. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Health & Wellness	8. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 1:00 – 2:15pm Jerwely Group 2:30 – 3:30pm Life Skills 3:30p – Computer Lab 5:00 – 6:00pm Trigger to Relapse	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 Open Discussion 5:00 – 6:00pm Recovery & Relapse	10. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00– 2:15pm Woman's & Men's Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00p-6:00pm One Addict Experience	11. Virtual Groups Via Zoom  12:00p - 1:00p Meditation of the Day  5:00 – 6:00pm Recovery Group
13. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Living the Program	14. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion Group 5:00 – 6:00pm Staying Clean on the Outside	15. 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 It Works: How & Why	16. 10:00am – 3:00pm Celebrating Recovery Month BBQ Day At Van Cortland Park West Gun Hill Rd & Jerome Ave.	17. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Creating Writing 2:30 – 3:30pm Recovery Group 3:30 – 5:00pm Computer Lab 5:00 – 6:00pm We Do Recover	18. Virtual Groups Via Zoom  12:00p - 1:00p Just for Today  5:00 – 6:00pm Support Group

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 -3:15pm Book Club 3:30p – Computer Lab 5:00 – 6:00pm Another Look	21. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Self Support	22. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Jerwely Group 2:15 – 3:15pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Sponsorship	23. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15– 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Self Obsession	24. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Setting Goals 1:00 – 2:15pm Open Discussion 2:30 – 3:30pm Spirituality Group 3:30p – Computer Lab 5:00 – 6:00pm What can I do	25. Virtual Groups Via Zoom  12:00p - 1:00p Meditation of the Day  5:00 – 6:00pm Open Discussion
27. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Health & Wellness Walk 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Self Acceptance	28. 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 In Time of Illness	29. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 6:00pm Celebrating Recovery Month Symposium Panel, Poetry & Recovery Dance	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 Open Discussion 5:00 – 6:00pm Health & Wellness		



- 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)