

September, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Closed Labor day	2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (My Journey) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Spiritual Growth) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	4. 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	5. 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) 3:15p – Computer Lab	6.
8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Lost of Control) 1:00 – 2:15pm Employment Session (Interview Process) 2:30 – 3:30pm Support group 3:30p – Computer Lab	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Paingul Emotions) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Dysfunctional) 1:00 – 2:15pm Moral Reconation Therapy 3:00 – 4:30pm Dept. of Health Fifth Annual Overdose Awareness day (Virtual)	11. 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	12. 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 3:15p – Computer Lab	13.
15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Group (Complacency) 1:00 – 2:15pm Harm Reduction 2:30 – 3:30pm Support group 3:30p – Computer Lab	16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Managing Feelings) 2:30 – 3:30pm Support group 3:30p – Computer Lab	17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Shame & Guilt) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	18. 10:00am – 3:00pm National Recovery Month Event at Lower Eastside Service Center 1341 Franklin Ave. Bronx, NY 10456	19. 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) 3:15p – Computer Lab	20.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Group (Feeling Down) 1:00 – 2:15pm Narcan Training 2:30 – 3:30pm Support group 3:30p – Computer Lab	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Distractions) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Thrust) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	25. 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	26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 12:00 – 3:00pm Recovery Month Celebration Event 3:30p – Computer Lab	27.
29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Dealing with Crisis) 1:00 – 2:15pm Employment Session (My Resume) 2:30 – 3:30pm Support group 3:30p – Computer Lab	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Depression) 2:30 – 3:30pm Support Group 3:30p – Computer Lab				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