

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Find Spiritual Guides) 1:00 – 2:15pm Recovery /Peer Support (Faith in Others) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	2. 10:00am – 12:30pm Overdose Crisis & Press Conference Rally 1:00 – 2:15pm Recovery/Peer Support (Sick & Tired) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Wellness Walk 1:00 – 2:15pm Recovery Coaching Group 2:30 – 3:30pm Recovery /Peer Support (Just for Today) 3:30p – Computer Lab	4. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:00pm (Jewelry Making) 2:00 – 3:00pm Support Group	5.
7 Closed Labor Day	8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Affirmations) 1:00 – 2:15pm Recovery /Peer Support (Grief & Healing) 2:30 – 3:30pm Jewelry Making Group 3:30p – Computer Lab	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Living Clean) 1:00 – 2:15pm Recovery/Peer Support (Forgiveness) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 1:00 – 2:15pm Recovery Coaching Group 2:30 – 3:30pm Recovery/Peer Support (Just for Today) 3:30p – Computer Lab	11. 10:00 – 10:30am Morning Chat 11:00am – 3:00pm (OnPoint NYC Care Fair) 1:00 – 2:15pm (Gamblers Anonymous) 2:15– 3:15pm Recovery /Peer Support (Just for Today) 3:30p – Computer Lab	12.
14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Discussion Group 1:00 – 2:15pm Employment/Vocational (How to Introduce Yourself) 2:30 – 3:30pm Recovery /Peer Support (Letting Go) 3:30p – Computer Lab	15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery /Peer Support (Self - Worth) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Encouragement) 1:00 – 2:15pm Recovery/Peer Support (Integrity) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	17. 10:00 – 3:30pm Brooklyn Botanic Garden Trip	18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:15pm (Jewelry Making) 2:15 – 3:15pm Support Group 3:30p – Computer Lab	19. 9:00am – 1:00pm South Bronx United's Health and Wellness Day Macombs Dam Park E. 157 th St. & West 161 st St. Bronx, NY



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

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21. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Discussion Group 1:00 – 2:15pm Recovery /Peer Support (Shameful) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Balanced Equations) 1:00 – 2:30pm Recovery Month Celebration Event Problem Gambling Addiction Awareness NYCPG Guest Speaker RWC Success Story 3:30p – Computer Lab	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (The Power of Love) 1:00 – 2:15pm Recovery /Peer Support (Active Listening) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Wellness Walk 1:00 – 2:15pm Recovery Coaching Group 2:30 – 3:30pm Support Group (Just for Today) 3:30p – Computer Lab	25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Computer Skill Class) 1:00 – 2:15pm (Gamblers Anonymous) 2:15 – 3:15pm Recovery /Peer Support (Just for Today) 3:30p – Computer Lab	26. 9:00am – 12:00pm Odyssey House 21 st Annual Run for Your Life 5K Event
28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Employment/Vocational (Employment Readiness) 1:00 – 2:15pm Employment/Vocational (The Stay Interview) 2:30 – 3:30pm Support group 3:30p – Computer Lab	29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Educational Skill (Anger Management) 1:00 – 2:15pm Recovery /Peer Support (Grief & Healing) 2:30 – 3:30pm Jewelry Making Group 3:30p – Computer Lab	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery/Peer Support (Self - Suffering) 12:30 – 3:15pm Celebrate Success in Recovery Event Open Mic 3:30p – Computer Lab			Exponents Recovery & Wellness Center Monday – Thru Friday 9am – 5pm



- 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