

EXPONENTS

Judith Loeb Chiara
Recovery & Wellness Center

Improving health. Igniting hope.

February, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:30p - Break 1:00p – Recovery Bingo
3. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 1:00p – Health Wellness 2:15p – Computer Class 4:00p - Computer Lab	4. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p - Financial Workshop 2:00p – Life Skills 3:30p – Computer Lab	5. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:45p – Book Club 1:45p – Educational Recovery Group 2:45p – Resume Preparation 4:00p – Computer Lab	6. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circle 2:00p - Support Group 3:15p - Computer Lab 6:00p – Open Mic. night	7. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Creative Writing 2:00p - Recovery Group 3:30p – Computer Lab	8. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:30p - Break 1:00p – Game Day
10. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 1:00p – Spirituality Group 2:15p – Computer Class 4:00p - Computer Lab	11. 6:30am – Stand Up for Recovery Day Trip to Albany 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p – Computer Lab	12. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:45p – Discovering Recovery through Music 1:45p – Educational Recovery Group 3:00p – Job Readiness 4:00p – Computer Lab 6:00 – 8:30 p Valentine Day's Prom Dance	13. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circle 2:00p - Support Group 3:15p - Computer Lab 6:00p – Movie Night	14. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Jewelry Making 2:00p - Recovery Group 3:30p – Computer Lab	15. 10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:30p - Break 1:00p – Art Therapy

February, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17.</p> <p>CLOSED Presidents' Day</p>	<p>18.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Financial Workshop 3:30p - Computer Lab</p>	<p>19.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:45p – Book Club 1:45p – Educational Recovery Group 3:00p – Resume Preparation 4:00p – Computer Lab</p>	<p>20.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circle 2:00p - Support Group 3:15p – Computer Lab 6:00p – Game Night</p>	<p>21.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p – Break 12:45p – Creative Writing 2:00p - Recovery Group 3:30p – Computer Lab</p>	<p>22.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:30p - Break 1:00p – HBO Documentary Film: “Addiction”</p>
<p>24.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 1:00p – Spirituality Group 2:15p – Computer Class 4:00p - Computer Lab</p>	<p>25.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Recovery Group 2:00p – Life Skills 3:30p - Computer Lab</p>	<p>26.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p Break 12:45p – Discovering Recovery through Music 1:45p – Educational Recovery Group 3:00p – Job Readiness 4:00p – Computer Lab</p>	<p>27.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Mentoring circle 2:00p - Support Group 3:15p – Computer Lab 6:00p – Bingo Night</p>	<p>28.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:00p - Break 12:45p – Jewelry Making 2:00p - Recovery Group 3:30p – Computer Lab</p>	<p>29.</p> <p>10:00a – Breakfast Club 11:00a – Daily Meditation Book Discussion 12:30p - Break 1:00p – Movie Day Trip</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/7days a week.