

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 12:30 – 3:30pm Halloween Dance 3:30p – Computer Lab					1. Virtual Group Via Zoom 12:00p - 1:00p Daily Reflection 5:00 – 6:00pm Open Discussion Group
3. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:15pm Recovery Group Relationships 2:30 – 3:30pm Support Group 3:30p – Computer Lab	4. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:15pm Recovery Group Relationships 2:30 – 3:30pm Support Group 3:30p – Computer Lab	5. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Smoking Cessation 1:00 – 2:15pm Peer Leadership 2:30 – 3:30 Recovery Group Priorities 3:30p – Computer Lab	6. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group The Process 1:30 – 2:45pm Support Group	7. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:00pm Prep & HIV Testing Seminar 2:15 – 3:15pm Recovery Group Relapse 3:30p – Computer Lab	8. Virtual Group Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Open Discussion Group
10. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health & Wellness 3:30p – Computer Lab	11. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Triggers to Relapse 2:30 – 3:30pm Recovery Group Learning to Love Ourselves 3:30p – Computer Lab	12. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Peer Leadership 2:30 – 3:30 Support Group Small Things 3:30p – Computer Lab	13. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group Success 1:30 – 2:45pm Support Group	14. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 3:00pm Hispanic Heritage Month Celebration 3:15p – Computer Lab	15. Virtual Group Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Open Discussion Group

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health & Wellness 3:30p – Computer Lab	18. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:15pm Recovery Process 2:30 – 3:30pm Recovery Group Feelings 3:30p – Computer Lab	19. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Skill Building 1:00 – 2:15pm Peer Leadership 2:30 – 3:30 Support Group Fellowship 3:30p – Computer Lab	20. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Recovery Group What is Recovery	21. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Time Management 1:00 – 2:15pm Men's & Woman's Group 2:30 – 3:30pm Recovery Group Inventory 3:30p – Computer Lab	22. Virtual Group Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Open Discussion
24. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health & Wellness 3:30p – Computer Lab	25. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:15pm Support Group 2:30 – 3:30pm Recovery Group True Courage 3:30p – Computer Lab	26. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Smoking Cessation 2:30 – 3:30 Open Discussion 3:30p – Computer Lab	27. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group The Full Messages 1:30 – 2:45pm Support Group	28. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Life Skills 3:30p – Computer Lab	29. Virtual Group Via Zoom 12:00p - 1:00p Daily Reflection 5:00 – 6:00pm Open Discussion Group



- 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 on Thursday 10:00am – 4:00pm and Saturdays 12:00pm & 5:00pm. (more information calls 917-681-8531)

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