

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Health & Wellness 12:15 – 1:00pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support group 3:30p – Computer Lab	3. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15– 1:00pm Break 1:00 – 2:15pm Recovery Group (Sponsorship) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	4. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group (Meditation) 1:30 – 2:45pm Support Group	6. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 1:00pm Break 1:00 – 2:00pm Life Skills 2:00 – 3:15pm Support Group 3:00p – Computer Lab	7.
9. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Health & Wellness 12:15 – 1:00pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support group 3:30p – Computer Lab	10. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Creating Writing 12:15 – 1:00pm Break 1:00 – 2:15pm Recovery Group (Dealing with Emotions) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	11. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 12:15 – 1:00pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion	13. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 12:15– 1:00pm Break 1:00 – 2:15pm Recovery Group (Why We Here) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	14.
16. 10:00 – 4:00p National Latinx HIV/AIDS Awareness Day HIV Testing all day/ PrEP Presentation/Panel Discussion follow by Lunch Bring a Friend	17. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 12:15 – 1:00pm Break 1:00 – 2:15pm Recovery Group (Priorities) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	18. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 12:15– 1:00pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group 3:00pm: Burned A Forum Theater Play celebrating Boogie Down Mental Wellness	20. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 1:00pm Break 1:00 – 2:15pm Recovery Group (12 Steps) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	21.

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23. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Health & Wellness 12:15 – 1:00pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support group 3:30p – Computer Lab	24. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 1:00pm Break 1:00 – 2:15pm Recovery Group (Recovery is a Process) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	25. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Men's and Woman's Group 12:15 – 1:00pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:15 – 1:30pm Recovery Group (Desperate) 1:30 – 2:45pm Support Group	27. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 12:15 – 1:00pm Break 1:00 – 2:15pm Life Skills 2:30 – 3:30pm Support Group 3:30p – Computer Lab	28.
30. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 4:00p Halloween Party	31. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Health & Wellness 12:15 – 1:00pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab				Exponents Recovery & Wellness Center Mon – Tue - Wed & Fri 9am – 5pm Thursdays Via Zoom 10:00am – 3:00pm

- 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 – 3:00pm (more information calls 917-681-8531)
- RWC@exponents.org | 17 Battery Place, 8th floor, NY, NY 10004 | 212- 243 - 3434 ext.425