

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Employment Session (Interview Process) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Men's & Woman's Support Group 1:00 – 2:15pm Recovery Group (Happiness) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group	4. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm (Daily Reflection) 1:00 – 2:15pm Recovery Group (Building a Foundation) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	5.
7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group (Challenges) 2:30 – 3:30pm Support group 3:30p – Computer Lab	8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Accomplishments) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Opportunity) Support Group 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group	11. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflection) 1:00 – 2:15pm Smoking Cessation 2:30 – 3:30pm Support Group 3:30p – Computer Lab	12.
14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group (Connections) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Employment Session (Questions to Ask) 1:00 – 2:15pm Recovery Group (Connection with Others) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (Letting Go) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion	18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm (Daily Reflection) 1:00 – 2:15pm Recovery Group (Feel Like) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	19.

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group (Naloxone Training) 2:30 – 3:30pm Support group 3:30p – Computer Lab	22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (I don't need All) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (Streghts) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group	25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflection) 1:00 – 2:15pm Programs Presentation 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	26.
28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group (Courages) 2:30 – 3:30pm Support group 3:30p – Computer Lab	29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Confused) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Ourselves) Support Group 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	31. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group		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