

## November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Support Group 2:30 – 3:30pm Recovery Group My Strengths 3:30p – Computer Lab</p>	<p>2. 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</p>	<p>3. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Daily Reflections 12:15 – 1:15pm Recovery Group Confidence 1:30 – 2:45pm Support Group</p>	<p>4. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Life Skills 3:30p – Computer Lab</p>	<p>5. Virtual Group Via Zoom  12:00p - 1:00p Daily Reflection  5:00 – 6:00pm Open Discussion Group</p>
<p>7. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Computer Session 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health &amp; Wellness 3:30p – Computer Lab</p>	<p>8. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Recovery Group My Fears 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>9. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Peer Leadership 2:30 – 3:30 Recovery Group Willingness 3:30p – Computer Lab</p>	<p>10. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Daily Reflections 12:15 – 1:15pm Recovery Group Powerless 1:30 – 2:45pm Support Group</p>	<p>11. Closed  Veteran's Day</p>	<p>12. Virtual Group Via Zoom  12:00p - 1:00p Meditation of the Day  5:00 – 6:00pm Open Discussion Group</p>
<p>14. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Computer Session 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health &amp; Wellness 3:30p – Computer Lab</p>	<p>15. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm First Things first 2:30 – 3:30pm Recovery Group Resentments 3:30p – Computer Lab</p>	<p>16. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Smoking Cessation 1:00 – 2:15pm Peer Leadership Group Facilitation Skills 2:30 – 3:30 Support Group 3:30p – Computer Lab</p>	<p>17. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Daily Reflections 12:15 – 1:15pm Recovery Group Respect 1:30 – 2:45pm Support Group</p>	<p>18. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:00 Open Discussion Group 2:00 – 5:00pm Thanksgiving Luncheon</p>	<p>19. Virtual Group Via Zoom  12:00p - 1:00p Just for Today  5:00 – 6:00pm Open Discussion Group</p>

## November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Computer Session 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health &amp; Wellness 3:30p – Computer Lab</p>	<p>22. 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</p>	<p>23. 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</p>	<p>24.  <b>Closed</b>  <b>Happy Thanksgiving</b></p>	<p>25.  <b>Closed</b></p>	<p>26.  Virtual Group Via Zoom  12:00p - 1:00p Meditation of the Day  5:00 – 6:00pm Open Discussion</p>
<p>28. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Computer Session 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health &amp; Wellness 3:30p – Computer Lab</p>	<p>29. 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</p>	<p>30. 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</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/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)