

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Open Discussion 1:00 – 2:15pm Jerwely Group 2:30 – 3:30pm Life Skills 3:30p – Computer Lab 5:00 – 6:00pm Change & Growth	2. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Positive Attitude	3. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Recovery Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Encouragement	4. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group
6. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Computer Session 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Building Patience	7. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Accepting Life	8. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 1:00 – 2:15pm Creating Writing 2:30 – 3:30pm Life Skills 3:30p – Computer Lab 5:00 – 6:00pm Self esteem	9. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Humility	10. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Prep & HIV Testing Seminar 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00p-6:00pm Fear	11. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group
13. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Computer Session 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Keep Coming Back	14. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion Group 5:00 – 6:00pm A Vision of Hope	15. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:15pm Support Group 3:00p – Rockefeller Center 5:00 – 6:00pm Resistance to change	16. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Sharing Our Gratitude	17. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 3:30pm Movie Day 3:30 – 5:00pm Computer Lab 5:00 – 6:00pm Priority: Meetings	18. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Computer Session 1:00 – 2:00pm Peers Support Group 2:15 -3:15pm Book Club 3:30p – Computer Lab 5:00 – 6:00pm New Vision</p>	<p>21. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm People Pleasing</p>	<p>22. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Creating Writing 2:15 – 3:00pm Support Group 3:00p – Dyker Hights 5:00 – 6:00pm A Close Mind</p>	<p>23. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Health & Wellness 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Love & Addiction</p>	<p>24. Closed Virtual Group via Zoom 12:00pm – 1:15pm</p>	<p>25. Merry Christmas Virtual Group via Zoom 12:00pm – 1:15pm</p>
<p>27. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Computer Session 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm God's Gift</p>	<p>28. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group 5:00 – 6:00pm Inventory</p>	<p>29. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Letting Go of the Past</p>	<p>30. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm True Courage's</p>	<p>31. Closed Virtual Groups via Zoom 12:00pm – 1:15pm</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 Monday thru Saturday 12:00pm and 5:00pm (more information calls 917-681-8531)