

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (Dealing with Stress) 1:00 – 2:15pm Peer Support group (Commitment) 2:30 – 3:30pm Support group 3:30p – Computer Lab	3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Compassion) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	4. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Humility) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group	5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Peers Training Conflict Resolution 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group	6. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm (Daily Reflection) 1:00 – 2:15pm Recovery Group (Quality) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	7.
9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (Mental Health) 1:00 – 2:15pm Peer Support group (Professionalism) 2:30 – 3:30pm Support group 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Understanding) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	11. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Optimism) 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 Peers Training Group Process 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Open Discussion	13. 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	14.
16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (My Health) 1:00 – 2:15pm (Naloxone Training) 2:30 – 3:30pm Support group 3:30p – Computer Lab	17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Employment Session (Interview Process) 1:00 – 2:15pm Recovery Group (Structure) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (Courage) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Peers Training Group Facilitation 12:15 – 1:15pm Support Group 1:30 – 2:45pm Support Group	20. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm (Daily Reflection) 1:00 – 2:15pm Recovery Group (Greatness) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	21.

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (Medication & Recovery) 1:00 – 2:15pm Peer Support group (Responsibilities) 2:30 – 3:30pm Support group 3:30p – Computer Lab	24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Tolerances) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	25. Christmas Day Closed	26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Feelings 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion	27. 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	28.
30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness (Doctor Patient Relationship) 1:00 – 2:15pm Peer Support group (Responsibilities) 2:30 – 3:30pm Support group	31. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Unity) 2:30 – 3:30pm Open Discussion 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