

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1. Happy New Year</p> <p>Virtual Group via Zoom 12:00pm – 1:15pm</p>
<p>3. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Computer Session 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Second chance</p>	<p>4. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Support Group 5:00 – 6:00pm We Do Recover</p>	<p>5. 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 At the End of the Road</p>	<p>6. 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 The Only Requirement</p>	<p>7. 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 Recovery Group 3:30p – Computer Lab 5:00p-6:00pm Finally Connected</p>	<p>8. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group</p>
<p>10. 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 Growing Up in NA</p>	<p>11. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Never Alone</p>	<p>12. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:15pm Support Group 3:00p – Computer Lab 5:00 – 6:00pm Regardless of Age</p>	<p>13. 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 What Make Me Happy Now</p>	<p>14. 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 Just Say Yes</p>	<p>15. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17.</p> <p>Closed</p> <p>Martin Luther King Jr. Day</p>	<p>18. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Recovery Discussion 5:00 – 6:00pm Inside Job</p>	<p>19. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Creating Writing 2:15 – 3:00pm Support Group 3:15p – Computer Lab 5:00 – 6:00pm Health & Wellness</p>	<p>20. 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 Family Disease, Family Recovery</p>	<p>21. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Support Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm The Good We Do</p>	<p>22.</p> <p>Virtual Groups Via Zoom</p> <p>12:00p - 1:00p Meditation of the Day</p> <p>5:00 – 6:00pm Open Discussion</p>
<p>24. 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 The Gratitude Side</p>	<p>25. 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 Speaking Up</p>	<p>26. 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 Secrets</p>	<p>27. 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, Places & Things</p>	<p>28. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Recovery Group 3:00 – 5:00pm Computer Lab 5:00 – 6:00pm Spiritual Principles</p>	<p>29.</p> <p>Virtual Groups Via Zoom</p> <p>12:00p - 1:00p Meditation of the Day</p> <p>5:00 – 6:00pm Support Group</p>
<p>31. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Computer Session 1:00 – 2:00pm Peers Support Group 2:15 – 3:15pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Reflection</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)
RWC@exponents.org | 17 Battery Place, 8th floor, NY, NY 10004 | 212- 243 - 3434 ext.425