

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. New Year's Day Closed	2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (My Attitude) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (Anger Management) 12:00 – 12:50pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	4. 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	5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (My Recovery) 12:00 – 12:50pm Break 1:00 – 2:15pm Employment Session (Job Readiness) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	6.
8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Group Facilitation) 2:30 – 3:30pm Support group 3:30p – Computer Lab	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (Sponsorship) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (Decision Making) 12:00 – 12:50pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	11. 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	12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflection) 12:00 – 12:50pm Break 1:00 – 2:15pm Gambling 2:30 – 3:30pm Support Group 3:30p – Computer Lab	13.
15. Martin Luther King Jr. Day Closed	16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (Reaching Out) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (Relapse Prevention) 12:00 – 12:50pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflections) 12:15 – 1:15pm Recovery Group (Third Tradition) 1:30 – 2:45pm Support Group	19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:00 – 12:50pm Break 1:00 – 2:15pm Programs Presentation 2:30 – 3:30pm Support Group 3:30p – Computer Lab	20.



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (What is Recovery) 2:30 – 3:30pm Support group 3:30p – Computer Lab	22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (Our Fears) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Men's and Woman's Group 12:00 – 12:50pm Break 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 (Daily Reflections) 12:15 – 1:15pm Recovery Group (Principles) 1:30 – 2:45pm Support Group	25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:00 – 12:50pm Break 1:00 – 3:30pm Movie Day 3:30p – Computer Lab	26.
28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Naloxone Training) 2:30 – 3:30pm Support group 3:30p – Computer Lab	29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Employment Session (Resume Discussion) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building () 12:00 – 12:50pm Break 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 Recovery Group (People's, Places & Things) 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