

## January, 2025

| Monday                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                         | Thursday                                                                                                                                                             | Friday                                                                                                                                                                                         | Saturday   |
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|                                                                                                                                                                                                                   |                                                                                                                                                                                                                      | <p>1.</p> <p><b>Happy New Year's Day 2025</b></p>                                                                                                                                                 | <p>2. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Peers Training<br/>Stress Management<br/>12:15 – 1:15pm Open Discussion<br/>1:30 – 2:45pm Support Group</p> | <p>3. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm (Daily Reflection)<br/>1:00 – 2:15pm Recovery Group (Resentments)<br/>2:30 – 3:30pm Open Discussion<br/>3:30p – Computer Lab</p>      | <p>4.</p>  |
| <p>6. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Health &amp; Wellness (Smoking Cessation)<br/>1:00 – 2:15pm Peer Support group (My Goals)<br/>2:30 – 3:30pm Support group<br/>3:30p – Computer Lab</p>   | <p>7. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Creating Writing<br/>1:00 – 2:15pm Recovery Group (Awareness)<br/>2:30 – 3:30pm Open Discussion<br/>3:30p – Computer Lab</p>                                | <p>8. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Recovery Group (Denial)<br/>1:00 – 2:15pm Moral Reconation Therapy<br/>2:30 – 3:30pm Support Group<br/>3:30p – Computer Lab</p>          | <p>9. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Peers Training<br/>Writing Notes<br/>12:15 – 1:15pm Open Discussion<br/>1:30 – 2:45pm Open Discussion</p>   | <p>10. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Recovery Group (Daily Reflection)<br/>1:00 – 2:15pm Problem Gambling<br/>2:30 – 3:30pm Support Group<br/>3:30p – Computer Lab</p>    | <p>11.</p> |
| <p>13. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Health &amp; Wellness (Nutrition)<br/>1:00 – 2:15pm Peer Support group (Naloxone Training)<br/>2:30 – 3:30pm Support group<br/>3:30p – Computer Lab</p> | <p>14. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Employment Session (Do I am Ready?)<br/>1:00 – 2:15pm Recovery Group (Recovery is Possible)<br/>2:30 – 3:30pm Open Discussion<br/>3:30p – Computer Lab</p> | <p>15. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Skill Building (Responsability)<br/>1:00 – 2:15pm Moral Reconation Therapy<br/>2:30 – 3:30pm Support Group<br/>3:30p – Computer Lab</p> | <p>16. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm Peers Training<br/>Paper Work<br/>12:15 – 1:15pm Support Group<br/>1:30 – 2:45pm Support Group</p>         | <p>17. 10:00 – 10:30am Morning Chat<br/>10:30am – 12:00pm (Daily Reflection)<br/>1:00 – 2:15pm Recovery Group (Self-Acceptance)<br/>2:30 – 3:30pm Open Discussion<br/>3:30p – Computer Lab</p> | <p>18.</p> |

## January, 2025

| Monday                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                     | Thursday                                                                                                                                                                    | Friday                                                                                                                                                                                                        | Saturday                                                                                                                                                                      |
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| <p>20.</p> <p><b>Martin Luther King Jr. Day</b></p> <p><b>Closed</b></p>                                                                                                                                                                    | <p>21. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Creating Writing<br/>1:00 – 2:15pm<br/>Recovery Group (Honesty)<br/>2:30 – 3:30pm<br/>Open Discussion<br/>3:30p – Computer Lab</p>   | <p>22. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Recovery Group (Justified)<br/>1:00 – 2:15pm<br/>Moral Reconation Therapy<br/>2:30 – 3:30pm<br/>Support Group<br/>3:30p – Computer Lab</p>  | <p>23. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Peers Training Fears<br/>12:15 – 1:15pm<br/>Support Group<br/>1:30 – 2:45pm<br/>Open Discussion</p>       | <p>24. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Recovery Group (Daily Reflection)<br/>1:00 – 2:15pm<br/>Problem Gambling<br/>2:30 – 3:30pm<br/>Open Discussion<br/>3:30p – Computer Lab</p> | <p>25.</p>                                                                                                                                                                    |
| <p>27. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Health &amp; Wellness (Recreational Therapy)<br/>1:00 – 2:15pm<br/>Peer Support group (Responsibilities)<br/>2:30 – 3:30pm<br/>Support group<br/>3:30p – Computer Lab</p> | <p>28. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Creating Writing<br/>1:00 – 2:15pm<br/>Recovery Group (Let it Go)<br/>2:30 – 3:30pm<br/>Open Discussion<br/>3:30p – Computer Lab</p> | <p>29. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Recovery Group (My Journey)<br/>1:00 – 2:15pm<br/>Moral Reconation Therapy<br/>2:30 – 3:30pm<br/>Support Group<br/>3:30p – Computer Lab</p> | <p>30. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>Peers Training My Strength<br/>12:15 – 1:15pm<br/>Open Discussion<br/>1:30 – 2:45pm<br/>Support Group</p> | <p>31. 10:00 – 10:30am<br/>Morning Chat<br/>10:30am – 12:00pm<br/>(Daily Reflection)<br/>1:00 – 2:15pm<br/>Recovery Group (My Principles)<br/>2:30 – 3:30pm<br/>Open Discussion<br/>3:30p – Computer Lab</p>  | <p><b>Exponents Recovery &amp; Wellness Center</b><br/><b>Mon – Tue - Wed &amp; Fri</b><br/><b>9am – 5pm</b></p> <p><b>Thursdays Via Zoom</b><br/><b>10:00am – 3:00pm</b></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 – 3:00pm (more information calls 917-681-8531)
- RWC@exponents.org | 17 Battery Place, 8<sup>th</sup> floor, NY, NY 10004 | 212- 243 - 3434 ext.425