

## February 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1. 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 No Matter What</p>	<p>2. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Financial Literacy 2:15 – 3:00pm Support Group 3:15p – Computer Lab 5:00 – 6:00pm Health &amp; Wellness</p>	<p>3. 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 Exchanging Love</p>	<p>4. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Support Group 2:30 – 3:30pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Courage</p>	<p>5. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group</p>
<p>7. 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 Attitudes</p>	<p>8. 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 Living in the Now</p>	<p>9. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Smoking Cessation 1:00 – 2:15pm Creating Writing 2:30 – 3:30pm Job Readiness 3:30p – Computer Lab 5:00 – 6:00pm Health &amp; Wellness</p>	<p>10. 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 Responsibility</p>	<p>11. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00– 2:15pm Prep &amp; HIV Testing Seminar 2:30 – 3:30pm Recovery Group 3:30p – Computer Lab 5:00p-6:00pm New Ideals</p>	<p>12. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group</p>
<p>14. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Computer Session 12:30 – 3:00pm Valentine's Day Dance 3:30p – Computer Lab 5:00 – 6:00pm Not Perfect</p>	<p>15. 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 Letting Go</p>	<p>16. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Recovery &amp; Peer Support 3:00p – Computer Lab 5:00 – 6:00pm Health &amp; Wellness</p>	<p>17. 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 Living in the Present</p>	<p>18. 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 Fear or Faith Surrender</p>	<p>19. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group</p>

## February 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21.</p> <p><b>Closed</b></p> <p>Presidents' Day</p>	<p>22. 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 Understanding Humility</p>	<p>23. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Educational Group 1:00 – 2:00pm Vision Team Meeting 2:15 – 3:00pm Support Group 3:15p – Computer Lab 5:00 – 6:00pm Health &amp; Wellness</p>	<p>24. 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 Path to Self Acceptance</p>	<p>25. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Time Management 1:00 – 2:15pm Men's &amp; Woman's Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Freedom to Choose</p>	<p>26.</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>28. 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 Standing for Something</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)