

## February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Smoking Cessation 12:00 – 1:00pm Break 1:00 – 3:00pm Self Love &amp; Recovery 3:30p – Computer Lab</p>	<p>2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:00 – 1:00pm Break 1:00 – 2:15pm Recovery Group Kindness 2:15 – 3:15pm Open Discussion</p>	<p>3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:15pm Prep &amp; HIV Testing Seminar 2:15 – 3:15pm Support Group 3:30p – Computer Lab</p>	<p>4. Virtual Group Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Open Discussion Group</p>
<p>6. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:00 – 1:00pm Break 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health &amp; Wellness 3:30p – Computer Lab</p>	<p>7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:15pm Recovery Group Happiness 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00 – 1:00pm Break 1:00 – 2:15pm Men's and Woman's Group 2:30 – 3:30 Open Discussion 3:30p – Computer Lab</p>	<p>9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group choices 1:30 – 2:45pm Support Group</p>	<p>10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:30 Recovery Group Empty Space 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>11. Virtual Group Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Open Discussion Group</p>
<p>13. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health &amp; Wellness 3:30p – Computer Lab</p>	<p>14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:30 – 3:30pm Valentine's Day Dance 3:30p – Computer Lab</p>	<p>15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Smoking Cessation 12:00 – 1:00pm Break 1:00 – 2:15pm Recovery Group Inventory 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion</p>	<p>17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:00 – 1:00pm Break 1:00 – 3:00 Game day 2:15 – 3:30:pm Support Group 3:30p – Computer Lab</p>	<p>18. Virtual Group Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Open Discussion Group</p>

## February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20.</p> <p>Closed</p> <p>Presidents' Day</p>	<p>21. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:15pm Recovery Group Comparing 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00 – 1:00pm Break 1:00 – 2:15pm Men's and Woman's Group 2:30 – 3:30 Open Discussion 3:30p – Computer Lab</p>	<p>23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:00 – 1:00pm Break 1:00 – 2:15pm Recovery Group Healthy Boundaries 2:15 – 3:15pm Support Group</p>	<p>24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:15pm Life Skills 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>25.</p> <p>Virtual Group Via Zoom</p> <p>12:00p - 1:00p Meditation of the Day</p> <p>5:00 – 6:00pm Open Discussion Group</p>
<p>27. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Health &amp; Wellness 3:30p – Computer Lab</p>	<p>28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:15pm Recovery Group Gratitude List 2:30 – 3:30pm Support Group 3:30p – Computer Lab</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 – 4:00pm and Saturdays 12:00pm & 5:00pm. (more information calls 917-681-8531)