

March 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|
| | 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 Time Management | 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 & Wellness | 3. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Recovery Group 5:00 – 6:00pm Social Connectedness | 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 – 5:00pm Computer Lab 5:00 – 6:00pm Faith in Others | 5. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group |
| 7. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Computer Session 1:00 – 2:00pm Peer Leadership 2:15 – 3:15pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Forgiveness | 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 Self Worth | 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 Honesty | 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 A Sense of Limitations | 11. 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 Health & Wellness | 12. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group |
| 14. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Computer Session 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Health & Wellness | 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 Reality | 16. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Recovery & Peer Support 3:00p – Computer Lab 5:00 – 6:00pm Responsibility | 17. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Meditation of the Day 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Recovery Group 5:00 – 6:00pm Letting Go | 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 | 19. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Open Discussion |

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| <p>21. 10:00 – 11:00am Morning Chat 11:00am – 12:30pm Computer Session 1:00 – 2:00pm Peer Leadership 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Path to Spirituality</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 Scared</p> | <p>23. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Healthy Relationship 1:00 – 2:00pm Conflict Resolution 2:15 – 3:00pm Support Group 3:15p – Computer Lab 5:00 – 6:00pm Non trusting</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 Health & Wellness</p> | <p>25. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Time Management 1:00 – 2:15pm Men's & Woman's Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Independence</p> | <p>26. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 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 Peer Leadership 2:15 – 3:15pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Acting Out</p> | <p>29. 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 Denial</p> | <p>30. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Job Readiness 1:00 – 2:00pm Personal Growth 2:15 – 3:00pm Support Group 3:15p – Computer Lab 5:00 – 6:00pm Acceptance</p> | <p>31. 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 – 6:00 pm Surrender to Illness</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