

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00 – 12:45p Break 1:00 – 2:15pm Recovery Group Courage to Change 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group 1:30 – 2:30pm Support Group 2:30 – 3:30pm Open Discussion</p>	<p>3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 2:15pm Life Skills 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>4. Virtual Group Via Zoom 12:00p - 1:00pm Just for Today 5:00 – 6:00pm Open Discussion Group</p>
<p>6. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:45pm Break 1:00 – 2:15pm Women History Month 2:30 – 3:30pm Peer Support Group 3:30p – Computer Lab</p>	<p>7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group Self - Supporting 2:30p – Computer Lab</p>	<p>8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00 – 12:30pm Break 12:30 – 2:00pm National Woman & HIV Girls Awareness Day 2:30 – 3:30pm 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 The Process 1:30 – 2:45pm Support Group</p>	<p>10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group Attitudes & Behaviors 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>11. Virtual Group Via Zoom 12:00p - 1:00pm Just for Today 5:00 – 6:00pm Open Discussion Group</p>
<p>13. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:45pm Break 1:00 – 2:15pm Women History Month 2:30 – 3:30pm Peer Support Group 3:30p – Computer Lab</p>	<p>14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group Shame 2:30p – Computer Lab</p>	<p>15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Smoking Cessation 12:00 – 12:45p Break 1:00 – 2:15pm 12 - Step Workshop 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 – 12:45pm Break 1:00 – 2:15pm Recovery Group Enough is Enough 2:30 – 3:30:pm Support Group 3:30p – Computer Lab</p>	<p>18. Virtual Group Via Zoom 12:00p - 1:00pm Just for Today 5:00 – 6:00pm Open Discussion Group</p>

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<p>20. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:45pm Break 1:00 – 2:15pm Women History Month 2:30 – 3:30pm Peer Support Group 3:30p – Computer Lab</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 Resentments 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 – 12:45pm Break 1:00 – 2:15pm Men's and Woman's Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group No Matter What 2:30 – 3:30pm Support Group</p>	<p>24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 2:15pm Life Skills 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>25. Virtual Group Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Open Discussion Group</p>
<p>27. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:45pm Break 1:00 – 2:15pm Women History Month 2:30 – 3:30pm Peer Support Group 3:30p – Computer Lab</p>	<p>28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group Self - Destructive 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00 – 12:45p Break 1:00 – 2:15pm Recovery Group My Role 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>30. 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>31. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 3:00pm Women History Month Panel 3:30p – Computer Lab</p>	<p>Exponents Recovery & Wellness Center Mon – Tue - Wed & Fri 9am – 5pm</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)