

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 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 An Open Mind	2. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group
4. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Computer Session 1:00 – 2:15pm Recovery Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Overcoming Loneliness	5. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Meditation of the Day 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Love our Self	6. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Smoking Cessation 1:00 – 2:15pm Creating Writing 2:30 – 3:30pm Job Readiness 3:30p – Computer Lab 5:00 – 6:00pm Health & Wellness	7. 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 Daily Discipline	8. 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 Live and Let Live	9. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group
11. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Computer Session 1:00 – 2:15pm Support Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Without Reservation	12. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Emotional Balance	13. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Recovery & Peer Support 2:30 – 3:30 Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Health & Wellness	14. 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 Acceptance	15. 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 Decision Making Process	16. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Relapse Prevention

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Computer Session 1:00 – 2:15pm Support Group 2:30 – 3:30pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Stress Management</p>	<p>19. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Meditation of the Day 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Recovery Discussion 3:30p – Computer Lab 5:00 – 6:00pm Freedom from Fear</p>	<p>20. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Healthy Relationship 1:00 – 2:15pm Conflict Resolution 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Health & Wellness</p>	<p>21. 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 Peace of Mind</p>	<p>22. 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</p>	<p>23. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Open Discussion</p>
<p>25. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Computer Session 1:00 – 2:15pm Support Group 2:30 – 3:30pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Recovery Process</p>	<p>26. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Meditation of the Day 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm A New Life</p>	<p>27. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Job Readiness 1:00 – 2:15pm Personal Growth 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Health & Wellness</p>	<p>28. 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 I am Responsible</p>	<p>29. 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 Opening New Doors</p>	<p>30. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group</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 5:00pm & Thursday 10:00am to 6:00pm also Saturdays 12:00pm & 5:00pm. (more information calls 917-681-8531)