

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Exponents Recovery & Wellness Center Mon – Tue - Wed & Fri 9am – 5pm</p>					1.
<p>3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:45pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>4. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Freedom) 2:30 – 3:30pm Support Group 2:30p – Computer Lab</p>	<p>5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Acceptance) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>6. 10:00 – 10:30am Morning Chat 10:30am Trip to Rocker feller Center</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 (Taking the Steps) 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	8.
<p>10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:45pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>11. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Suffering) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Smoking Cessation 12:00 – 12:45p Break 1:00 – 3:00pm Bake Sale 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>13. 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>14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Journey) 2:30 – 3:30:pm Support Group 3:30p – Computer Lab</p>	15.

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<p>17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:45pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support group 3:30p – Computer Lab</p>	<p>18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Weakness) 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>19. 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>20. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group (A Turning Point) 2:30 – 3:30pm Support Group</p>	<p>21. 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>22.</p>
<p>24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 12:45pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Bowling Day</p>	<p>26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00 – 12:45p Break 1:00 – 2:15pm 12 - Step Workshop 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>27. 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>28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:00 – 12:45pm Break 1:00 – 3:15pm Movie Day 3:30p – Computer Lab</p>	<p>29.</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 (more information calls 917-681-8531)
RWC@exponents.org | 17 Battery Place, 8th floor, NY, NY 10004 | 212- 243 - 3434 ext.425