

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (What is a Peer?) 2:30 – 3:30pm Support group 3:30p – Computer Lab	2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Employment Session (Application Process) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (My Personality) 12:00 – 12:50pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	4. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion	5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Hope) 12:00 – 12:50pm Break 1:00 – 2:15pm Employment Session (Dress Code) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	6.
8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Recovery) 2:30 – 3:30pm Support group 3:30p – Computer Lab	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (Recovery is my Responsability) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (Inventory of Myself) 12:00 – 12:50pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	11. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion	12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflection) 12:00 – 12:50pm Break 1:00 – 2:15pm Gambling 2:30 – 3:30pm Support Group 3:30p – Computer Lab	13.
15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Smoking Cessation 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Outreach Techniques) 3:30p – Computer Lab	16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (12 Step Process) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (My Goals) 12:00 – 12:50pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflections) 12:15 – 1:15pm Recovery Group (My Addiction) 1:30 – 2:45pm Support Group	19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:00 – 12:50pm Break 1:00 – 2:15pm Programs Presentation 2:30 – 3:30pm Support Group 3:30p – Computer Lab	20.



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Naloxone Training) 2:30 – 3:30pm Support group 3:30p – Computer Lab	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (Sponsorship) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Men's and Woman's Group 12:15 – 3:00pm Bake Sale 3:00p – Computer Lab	25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflections) 12:15 – 1:15pm Recovery Group (N.A Groups) 1:30 – 2:45pm Support Group	26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:00 – 12:50pm Break 1:00 – 3:30pm Game Day 3:30p – Computer Lab	27.
29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Program Services) 2:30 – 3:30pm Support group 3:30p – Computer Lab	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Employment Session (Interview Process) 2:30 – 3:30pm Support Group 3:30p – Computer Lab				Exponents Recovery & Wellness Center Mon – Tue - Wed & Fri 9am – 5pm Thursdays Via Zoom 10:00am – 3:00pm



- 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 – 3:00pm (more information calls 917-681-8531)
- RWC@exponents.org | 17 Battery Place, 8th floor, NY, NY 10004 | 212- 243 - 3434 ext.425