

June 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|
| | | 1. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Job Readiness 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Health & Wellness | 2. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00 pm Morning Thoughts | 3. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Life Skills 2:30 – 3:30pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Self Acceptance | 4. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group |
| 6. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Recovery Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Overcoming Loneliness | 7. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:15pm Recovery group 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Focusing & Listening | 8. 10:00 – 11:00am Morning Chat 10:00am – 3:00pm Trip to: American Museum Of Natural History 200 Central Park NY, 1:00 – 2:00pm HIV Testing Panel Discussion 5:00 – 6:00pm Health & Wellness | 9. 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 Avoid Controversy | 10. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00– 2:15pm Prep & HIV Testing Seminar 2:30 – 3:30pm Recovery Group 3:30p – Computer Lab 5:00p-6:00pm Our Survival | 11. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group |
| 13. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk Peer Leadership 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm True Tolerance | 14. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:15pm Recovery Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm What We Know best | 15. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 12:15 – 3:00pm Bake Sale at Exponents 1:15 – 2:30 Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Health & Wellness | 16. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just for Today Open Discussion 1:30 – 2:45pm Recovery Group 5:00 – 6:00pm An Open Mind | 17. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 3:30pm Movie Day 3:30 – 5:00pm Computer Lab 5:00 – 6:00pm A Daily Tune-up | 18. 10:00am to 3:00pm Trip to: McCarren Park 776 Lorimer St. Bklyn NY |

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| <p>20. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Support Group 2:30 – 3:30pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Fixing Me, Not You</p> | <p>21. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:15pm Personal Growth 2:30 – 3:30pm Recovery Discussion 3:30p – Computer Lab 5:00 – 6:00pm Daily Inventory</p> | <p>22. 10:00 – 11:00am Morning Chat 10:00am – 3:00pm Trip to: Bronx Zoo 2300 Southern Blvd Bronx, NY 1:00 2:45pm Trans Advocacy Panel 5:00 – 6:00pm Health & Wellness</p> | <p>23. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Just For Day 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm Facing Ourselves</p> | <p>24. 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 4:00 – 6:00pm Pride Celebration</p> | <p>25. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Open Discussion</p> |
| <p>27. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Recovery Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Our Children</p> | <p>28. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:15pm Support Group 2:30 – 3:30pm Recovery Group 3:30p – Computer Lab 5:00 – 6:00pm Without Reservation</p> | <p>29. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Job Readiness 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Health & Wellness</p> | <p>30. 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 – 6:00 pm Vigilance</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)