

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion	2. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 12:45pm Break 1:00 – 2:00pm Life Skills 2:00 – 3:00pm Support Group	3.
5. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Wellness Walk 12:15 – 12:45pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	6. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Health & Wellness 12:15 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Priorities) 2:30 – 3:30pm Support Group 3:30pm – Computer Lab	7. 10:00 – 10:45am Morning Chat 10:30am – 4:00pm Governors Island Trip	8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group (Gratitude) 1:30 – 2:45pm Support Group	9. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 12:45pm Break 1:00 – 2:00pm Life Skills 2:00 – 3:00pm Support Group	10.
12. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Wellness Walk 12:15 – 12:45pm Break 1:00 – 2:30pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	13. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Decision Making) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	14. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Skill Building 12:15 – 12:45pm Break 1:00 – 2:15pm Men's and Woman's Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion	16. 10:00 – 10:45am Morning Chat 10:00am – 2:00pm Father's Day Celebration Game Day	17.

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Wellness Walk 12:15 – 12:45pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support group 3:30p – Computer Lab</p>	<p>20. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Inventory) 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>21. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Just for Today 12:00 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Desperation) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:15 – 1:30pm Recovery Group (Success) 1:30 – 2:45pm Support Group</p>	<p>23. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Just for Today 12:15 – 12:45pm Break 1:00 – 2:00pm Life Skills 2:00 – 3:00pm Support Group</p>	<p>24.</p>
<p>26. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Wellness Walk 12:15 – 12:45pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab</p>	<p>27. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Barriers) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>28. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Skill Building 12:15 – 12:45p Break 1:00 – 2:15pm 12 - Step Workshop 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab</p>	<p>29. 10:00am – 4:00pm RWC Summer Barbecue at Orchard Beach Orchard Beach Park Drive Bronx, NY 10464</p>	<p>30. 10:00 – 10:45am Morning Chat 11:00am – 12:15pm Daily Reflections 12:15 – 12:45pm Break 1:00 – 2:00pm Life Skills 2:00 – 3:00pm Support Group</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 (more information calls 917-681-8531)

RWC@exponents.org | 17 Battery Place, 8th floor, NY, NY 10004 | 212- 243 - 3434 ext.425