

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Wellness Walk 12:00 – 1:00pm Break 1:00 – 2:30pm Peer Support Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	4. Independence Day Closed	5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00 – 1:00pm Break 1:00 – 2:15pm Recovery Group (Depending) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	6. 10:00am – 4:00pm RWC Summer Barbecue at Orchard Beach Orchard Beach Park Drive Bronx, NY 10464	7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:00pm Life Skills 2:00 – 3:00pm Support Group	8.
10. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Wellness Walk 12:00 – 1:00pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	11. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness 12:00 – 1:00pm Break 1:00 – 2:15pm Recovery Group (Keeping Faith) 2:30 – 3:30pm Support Group 3:30pm – Computer Lab	12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00 – 1:00pm Break 1:00 – 2:15pm 12 - Step Workshop 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	13. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:15 – 1:15pm Recovery Group (Being Ourselves) 1:30 – 2:45pm Support Group	14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:100– 1:00pm Break 1:00 – 2:00pm Life Skills 2:00 – 3:00pm Support Group	15.
17. 10:00 – 10:30am Morning Chat 10:00am – 12:00pm Wellness Walk 12:00 – 1:00pm Break 1:00 – 2:30pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	18. 10:00 – 10:30am Morning Chat 10:30am – 1:00pm Daily Reflections 12:15 – 12:45pm Break 1:00 – 2:15pm Recovery Group (Poor Me) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building 12:00– 1:00pm Break 1:00 – 2:15pm Recovery Group (No matter What) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	20. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion	21. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:00pm Life Skills 2:00 – 3:00pm Support Group	22.



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

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24. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Wellness Walk 12:00 – 1:00pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support group 3:30p – Computer Lab	25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:00 – 1:00pm Break 1:00 – 2:15pm Recovery Group (Personalities) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 12:00 – 1:00pm Break 1:00 – 2:15pm Men's and Woman's Group 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	27. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Daily Reflections 12:15 – 1:30pm Recovery Group (Understanding) 1:30 – 2:45pm Support Group	28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Just for Today 1:00 – 12:00pm Break 1:00 – 2:00pm Life Skills 2:00 – 3:00pm Support Group	29.
31. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Wellness Walk 12:00 – 1:00pm Break 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab					Exponents Recovery & Wellness Center Mon – Tue - Wed & Fri 9am – 5pm



- 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