



Improving health. Igniting hope.

Judith Loeb Chiara
Recovery & Wellness Center

July, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Depression) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Opioids & Stigma 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	3. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	4. Independence Day Agency Closed	5.
7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Getting Active) 1:00 – 2:15pm Employment Session (Reference Letters) 2:30 – 3:30pm Support group 3:30p – Computer Lab	8. 10:00 – 10:30am Morning Chat 11:00am – 3:00pm Sober Activity Elevated Park 55 water St NY, NY	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Family Problems) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	10. 10:00 – 10:30am Morning Chat 11:00am – 4:00pm Sober Activity Bryant Park 42th Street NY, NY	11. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:00pm Recovery Group (Just for Today) 2:00 – 3:00pm Support group	12.
14. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Financial Problems) 1:00 – 2:15pm Harm Reduction 2:30 – 3:30pm Support group 3:30p – Computer Lab	15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 1:00 – 2:15pm Recovery Group (Overwhelming) 2:30 – 3:30pm Support group 3:30p – Computer Lab	16. 10:00 – 10:30am Morning Chat 10:00am – 4:00pm Sober Activity Bronx Zoo 2300 Sounther Blvd Bronx, NY	17. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab	18. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:00pm Problem Gambling 2:00 – 3:00pm Recovery Group (Just for Today)	19.



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Beginning Recovery) 1:00 – 2:15pm Recovery Group (Difficult to Accept) 2:30 – 3:30pm Support group 3:30p – Computer Lab	22. 10:00 – 10:30am Morning Chat 10:30am – 4:00pm Sober Activity Highland Park Jackie Robinson Pkway Brooklyn, NY	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm The Risk of Fentanyl 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	24. 10:00 – 10:30am Morning Chat 11:00am – 4:00pm Sober Activity Brooklyn Bridge NY, NY	25. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Computer Skill Class 1:00 – 2:00pm Recovery Group (Just for Today) 2:00 – 3:00pm Support group	26.
28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Physical Process) 1:00 – 2:15pm Recovery Group (Self-Help) 2:30 – 3:30pm Support group 3:30p – Computer Lab	29. 10:00 – 10:30am Morning Chat 10:30am – 4:00pm Sober Activity Governors Island NY, NY	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Powerless) 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	31. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 1:00 – 2:15pm Peer Support Group 2:30 – 3:30pm Support Group 3:30p – Computer Lab		Exponents Recovery & Wellness Center Monday - Thursday 9am – 5pm Summer Hours Fridays (9am – 3pm)



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