

## August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Health &amp; Wellness</p>	<p>2. 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 Facing Feelings</p>	<p>3. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Peer Leadership 1:30 – 2:30 Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Letting Go on the Past</p>	<p>4. 10:00 – 11:00am Morning Chat 11:00am – 12:00pm Daily Reflection 12:15 – 1:15pm Recovery Group 1:30 – 2:45pm Open Discussion 5:00 – 6:00pm God's Gifts</p>	<p>5. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 – 2:00pm Life Skills 2:00 – 3:00pm Recovery Group 5:00 – 6:00pm The Principle of Self Support</p>	<p>6. Virtual Groups Via Zoom 12:00p - 1:00p Daily Reflection 5:00 – 6:00pm Support Group</p>
<p>8. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Health &amp; Wellness</p>	<p>9. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:15pm Open Discussion 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Higher Power</p>	<p>10. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Job Readiness 1:00 – 2:15pm Recovery Group 2:15 – 3:15 Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Something Value to Share</p>	<p>11. 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 The Full Messages</p>	<p>12. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00– 2:00pm Prep &amp; HIV Testing Seminar 2:00 – 3:00pm Recovery Group 5:00p-6:00pm Priorities</p>	<p>13. Virtual Groups Via Zoom 12:00p - 1:00p Meditation of the Day 5:00 – 6:00pm Recovery Group</p>
<p>15. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Health &amp; Wellness</p>	<p>16. 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 The Process</p>	<p>17. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Peer Leadership 1:30 – 2:30 Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Relapse</p>	<p>18. 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 Success</p>	<p>19. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 3:00pm Movie Day 5:00 – 6:00pm A New Influence</p>	<p>20. Virtual Groups Via Zoom 12:00p - 1:00p Just for Today 5:00 – 6:00pm Support Group</p>

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22. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Wellness Walk 1:00 – 2:15pm Peer Leadership 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Health & Wellness	23. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Daily Reflections 1:00 – 2:15pm Open Discussion 2:30 – 3:30pm Recovery Discussion 3:30p – Computer Lab 5:00 – 6:00pm Open Discussion	24. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Just for Today 1:00 2:15pm Peer leadership 2:30 – 3:30pm Support Group 3:30p – Computer Lab 5:00 – 6:00pm Support Group	25. 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 Health & Wellness	26. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Time Management 1:00 – 2:00pm Men's & Woman's Group 2:00 – 3:00pm Support Group 5:00 – 6:00pm Recovery Group	27. Virtual Groups Via Zoom  12:00p - 1:00p Meditation of the Day  5:00 – 6:00pm Open Discussion
29. 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 Health & Wellness	30. 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 Recovery group	31. 10:00 – 11:00am Morning Chat 11:00am – 12:15pm Skill Building 1:00 – 2:15pm Peer Leadership 1:30 – 2:30 Open Discussion 3:30p – Computer Lab 5:00 – 6:00pm Support Group			



- 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)