

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group	2. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflection) 12:00 – 12:50pm Break 1:00 – 2:00pm Support Group 2:00 – 3:00pm Computer Lab	3.
5. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Promises) 2:30 – 3:30pm Support group 3:30p – Computer Lab	6. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (Insecurity) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	7. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Skill Building (Time Management) 12:00 – 12:50pm Break 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	8. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Support Group 1:30 – 2:45pm Open Discussion	9. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflection) 12:00 – 12:50pm Break 1:00 – 2:15pm Support Group 2:15 – 3:00pm Computer Lab	10.
12. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Smoking Cessation 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Follow Directions) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	13. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (Letting Go) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	14. 10:00 – 4:00pm Trip to Bronx Zoo	15. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group	16. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflection) 12:00 – 3:00pm Movie Day	17.

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Naloxone Training) 2:30 – 3:30pm Support group 3:30p – Computer Lab	20. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Recovery Group (Faith in Others) 2:30 – 3:30pm Open Discussion 3:30p – Computer Lab	21. 10:00 – 3:00pm 2 nd Annual Bronx Community Fair St Mary Park Bronx NY10455	22. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group	23. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflection) 12:00 – 12:50pm Break 1:00 – 2:15pm Programs Presentation 2:15 – 3:00pm Computer Lab	24.
26. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Health & Wellness Walk 12:00 – 12:50pm Break 1:00 – 2:15pm Peer Support Group (Home Group) 2:30 – 3:30pm Support group 3:30p – Computer Lab	27. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Creating Writing 12:00 – 12:50pm Break 1:00 – 2:15pm Employment Session (My Skills) 2:30 – 3:30pm Support Group 3:30p – Computer Lab	28. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Men's & Woman's Support Group 1:00 – 2:15pm Moral Reconation Therapy 2:30 – 3:30pm Support Group 3:30p – Computer Lab	29. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Just for Today) 12:15 – 1:15pm Open Discussion 1:30 – 2:45pm Support Group	30. 10:00 – 10:30am Morning Chat 10:30am – 12:00pm Recovery Group (Daily Reflection) 12:00 – 12:50pm Break 1:00 – 2:00pm Gamblin 2:00 – 3:00pm Computer Lab	Exponents Recovery & Wellness Center Mon – Tue - Wed & Fri 9am – 5pm Thursdays Via Zoom 10:00am – 3:00pm



- 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 – 3:00pm (more information calls 917-681-8531)
- RWC@exponents.org | 17 Battery Place, 8th floor, NY, NY 10004 | 212- 243 - 3434 ext.425