AUGUST 2019

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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 |
| **EVERY FRIDAY & SATURDAY** **NA Meeting**11:00PM-12:30AM |  |  | **Deep Meditation**5:30PM-6:30PM**ACOA: Clean Scene**6:30PM-7:45PM | **Acupressure** 11:00AM-2:00PM **Bereavement Group**3:30PM-5:00PM**Women’s AA Meeting**6:00PM-7:30PM**Recovery Dharma NYC**6:30PM-7:30PM**NA Meeting**11:00PM-12:30AM | **Batterer’s Accountability\*\***10:00AM-11:00AM**Mindfulness Yoga**11:00AM-12:00PM**Afro Fusion Dance**1:00PM-2:00PM **Acupressure** 1:00PM-3:00PM**Chi Gong**2:30PM-3:30PM |
| 5 | 6 | 7 | 8 | 9 | 10 |
| **Family Yoga**11:30AM-12:30PM**Mindfulness Meditation**1:00PM- 2:00PM**Creative Writing**2:00PM-3:00PM**PILATES**3:00PM-4:00PM**Acupressure**3:00PM-5:00PM**NA Meeting**6:30PM - 8:00PM  | **Acupressure** 1:00PM-3:00PM**Tai Chi / Meditation** 1:00PM-3:00PM  | **Mixed Martial Movement**1:00PM-2:00PM**Acupressure**3:00PM-5:00PM**Women's NA Meeting**6:00PM-8:00PM | **Doorhanger Dissemination/Polo Grounds**11:00AM-3:00PM**Deep Meditation**5:30PM-6:30PM**ACOA: Clean Scene**6:30PM-7:45PM | **Acupressure** 11:00AM-2:00PM **Bereavement Group**3:30PM-5:00PM**Women’s AA Meeting**6:00PM-7:30PM**Recovery Dharma NYC**6:30PM-7:30PM**NA Meeting**11:00PM-12:30AM | **Batterer’s Accountability\*\***10:00AM-11:00AM**Mindfulness Yoga**11:00AM-12:00PM**DV Prevention**12:00PM-1:30PM**Acupressure** 1:00PM-3:00PM**Chi Gong**2:30PM-3:30PM |
| 12 | 13 | 14 | 15 | 16 | 17 |
| **Family Yoga**11:30AM-12:30PM**Mindfulness Meditation**1:00PM- 2:00PM**Creative Writing**2:00PM-3:00PM**PILATES**3:00PM-4:00PM**Acupressure**3:00PM-5:00PM**NA Meeting**6:30PM - 8:00PM  | **Acupressure** 1:00PM-3:00PM**Tai Chi / Meditation** 1:00PM-3:00PM  | **Mixed Martial Movement**1:00PM-2:00PM**Acupressure**3:00PM-5:00PM**Women's NA Meeting**6:00PM-8:00PM  | **Doorhanger Dissemination/Rangel Houses**11:00AM-3:00PM**Deep Meditation**5:30PM-6:30PM**ACOA: Clean Scene**6:30PM-7:45PM | **Acupressure** 11:00AM-2:00PM **Bereavement Group**3:30PM-5:00PM**Women’s AA Meeting**6:00PM-7:30PM**Recovery Dharma NYC**6:30PM-7:30PM**NA Meeting**11:00PM-12:30AM | **Batterer’s Accountability\*\***10:00AM-11:00AM**Mindfulness Yoga**11:00AM-12:00PM**Acupressure** 1:00PM-3:00PM**Chi Gong**2:30PM-3:30PM |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 19 | 20 | 21 | 22 | 23 | 24 |
| **Peer Recovery Ethics**10 :00am-5 :00PM**Family Yoga**11:30AM-12:30PM**Mindfulness Meditation**1:00PM- 2:00PM**Creative Writing**2:00PM-3:00PM**PILATES**3:00PM-4:00PM**Acupressure**3:00PM-5:00PM**NA Meeting**6:30PM - 8:00PM  | **Peer Recovery Ethics**10 :00am-5 :00PM**Acupressure** 1:00PM-3:00PM**Tai Chi / Meditation** 1:00PM-3:00PM  | **Peer Recovery Ethics**10 :00am-5 :00PM**Mixed Martial Movement**1:00PM-2:00PM**Acupressure**3:00PM-5:00PM**Women's NA Meeting**6:00PM-8:00PM | **Doorhanger Dissemination/Harlem River Houses**11:00AM-3:00PM**Deep Meditation****CANCELLED****ACOA: Clean Scene**6:30PM-7:45PM | **Acupressure** 11:00AM-2:00PM **Bereavement Group**3:30PM-5:00PM**Women’s AA Meeting**6:00PM-7:30PM**Recovery Dharma NYC**6:30PM-7:30PM**NA Meeting**11:00PM-12:30AM | **Batterer’s Accountability\*\***10:00AM-11:00AM**Acupressure** 1:00PM-3:00PM |
| 26 | 27 | 28 | 29 |  30 | 31 |
| **Mindfulness Meditation**1:00PM- 2:00PM**Creative Writing**2:00PM-3:00PM**PILATES**3:00PM-4:00PM**Acupressure**3:00PM-5:00PM**NA Meeting**6:30PM - 8:00PM   | **Acupressure** 1:00PM-3:00PM**Tai Chi / Meditation** 1:00PM-3:00PM  | **Mixed Martial Movement**1:00PM-2:00PM**Acupressure**3:00PM-5:00PM**Women's NA Meeting**6:00PM-8:00PM | **Doorhanger Dissemination/Drew Hamilton Houses**11:00AM-3:00PM**Deep Meditation****CANCELLED****ACOA: Clean Scene**6:30PM-7:45PM | **Acupressure** 11:00AM-2:00PM **Bereavement Group**3:30PM-5:00PM**Women’s AA Meeting**6:00PM-7:30PM**Recovery Dharma NYC**6:30PM-7:30PM**NA Meeting**11:00PM-12:30AM | **Batterer’s Accountability\*\***10:00AM-11:00AM**Mindfulness Yoga**11:00AM-12:00PM **DV Prevention**12:00PM-1:30PM**Acupressure** 1:00PM-3:00PM |

**Website: www.pillarsnyc.org**

**Instagram: pillars.nyc**

**Hours: MON-WED: 10-5pm THURS. 10-6:30pm SAT: 10-3:30pm**

***SUN: CLOSED***

**Phone: 212-222-3470**

**Email:** **info@pillarsnyc.org**

**Address: 289 St. Nicholas Ave Ny, Ny 10027**

 **Lower Level, dial 016 & press Telephone Button**

**ACOA: Adult Children of Alcoholics**

**\*\* Registration required. Ask us how to register.**

