AUGUST 2019

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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**](mailto: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.**

