

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Acupuncture 10AM-11PM	Drop-in closed today	Acupuncture 10AM-11PM.	Acupuncture 10AM-11PM.	Breakfast 10AM-11AM	Drop-in center open 2pm-4PM
Reiki 11AM- 4PM Contact Alberto x139		Computer Use 10AM-11AM	Computer Use 10AM-1PM	Narcan Training 12PM- 4PM	Volunteer/Intern Orientation 12PM –2PM (Drop In) <i>*Last Saturday of the Month</i>
Positive Action Peer Group 12PM-3PM (Group Room) Contact Henry x116		Narcan Training 12PM- 4PM Contact Reilly X146	LES SpeaksI 11AM-12 PM (Drop In) Contact MonIque x113	Acupuncture 12PM-2PM (Group Room) Alberto x139	Computer Training 2PM- 4PM
Harm Reduction Group 2PM-3PM. Contact Reilly x 146		Housing Workshop 1PM-2PM Contact Ezell X 138 <i>4th Friday of Each Month</i>	Hepatitis Workshop 1PM-2PM (Drop-In) Contact Ajani x119	Social Security Workshop 2PM-3PM (Drop In) Contact MonIque x 113 <i>*2nd & 4th Friday of Each Month</i>	Drop In Opens 2 PM-5PM
Anabel's Group 3PM-4:15PM (Drop- In) Contact Anabel x 123	Positive Action Peer Group 1PM-4PM (Group Room) Contact Henry x116	Positive Action Peer Group 1PM-3PM (Group Room) Contact Henry x116	Men's Group 2PM-3PM (Drop In) Contact Alberto x139	Community Meal 2PM- 4PM Contact MonIque x113 <i>*Last Friday of Each Month</i>	
Participant Advisory Group 3PM-4PM (Group Room) Contact James x143 <i>* 1st Monday of each Month</i>	Sarah's Group 4PM-5:15pm (Drop- In) Contact Sarah x 149	Street Smart 2PM-3PM (Drop In) Contact Sadat X 106	Women's Group 2:30PM-4PM (Group Room) Contact Colleen x124	Health Workshop 3PM-4PM (Drop In) Contact Ajani x119	
	Ajani's Group 4PM -5:30PM (Drop In) Contact Ajani X119 <i>* First Tuesday of the Month</i>	Colleen's Group 3PM-4PM (Group Room) Contact Colleen x 124		Yoga & Mediation 4PM-5PM (Drop In) Contact MonIque x113	
Acupuncture 3PM-5PM (Group Room) Alberto x139	Transgender Group 6PM-7:45PM. (Drop In) Contact Alberto x139. Open to new Participants	Ajani's Group 4PM-5PM (Drop In) Contact Ajani X119		Movie Night 5:30PM-7:30 PM Contact MonIque x113	
Syringe Exchange 10AM-8PM	Syringe Exchange 10PM-8PM	Syringe Exchange 10PM-8PM	Syringe Exchange 10AM-8PM	Syringe Exchange 10AM-8PM	Syringe Exchange 10AM-5PM

GROUPS & TERMS EXPLAINED

Acupuncture originally a Chinese practice of inserting fine needles through the skin or applying beads to relieve pain or for therapeutic purposes.

Drop In: General space to hang out and or watch some TV. Open to all enrolled participants.

Harm Reduction Group: A weekly group that discusses strategies to include or introduce harm reduction in everyday life.

Health Workshop: This weekly presentation is open to all participants and covers a wide range of health related topics including chronic conditions like diabetes and high-blood pressure and communicable diseases like HIV and STD's. Participants that attend this workshop will have access to information that may be used to make informed decisions about their own health.

Hepatitis Workshop: This weekly presentation is open to all participants and intended to increase general knowledge of Hepatitis C, other forms of Hepatitis and related conditions. Participants attending this workshop will be provided with information that he or she may use whether living with or at risk for HCV.

Housing Workshop: Workshop focused on housing procedures, e.g. Section A, and the steps to receive permanent housing.

LES Speaks focuses on storytelling as a method to process important issues in the lives of participants. This group functions as a supportive, free expression space to gain a clearer understanding of self, the world, and substance use as a whole.

Men's Group: discusses issues that concern men. We discuss health, being men of color and any other issues that may be introduced. Often have guest speakers are there to empower/inform

participants.

Narcan Training: Short training on how to administer Narcan (Naloxone) to someone who is experiencing an opiate based overdose. Open to all participants.

Outreach/Volunteer Orientation: orientation for anyone interested in become a volunteer or intern.

Participant Advisory Group: Responsible for identifying potential issues posed by the participants regarding Syringe Exchange and proposing solutions to this potential issue.

Reiki: Reiki (pronounced Ray-Key) is a system of Enlightenment and a Hands on Healing art developed in the early 1900's by Mikao Usui in Japan. It is an art that is passed from Master to student. The word Reiki comes from two Japanese words - Rei and Ki, meaning Universal Life Force Energy. The term "Reiki" is used to describe both the energy and the Usui system of using I

Street Smart: A group that develops individuals' skills for surviving on the street through know-your-rights trainings, political discussions, and educational workshops on safer sex and substance use.

Trangender Group Advocacy group designed for Transgendered identified people; in addition to Mental Health Services.

Women's Group: focuses on helping group members build relationship with each other and through these relationships access support in dealing with specific life stressors unique to women. In following the group purpose the women participate in group discussions of current and past issues, art therapy, and group outings.



Updated March 2011

Lower East Side
Harm Reduction Center

Activity Schedule

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