

ONLINE Skills Group Topics - *February*

Monday Group

2:00-3:15pm / gender inclusive

Working with Thoughts **31**

Social Supports **7**

Stages of Change **14**

Exploring Boundaries **21**

Wednesday Group

2:00-3:15pm / gender inclusive

Exploring Anger **2**

Relapse & Growth **9**

Attachment **16**

Healthy Relationships **23**

Thursday Group

2:00-3:15pm / women & non-binary people only

Sleep Hygiene **3**

Biopsychosocial Model & Me **10**

Refusal Skills **17**

Self-compassion **24**

