

# ONLINE Skills Group Topics - *January*

## Monday Group

2:00-3:15pm / gender inclusive

No group **3**

Self  
Compassion **10**

Working with  
Emotions & Wise  
Mind **17**

Understanding  
our Window of  
Tolerance **24**

## Wednesday Group

2:00-3:15pm / gender inclusive

No group **5**

Distress  
Tolerance **12**

Coping with  
Triggers and  
Cravings **19**

Planning for High  
Risk Situations **26**

## Thursday Group

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

Assertiveness and  
Advocacy **6**

Self Care **13**

Working with  
Recovery Goals **20**

Balancing Harms  
& Benefits of  
Substance Use **27**

