

Skills Groups

@ Recovery Reimagined

Skills groups are a place to connect with other folks who are interested in exploring experiences of substance use and recovery.

Program Description

Skills Groups are 90 mins long and include both psychoeducation and opportunity for discussion. A typical group includes a short relaxation exercise, an optional check-in, and discussion about a specific topic. No ongoing commitment is required, and you are encouraged to sign up for as many groups as you like!

How to Sign Up

Step 1: Complete our online intake form

Our intake form is hosted online and takes approximately 5 minutes to complete. This form can be completed on a phone, tablet, or computer.

Intake Form Link: <https://forms.gle/gzgm7sBQbyU3erP37>

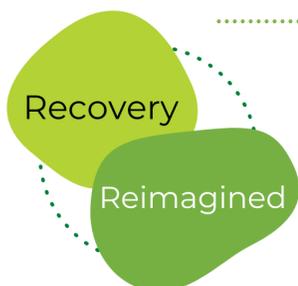
Step 2: Reserve a spot in an upcoming group

All group members are required to reserve a spot for each Skills Group that you plan to attend. You can access the reservation page via link below.

Reservation Link: www.calendly.com/RecoveryReimagined

Schedule

Please find our most up-to-date information about our schedule and calendar of upcoming topics located on our website!



Phone:

416-786-4168

Website:

www.tehn.ca/RecoveryReimagined