



ONLINE Skills Group Topics - *May*

Monday Group

2:00-3:30pm

Gender-inclusive group

Rituals **2**

Distress Tolerance **9**

Assertiveness & Advocacy **16**

No group today **23**

Wednesday Group

2:00-3:30pm

Gender-inclusive group

Self Care **4**

Addiction & the Brain **11**

Accessing our Wise Mind **18**

Window of Tolerance **25**

Thursday Group

2:00-3:30pm

Women & non-binary people only

Challenging Stigma **5**

Working with Thoughts **12**

Coping with Cravings **19**

Balancing Harms & Benefits of Use **26**

To sign up for a group: www.calendly.com/RecoveryReimagined