

Skills Groups

@ Recovery Reimagined

Skills groups are a place to connect with facilitators and 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>

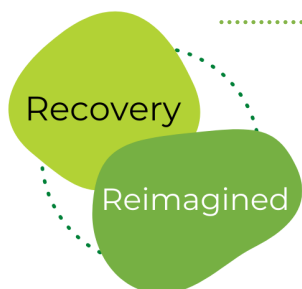
Step 2: Reserve a spot in an upcoming group

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

Address: 985 Danforth Avenue

Website:

www.tehn.ca/RecoveryReimagined

Intensive Program

@ Recovery Reimagined

The Intensive Program is for anyone committed to a deep exploration of substance use and recovery.

Program Description

Through group work and individual therapy, program members are supported in setting and working toward substance use goals, developing distress tolerance and coping skills, and exploring a wide range of topics, including self-compassion, stages of change, and boundaries.

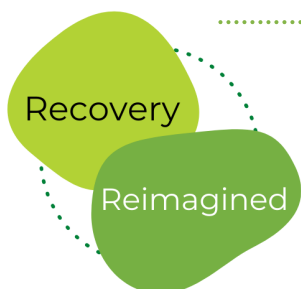
The Intensive program is four-weeks and requires attendance on Mondays, Wednesdays, and Friday mornings from 10:00am-12:00pm.

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Seeking Safety

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Program Description

Seeking Safety is an evidence-based, present-focused counselling group that helps people attain safety from trauma and substance use. Research has shown that trauma and substance use go hand-in-hand; many people who use substances do so as a coping mechanism to deal with impacts of trauma, and substance use can increase the likelihood of experiencing a traumatic event. Seeking Safety allows us to explore our relationship to substances and integrate new forms of safe coping.

Seeking Safety is a first-stage trauma group, and does not require participants to dive deep into detail or re-story previous traumas. However, trauma experiences may be named and discussed in generalities. The program focuses on envisioning and enacting safety within the self and our environment.

Eligibility Criteria:

- Active or past substance use concern
- Be 18 years or older
- Past experience of trauma and active trauma symptoms (triggering thoughts, memories, nightmares, etc).

*Each cohort of Seeking Safety is **gender-specific**. Non-binary folks are welcome to join any cohort that feels most safe to them.*

Topics Covered:

- 1) Exploration of Safe Coping Skills
- 2) Trauma and Substance Use Cycle
- 3) Creating Meaning After Trauma
- 4) Red and Green Flags for Safety
- 5) Protecting Your Time
- 6) Integrating the Split Self
- 7) Understanding Anger
- 8) Getting Others to Support Your Ongoing Recovery

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Intake Form:

<https://forms.gle/LZ3NtFPHQh6mgrMq9>

