



Day	Time	Skills Group Topic
Monday, Aug 29 th	2:00-3:30pm (in person)	Powerlessness & Control
Tuesday, Aug 30 th	10:00-11:30am (in person)	Rituals
Thursday, Sep 8 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Self Care
Monday, Sep 5 th	N/A	NO GROUP
Tuesday, Sep 6 th	10:00-11:30am (in person)	Distress Tolerance
Thursday, Sep 8 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Addiction & the Brain
Monday, Sep 12 th	2:00-3:30pm (in person)	Assertiveness & Advocacy
Tuesday, Sep 13 th	10:00-11:30am (in person)	Accessing our Wise Mind
Thursday, Sep 15 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Coping with Cravings
Monday, Sep 19 th	2:00-3:30pm (in person)	Exploring Emotions
Tuesday, Sep 20 th	10:00-11:30am (in person)	Window of Tolerance
Thursday, Sep 22 nd	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Balancing Harms & Benefits of Use
Monday, Sep 26 th	2:00-3:30pm (in person)	Working with Recovery Goals
Tuesday, Sep 27 th	10:00-11:30am (in person)	High Risk Situations
Thursday, Sep 29 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Exploring Anger

Reserve a spot in a Skills Group: www.calendly.com/RecoveryReimagined