



Day	Time	Skills Group Topic
Monday, Oct 3 rd	2:00-3:30pm (in person)	Sleep Hygiene
Tuesday, Oct 4 th	10:00-11:30am (in person)	Social Supports
Thursday, Oct 6 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Relapse and Growth
Monday, Oct 10 th	N/A	No Group
Tuesday, Oct 11 th	10:00-11:30am (in person)	Biopsychosocial Model & Me
Thursday, Oct 13 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Stages of Change
Monday, Oct 17 th	2:00-3:30pm (in person)	Attachment
Tuesday, Oct 18 th	10:00-11:30am (in person)	Refusal Skills
Thursday, Oct 20 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Healthy Relationships
Monday, Oct 24 th	2:00-3:30pm (in person)	Self-Compassion
Tuesday, Oct 25 th	10:00-11:30am (in person)	Exploring Boundaries
Thursday, 27 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Powerlessness & Control
Monday, Oct 31 st	2:00-3:30pm (in person)	Rituals
Tuesday, Nov 1 st	10:00-11:30am (in person)	Self Care
Thursday, Nov 3 rd	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Challenging Stigma

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