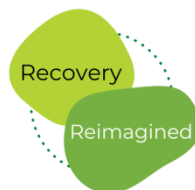


Recovery Reimagined

Skills Group Topic List – June 2023



Day	Time	Topic
Monday, June 5th	<i>2:00-3:30pm (in person)</i>	Exploring Emotions
Tuesday, June 6th	<i>10:00-11:30am (in person)</i>	Window of Tolerance
Thursday, June 8th	<i>10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)</i>	Harms and benefits of substance use
Monday, June 12th	<i>2:00-3:30pm (in person)</i>	Working with Recovery Goals
Tuesday, June 13th	<i>10:00-11:30am (in person)</i>	High Risk Situations
Thursday June 15th	<i>10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)</i>	Exploring Anger
Monday, June 19th	<i>2:00-3:30pm (in person)</i>	Recharging the Body
Tuesday, June 20th	<i>10:00-11:30am (in person)</i>	Support Systems
Thursday, June 22nd	<i>10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)</i>	Relapse & Growth
Monday, June 26th	<i>2:00-3:30pm (in person)</i>	Biopsychosocial Model & Me
Tuesday, June 27th	<i>10:00-11:30am (in person)</i>	Disrupting Shame
Thursday, June 29th	<i>10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)</i>	Stages of Change

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