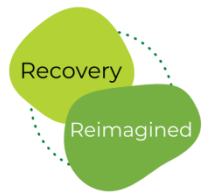


Recovery Reimagined

Skills Group Topic List – July 2023



Day	Time	Topic
Monday, July 3 rd	2:00-3:30pm (in person)	NO GROUP!
Tuesday, July 4 th	10:00-11:30am (in person)	Attachment
Thursday, July 6 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Refusal Skills
Monday, July 10 th	2:00-3:30pm (in person)	Conflict & Repair
Tuesday, July 11 th	10:00-11:30am (in person)	Self-Compassion
Thursday July 13 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Boundaries
Monday, July 17 th	2:00-3:30pm (in person)	Mindful Honesty
Tuesday, July 18 th	10:00-11:30am (in person)	Powerlessness & Control
Thursday, July 20 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Rituals & Reward
Monday, July 24 th	2:00-3:30pm (in person)	Reimagining Self-Care
Tuesday, July 25 th	10:00-11:30am (in person)	Challenging Stigma
Thursday, July 27 th	10:00-11:30 (online) 2:00-3:30 (in person/ women & NB only)	Distress Tolerance

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