

Recovery Reimagined Weekly Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
10:00-12:00pm Intensive Program	10:00-12:00pm Exploring Trauma	10:00-12:00pm Intensive Program	10:00-11:30am Online Skills Group	10:00-12:00pm Intensive Program
2:00- 3:30pm Skills Group	2:00-3:30pm Skills Group (Women & Non-Binary)	2:00-3:30pm Skills Group (Queer)** / Continuing Care*	2:00-3:30pm Skills Group	--
--	--	5:30-7:00pm Continuing Care*	6:00-7:15pm Online Family Learning Group***	--

All in-person groups take place at 985 Danforth Avenue.

The online groups are facilitated via Zoom.

No Waitlist / Low Commitment Programs

Skills Groups: Offered 5 times weekly covering rotating topics. Attend as often as you like.

- *Women & Non-Binary group: Reserved for cis and trans-women, and non-binary folks.*
- ***Queer group: Reserved for 2SLGBTQIA+ folks in recovery. Offered every other week.*

*****Family Learning Group:** Online group offered every 2nd Thursday of the month. Space for family and friends to learn about supporting substance use recovery.

***Continuing Care:** Open to members who have completed the Intensive Program. Offered once weekly, alternating afternoon/evening timeslot. Speak with facilitators before first group.

Waitlist / High Commitment Programs

Intensive Program: 5-week program on Mon/Wed/Fri mornings. Ongoing attendance & participation required.

Exploring Trauma: Concurrent substance use and trauma group. Weekly two-hour group with 8-week commitment.

How do I get started with Recovery Reimagined?

Step 1: Self-refer by completing the intake form:
www.tehn.ca/RecoveryReimagined

Step 2: Reserve a spot in a Skills or Learning group:
www.calendly.com/RecoveryReimagined