

Recovery Reimagined

December 2023 – Skills Group Topic List



Monday Open Group 2:00-3:30pm	Tuesday Women/Non-Binary Group 2:00-3:30pm	Wednesday Queer Group 2:00-3:30pm	Thursday Online Group 10:00-11:30am Open Group 2:00-3:30pm
4 Conflict & Repair	5 Stages of Change	6 --	7 Rituals & Reward
11 Navigating Risk	12 Window of Tolerance	13 Resentment & Acceptance	14 Communicating Needs
18 Powerlessness & Control	19 Recovery Goals	20 --	21 Attachment
25	26	27	28

RECOVERY REIMAGINED HOLIDAY BREAK - NO GROUPS!