

Recovery Reimagined

January 2024 – Skills Group Topic List



Monday	Tuesday	Wednesday	Thursday
Open Group 2:00-3:30pm	Women/Non-Binary Group 2:00-3:30pm	Queer Group 2:00-3:30pm	Online Group 10:00-11:30am Open Group 2:00-3:30pm
1	2	3	4
No group			
8	9	10	11
Refusal Skills	Working with Thoughts	Topic to be collectively decided	Balancing the Harms & Benefits of Use
15	16	17	18
Relapse & Growth	Resentment & Acceptance	--	Exploring the Why
22	23	24	25
Identity & Recovery	Disrupting Shame	Topic to be collectively decided	Challenging Stigma
29	30	31	Feb 1
Self-Preservation	Embodying Values	--	Coping with Cravings

416-786-4168

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