

Recovery Reimagined

February 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
5 Self-Compassion	6 Mindful Honesty	7 <i>Topic to be collectively decide</i>	8 Tolerating Distress
12 Recharging the Body	13 Dialectics & Wise Mind	14 --	15 Honoring Anger
19 Leveraging Support	20 Rituals & Rewards	21 <i>Topic to be collectively decided</i>	22 Building Boundaries
26 Stages of Change	27 Communicating Needs	28 --	29 Exploring Emotions

416-786-4168

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