

Recovery Reimagined

March 2024 – 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 Window of Tolerance	5 --	6 Boredom & Recreation	7 Conflict & Repair
11 Recovery Goals	12 Balancing Harms & Benefits of Use	13 --	14 Navigating Risk
18 Working with Thoughts	19 --	20 Grief	21 Powerlessness & Control
25 Disrupting Shame	26 Challenging Stigma	27 --	28 Hope & Meaning

416-786-4168

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