

Recovery Reimagined

April 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
1 <i>NO GROUP</i>	2 --	3 Intimacy & Sex	4 Relapse & Growth
8 Embodying Values	9 Tolerating Distress	10 --	11 Balancing the Harms & Benefits of Use
15 Mindful Honesty	16 --	17 Patriarchy & "CompHet"	18 Self Preservation
22 Dialectics & Wise Mind	23 Building Boundaries	24 --	25 Self-Compassion
29 Rituals & Reward	30 --	1 Disclosure	2 Recharging the Body

416-786-4168

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