

Recovery Reimagined

May 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 | 2 |
| | | Disclosure | Recharging the Body |
| 6 | 7 | 8 | 9 |
| Communicating Needs | Conflict & Repair | -- | Leveraging Support |
| 13 | 14 | 15 | 16 |
| Attachment | -- | Challenging Stigma | Stages of Change |
| 20 | 21 | 22 | 23 |
| <i>Stat Holiday</i> | Powerlessness & Control | -- | Window of Tolerance |
| 27 | 28 | 29 | 30 |
| Exploring the Why | -- | Honesty | Recovery Goals |