

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