

Recovery Reimagined

June 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
3 Challenging Stigma	4 Refusal Skills	5 --	6 Working with Thoughts
10 Coping with Cravings	11 --	12 Cultivating Joy	13 Disrupting Shame
17 Tolerating Distress	18 Self-Preservation	19 --	20 Embodying Values
24 Honouring Anger	25 --	26 Celebrating Pride Safely	27 Mindful Honesty

416-786-4168

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