

Recovery Reimagined

June 2025 – Skills Group Topic List



Monday Open Group 2:00-3:30pm	Tuesday Women/Non-Binary Group 2:00-3:30pm	Wednesday Queer Discussion Group 2:00-3:30pm	Thursday Online Group 10:00-11:30am Open Group 2:00-3:30pm
2 Dialectics & Wise Mind	3 Building Boundaries	4 <i>No group</i>	5 Recharging the Body
9 Rituals & Rewards	10 <i>No group</i>	11 Celebrating Pride Safely <i>(the topic may change depending on what was discussed in previous sessions)</i>	12 Leveraging Support
16 Communicating Needs	17 Conflict & Repair	18 <i>No group</i>	19 Stages of Change
23 Attachment	24 <i>No group</i>	25 Leveraging Supports <i>(the topic may change depending on what was discussed in previous sessions)</i>	26 Window of Tolerance
30 Balancing Harms & Benefits of Use	1 <i>Stat holiday No group</i>	2 <i>No group</i>	3 Recovery Goals

416-786-4168

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