

# Recovery Reimagined

July 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
30 Balancing Harms & Benefits of Use	1 Stat holiday No group	2 --	3 Recovery Goals
7 Exploring the Why	8 --	9 Hope (the topic may change depending on what was discussed in previous sessions)	10 Working with Thoughts
14 Challenging Stigma	15 Refusal Skills	16 --	17 Disrupting Shame
21 Coping with Cravings	22 --	23 Resentment & Acceptance (the topic may change depending on what was discussed in previous sessions)	24 Embodying Values
28 Tolerating Distress	29 Self-Preservation	30 --	31 Mindful Honesty

416-786-4168

Reserve a spot in a Skills Group: [www.calendly.com/RecoveryReimagined](https://www.calendly.com/RecoveryReimagined)