

# Recovery Reimagined

July 2025 – Skills Group Topic List



<b>Monday</b> Open Group 2:00-3:30pm	<b>Tuesday</b> Women/Non-Binary Group 2:00-3:30pm	<b>Wednesday</b> Queer Discussion Group 2:00-3:30pm	<b>Thursday</b> 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 <i>(the topic may change depending on what was discussed in previous sessions)</i>	10 Working with Thoughts
14 Challenging Stigma	15 Refusal Skills	16 --	17 Disrupting Shame
21 Coping with Cravings	22 --	23 Resentment & Acceptance <i>(the topic may change depending on what was discussed in previous sessions)</i>	24 Embodying Values
28 Tolerating Distress	29 Self-Preservation	30 --	31 Mindful Honesty