

# Recovery Reimagined

August 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
4 <i>No Group! Stat holiday</i>	5 --	6 Self-Sabotage <i>(the topic may change depending on what was discussed in previous sessions)</i>	7 Dialectics & Wise Mind
11 Building Boundaries	12 Recharging the Body	13 --	14 Rituals & Rewards
18 Exploring Emotions	19 --	20 Recovery Gifts <i>(the topic may change depending on what was discussed in previous sessions)</i>	21 Communicating Needs
25 Conflict & Repair	26 Stages of Change	27 --	28 Attachment

416-786-4168

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