

Recovery Reimagined

September 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
1 Navigating Risk	2	3 Refusal Skills <i>(the topic may change depending on what was discussed in previous sessions)</i>	4 Harms & Benefits
8 Radical Acceptance	9 Recovery Goals	10	11 Exploring the 'Why'
15 Refusal Skills	16	17 Friendship & Recovery <i>(the topic may change depending on what was discussed in previous sessions)</i>	18 Challenging Stigma
22 Relapse & Growth	23 Disrupting Shame	24	25 Coping with Cravings
29 Self Preservation	30	1 Deserving <i>(the topic may change depending on what was discussed in previous sessions)</i>	2 Tolerating Distress

416-786-4168

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