

# Recovery Reimagined

October 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
29 Self Preservation	30	1 “Deserving” <i>(the topic may change depending on what was discussed in previous sessions)</i>	2 Tolerating Distress
6 Self-Compassion	7 Mindful Honesty	8	9 Honouring Anger
13 <b>NO GROUP</b>	14	15 Goals & Dreams <i>(the topic may change depending on what was discussed in previous sessions)</i>	16 Building Boundaries
20 Leveraging Support	21 Rituals & Rewards	22	23 Exploring Emotions
27 Stages of Change	28	29 Forgiveness & Abolition <i>(the topic may change depending on what was discussed in previous sessions)</i>	30 Conflict & Repair

416-786-4168

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