

Recovery Reimagined

November 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
3 Window of Tolerance	4 Attachment	5	6 Navigating Risk
10 Recovery Goals	11	12 Cravings <i>(the topic may change depending on what was discussed in previous sessions)</i>	13 Radical Acceptance
17 Working with Thoughts	18 Exploring the 'Why'	19	20 Refusal Skills
24 Disrupting Shame	25	26 Recovery Narratives <i>(the topic may change depending on what was discussed in previous sessions)</i>	27 Relapse & Growth

416-786-4168

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