

Recovery Reimagined

January 2026 – 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 Rituals & Reward	30 Exploring Emotions	31 --	1 NO GROUP - STAT
5 Communicating Needs	6 --	7 Resolutions & Self-Sabotage <i>(the topic may change depending on what was discussed in previous sessions)</i>	8 Stages of Change
12 Attachment	13 Navigating Risk	14 --	15 Window of Tolerance
19 Harms & Benefits of Use	20 --	21 Intimacy & Sex <i>(the topic may change depending on what was discussed in previous sessions)</i>	22 Recovery Goals
26 Exploring the 'Why'	27 Radical Acceptance	28 --	29 Working with Thoughts

416-786-4168

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