

# Recovery Reimagined February 2026 – Skills Group Topic List



Monday	Tuesday	Wednesday	Thursday
Open Group 2:00-3:30pm	Women/Non-Binary Group 2:00-3:30pm	Queer Discussion Group 2:00-3:30pm	Online Group 10:00-11:30am Open Group 2:00-3:30pm
2 Challenging Stigma	3 <i>N/A</i>	4 Self-Determination in Recovery <small>(the topic may change depending on what was discussed in previous sessions)</small>	5 Disrupting Shame
9 Coping with Cravings	10 Relapse and Growth	11 <i>N/A</i>	12 Embodying Values
16 <i>No Group Stat Holiday</i>	17 <i>N/A</i>	18 The Romance Myth <small>(the topic may change depending on what was discussed in previous sessions)</small>	19 Mindful Honesty
23 Honouring Anger	24 Self-Compassion	25 <i>N/A</i>	26 Dialectics & Wise Mind