

# Recovery Reimagined

February 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
2 Challenging Stigma	3 N/A	4 Self-Determination in Recovery <i>(the topic may change depending on what was discussed in previous sessions)</i>	5 Disrupting Shame
9 Coping with Cravings	10 Relapse and Growth	11 N/A	12 Embodying Values
16 No Group Stat Holiday	17 N/A	18 The Romance Myth <i>(the topic may change depending on what was discussed in previous sessions)</i>	19 Mindful Honesty
23 Honouring Anger	24 Self-Compassion	25 N/A	26 Dialectics & Wise Mind