

# Recovery Reimagined

March 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 Building Boundaries	3	4 Recovery Goals	5 Disrupting Shame
9 Exploring Emotions	10 Leveraging Support	11	12 Communicating Needs
16 Conflict & Repair	17	18 Circles of Support	19 Attachment
23	24	25	26

*Schedule Change! Please refer to April Calendar for March 23 - March 26 topics*

30	31	1	2
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*Schedule Change! Please refer to April Calendar for March 30 - April 2 topics*

416-786-4168

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