

Recovery Reimagined

March 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 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
<i>Schedule Change! Please refer to April Calendar for March 30 - April 2 topics</i>			