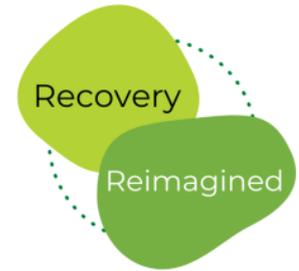


# GROUP CALENDAR

MARCH 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Skills Group 2:00-3:30pm	Women/NB Group 2:00-3:30pm	Queer Group 2:00-3:30pm	Online Group 10-11:30am Open Group 2:00-3:30pm
2 Building Boundaries	3 --	4 Recovery Goals	5 Rituals & Reward
9 Exploring Emotions	10 Leveraging Support	11 --	12 Communicating Needs
16 Conflict & Repair	17 --	18 Circles of Support	19 Attachment

Visit [www.calendly.com/RecoveryReimagined](http://www.calendly.com/RecoveryReimagined) to reserve a spot in an upcoming group!  
(Spots are released 14 days prior to each session)  
\*Specialty groups are reserved for listed populations only

## SCHEDULE CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Skills Group 2:00-3:30pm	Online Skills Group 10:00am-11:30am	Specialty Group* 2:00-3:30pm	Open Skills Group 2:00-3:30pm
23 Harms & Benefits of Substance Use	24 Exploring the "Why"	25 <b>Women/Non-Binary:</b> Self-Preservation	26 Rebellion & Play
30 Coping with Cravings	31 Navigating Risk	1 <b>Queer:</b> Anger & Resentment	2 Radical Acceptance

**Resource of the month:**  
Seeking Safety @ St. Joe's Hospital.  
10-week online group about  
substance use and trauma  
  
(for referral call 1-855-505-5045).

**416-786-4168**  
(text or call)  
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