

GROUP CALENDAR

APRIL 2026

MONDAY

Open Skills Group
2:00-3:30pm

TUESDAY

Online Skills Group
10:00-11:30am

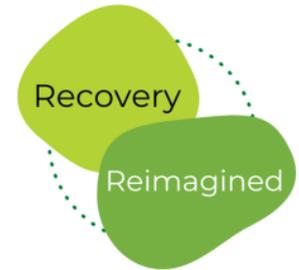
WEDNESDAY

Specialty Group
2:00-3:30pm

THURSDAY

Open Skills Group
2:00-3:30pm

30 Coping with Cravings	31 Navigating Risk	1 Queer: Anger & Resentment	2 Radical Acceptance
6 Challenging Stigma	7 Navigating Post-Acute Withdrawal	8 Women/Non-Binary: Honouring Grief	9 Self Compassion
13 Distress Tolerance	14 Relapse & Growth	15 Queer: Exploring Emotions	16 Self-Preservation
20 Window of Tolerance	21 Refusal Skills	22 Women/Non-Binary: Intimacy & Sex	23 Harnessing Motivation
27 Building Boundaries	28 Exploring Emotions	29 Queer: Patriarchy & Heteronormativity	30 Conflict & Repair



Visit 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

Resource of the month:

East Toronto HART Hub. Drop-in to get support with case management, counselling, housing, and referrals. (Drop in at South Riverdale CHC or call 416-461-1925 x2224).

416-786-4168

(text or call)

RecoveryReimagined@tehn.ca