

GROUP CALENDAR

MAY 2026

MONDAY

Open Skills Group
2:00-3:30pm

TUESDAY

Online Skills Group
10:00-11:30am

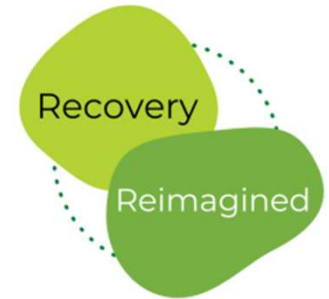
WEDNESDAY

Specialty Group
2:00-3:30pm

THURSDAY

Open Skills Group
2:00-3:30pm

4 Honouring Anger	5 Stages of Change	6 Queer: Stigma & Shame	7 Leveraging Support
11 Recovery Goals	12 Working with Thoughts	13 Women/Non-Binary: Building Boundaries	14 Disrupting Shame
18 <i>NO GROUP</i>	19 Mindful Honesty	20 Queer: Harms & Benefits of Use	21 Working with Dialectics
25 Rituals & Reward	26 Communicating Needs	27 Women/Non-Binary: Attachment	28 Attachment



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:

[Ontario Structured Psychotherapy program through CAMH.](#)
This program offers free, short-term cognitive-behavioural therapy with a psychotherapist.

416-786-4168

(text or call)

RecoveryReimagined@tehn.ca

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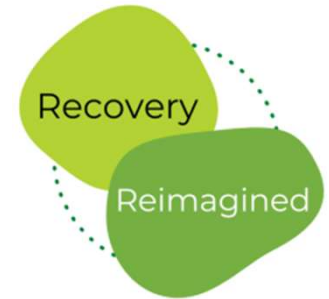
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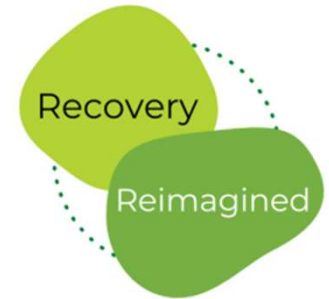
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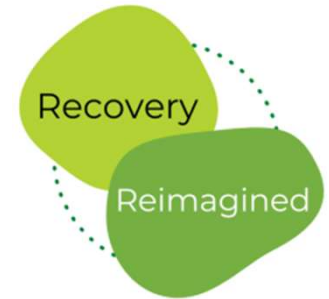
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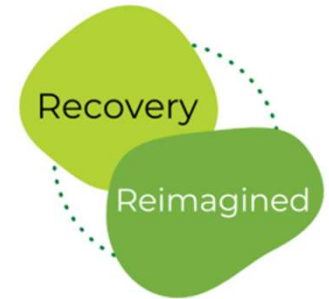
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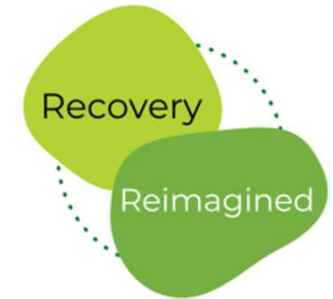
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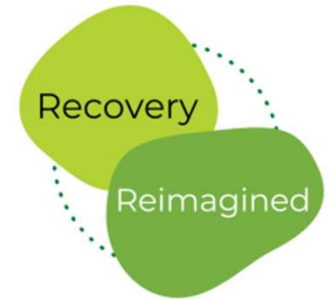
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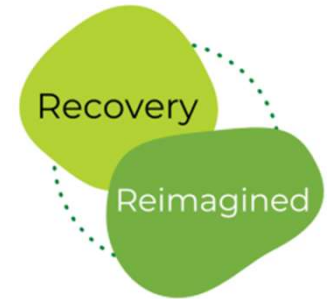
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