

# GROUP CALENDAR

MAY 2026

## MONDAY

Open Skills Group  
2:00-3:30pm

## TUESDAY

Online Skills Group  
10:00-11:30am

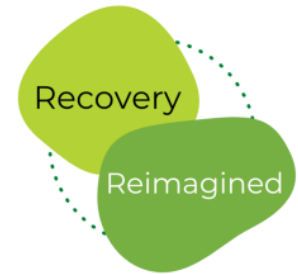
## WEDNESDAY

Specialty Group  
2:00-3:30pm

## THURSDAY

Open Skills Group  
2:00-3:30pm

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

### 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)

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