

GROUP CALENDAR

JUNE 2026

MONDAY

Open Skills Group
2:00-3:30pm

TUESDAY

Online Skills Group
10:00-11:30am

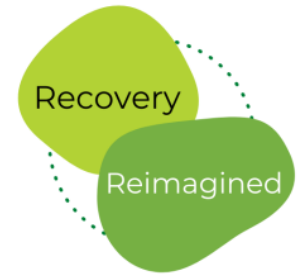
WEDNESDAY

Specialty Group*
2:00-3:30pm

THURSDAY

Open Skills Group
2:00-3:30pm

1 Identity in Recovery	2 Harms & Benefits of Substance Use	3 Women/Non-Binary: Distress Tolerance	4 Exploring the Why
8 Boredom & Fun	9 Coping with Cravings	10 Queer: Navigating Pride Safely	11 Navigating Risk
15 Radical Acceptance	16 Challenging Stigma	17 Women/Non-Binary: Communication & Support	18 Navigating Post-Acute Withdrawal
22 Self-Compassion	23 Distress Tolerance	24 Queer: Navigating Post-Acute Withdrawal	25 Relapse and Growth
29 Self-Preservation	30 Window of Tolerance	1 No Group! <i>Stat holiday</i>	2 Refusal Skills



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:
SMART Recovery Family & Friends Group: Dedicated space for those with loved ones struggling with addiction.
www.smartrecovery.org/family

416-786-4168

(text or call)

RecoveryReimagined@tehn.ca