

GROUP CALENDAR

JULY 2026

MONDAY

Open Skills Group
2:00-3:30pm

TUESDAY

Online Skills Group
10:00-11:30am

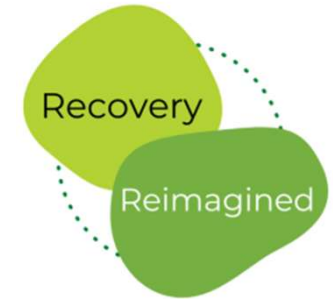
WEDNESDAY

Specialty Group
2:00-3:30pm

THURSDAY

Open Skills Group
2:00-3:30pm

29 Self-Preservation	30 Window of Tolerance	1 NO GROUP	2 Refusal Skills
6 Motivation & Momentum	7 Building Boundaries	8 Women/Non-Binary: Rebellion & Play	9 Exploring Emotions
13 Conflict & Repair	14 Honouring Anger	15 Queer: Self-Preservation	16 Stages of Change
20 Leveraging Support	21 Recovery Goals	22 Women/Non-Binary: Anger & Resentment	23 Working with Thoughts
27 Disrupting Shame	28 Embodying Values	29 Queer: Radical Acceptance	30 Mindful Honesty



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:

Oasis Addiction Recovery offers no-cost employment programs for folks in recovery. For more info: <https://oasismovement.org/> 416 461 7739.

416-786-4168

(text or call)

RecoveryReimagined@tehn.ca