

GROUP CALENDAR

August 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

3

*Stat Holiday
No Group!*

4

Rituals &
Reward

5

Women/Non-Binary:
Exploring Emotions

6

Assertive
Communication

10

Attachment Styles
in Recovery

11

Exploring Identity

12

Queer:
Intimacy & Sex

13

Harms & Benefits
of Substance Use

17

Exploring the
"Why"

18

Navigating
Boredom

19

Women/Non-Binary:
Conflict & Repair

20

Coping with
Cravings

24

Navigating Risk

25

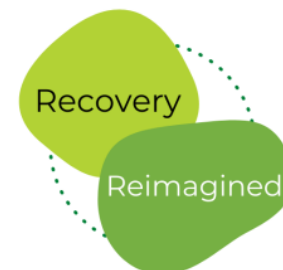
Radical
Acceptance

26

Queer:
Dismantling Shame &
Stigma

27

Challenging
Stigma



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:

Toronto Community Acupuncture
(ToCA). High quality, low-cost
acupuncture to support health and
wellness goals. 416-405-8222
<https://communityacupuncture.toronto.ca/>

416-786-4168

(text or call)

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