

GROUP CALENDAR

September 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

31

Navigating Post-
Acute Withdrawal

1

Self-Compassion

2

Women/Non-Binary:
Assertiveness

3

Distress Tolerance

7

**NO GROUP
STAT HOLIDAY**

8

Self-Preservation

9

Queer:
Harms and Benefits
of Use

10

Window of
Tolerance

14

Refusal Skills

15

Motivation &
Momentum

16

Women/Non-Binary:
Attachment

17

Building
Boundaries

21

Exploring Emotions

22

Conflict & Repair

23

Queer:
Window Work

24

Honouring Anger

28

Stages of Change

29

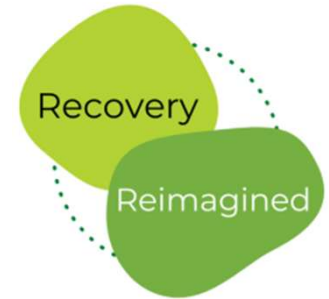
Leveraging
Support

30

Women/Non-Binary:
Embodying Values

1

Recovery Goals



Visit [www.calendly.com/
RecoveryReimagined](https://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:

Financial Empowerment Counselling
@ Woodgreen. Free counselling for
low-income folks about money and
finance. (Email fe@woodgreen.org or
call 416-645-6000 x1330)

416-786-4168

(text or call)

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