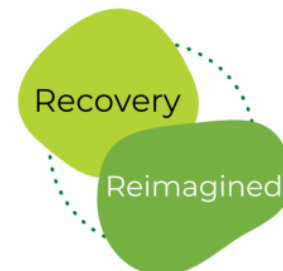


GROUP CALENDAR

OCTOBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Skills Group 2:00-3:30pm	Online Skills Group 10:00-11:30am	Specialty Group 2:00-3:30pm	Open Skills Group 2:00-3:30pm
28 Stages of Change	29 Leveraging Support	30 Women/Non-Binary: Embodying Values	1 Recovery Goals
5 Working with Thoughts	6 Disrupting Shame	7 Queer: Safe Conflict	8 Embodying Values
12 <i>Stat Holiday No group</i>	13 Dialectics & Wise Mind	14 Women/Non-Binary: Navigating Post-Acute Withdrawal	15 Rituals & Reward
19 Communicating Needs	20 Attachment	21 Queer: Authenticity & Rebellion	22 Exploring Identity
26 Balancing Harms & Benefits of Use	27 Exploring the "Why"	28 Women/Non-Binary: Self-Preservation	29 Deconstructing Boredom

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:

East Toronto HART Hub. Drop-in to get support with case management, counselling, housing, and referrals. (Drop in at South Riverdale CHC or call 416-461-1925 x2224).

416-786-4168

(text or call)

RecoveryReimagined@tehn.ca