GROUP CALENDAR

November 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
2 Coping with Cravings	3 Navigating Risk	4 **Queer**: Anger & Resentment	5 Radical Acceptance
9 Challenging Stigma	10 Navigating Post-Acute Withdrawal	11 **Women/Non-Binary:** Honouring Grief	12 Self Compassion
16 Distress Tolerance	17 Relapse & Growth	18 **Queer**: Exploring Emotions	19 Self-Preservation
23 Window of Tolerance	24 Refusal Skills	25 **Women/Non-Binary:** Intimacy & Sex	26 Harnessing Motivation
30 Building Boundaries	1 Exploring Emotions	2 **Queer**: Patriarchy & Heteronormativity	3 Accountability & "Amends"

Recovery Reimagined

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's Drug Checking Service offers people who use drugs timely and detailed information about the content of their drugs. http://drugchecking.community/

416-786-4168
(text or call)

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