GROUP CALENDAR

December 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
30 Building Boundaries	1 Exploring Emotions	2 **Queer**: Heteronormativity	3 Accountability & Amends
7 Honouring Anger	8 Stages of Change	9 **Women/Non-Binary:** Internalized Stigma	10 Leveraging Support
14 Recovery Goals	15 Working with Thoughts	16 **Queer**: Boundaries & Refusal	17 Disrupting Shame
21 ----------Holiday Break---------- ----------No Group ----------	22	23	24
28 ----------Holiday Break---------- ----------No Group ----------	29	30	31

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:

ConnexOntario offers free information on services for those facing issues with substances, gambling, & mental health https://connexontario.ca/

416-786-4168
(text or call)

RecoveryReimagined@tehn.ca