

# Recovery Reimagined

July 2024 – Skills Group Topic List



<b>Monday</b> Open Skills Group 2:00-3:30pm	<b>Tuesday</b> Women/Non-Binary Group 2:00-3:30pm	<b>Wednesday</b> Queer Discussion Group 2:00-3:30pm	<b>Thursday</b> Online Group 10:00-11:30am Open Group 2:00-3:30pm
1  <i>Stat holiday – no group</i>	2  Recharging the Body	3  --	4  Dialectics & Wise Mind
8  Exploring Emotions	9  --	10  Anger <i>(the topic may change depending on what was discussed in previous sessions)</i>	11  Rituals & Rewards
15  Conflict & Repair	16  Stages of Change	17  --	18  Communicating Needs
22  Navigating Risk	23  --	24  Boundaries <i>(the topic may change depending on what was discussed in previous sessions)</i>	25  Attachment
29  Powerlessness & Control	30  Recovery Goals	31  --	1  Exploring the “Why”