

Recovery Reimagined

August 2024 – Skills Group Topic List



Monday Open Group 2:00-3:30pm	Tuesday Women/Non-Binary Group 2:00-3:30pm	Wednesday Queer Discussion Group 2:00-3:30pm	Thursday Online Group 10:00-11:30am Open Group 2:00-3:30pm
29 Powerlessness & Control	30 Recovery Goals	31 N/A	1 Exploring the Why
5 No group!	6 N/A	7 Self-Compassion <i>(the topic may change depending on what was discussed in previous sessions)</i>	8 Challenging Stigma
12 Relapse & Growth	13 Disrupting Shame	14 N/A	15 Coping with Cravings
19 Self-Preservation	20 N/A	21 Closeness & Safety <i>(the topic may change depending on what was discussed in previous sessions)</i>	22 Tolerating Distress
26 Self-Compassion	27 Mindful Honesty	28 N/A	29 Honouring Anger