

# Recovery Reimagined

October 2024 – Skills Group Topic List



<b>Monday</b> Open Group 2:00-3:30pm	<b>Tuesday</b> Women/Non-Binary Group 2:00-3:30pm	<b>Wednesday</b> Queer Group 2:00-3:30pm	<b>Thursday</b> Online Group 10:00-11:30am Open Group 2:00-3:30pm
30 Recovery Goals	1 --	2 Radical Acceptance <i>(the topic may change depending on what was discussed in previous sessions)</i>	3 Powerlessness & Control
7 Working with Thoughts	8 Exploring the Why	9 --	10 Refusal Skills
14 No group – stat holiday	15 --	16 Emotions <i>(the topic may change depending on what was discussed in previous sessions)</i>	17 Relapse & Growth
21 Embodying Values	22 Coping with Cravings	23 --	24 Self-Preservation
28 Mindful Honesty	29 --	30 Identity <i>(the topic may change depending on what was discussed in previous sessions)</i>	31 Self-Compassion