

# Recovery Reimagined

November 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 Discussion Group 2:00-3:30pm	<b>Thursday</b> Online Group 10:00-11:30am Open Group 2:00-3:30pm
4 Dialectics & Wise Mind	5 Honouring Anger	6 --	7 Recharging the Body
11 Rituals & Rewards	12 --	13 Allowing Joy <i>(the topic may change depending on what was discussed in previous sessions)</i>	15 Leveraging Support
18 Communicating Needs	19 Exploring Emotions	20 --	21 Stages of Change
25 Attachment	26 --	27 Honouring Grief <i>(the topic may change depending on what was discussed in previous sessions)</i>	28 Window of Tolerance

416-786-4168

Reserve a spot in a Skills Group: [www.calendly.com/RecoveryReimagined](https://www.calendly.com/RecoveryReimagined)