

# Recovery Reimagined

## December 2024 – Skills Group Topic List



Monday	Tuesday	Wednesday	Thursday
Open Group 2:00-3:30pm	Women/Non-Binary Group 2:00-3:30pm	Queer Discussion Group 2:00-3:30pm	Online Group 10:00-11:30am Open Group 2:00-3:30pm
2 Balancing the Harms & Benefits of Use	3 Navigating Risk	4 <i>No group</i>	5 Recovery Goals
9 Exploring the Why	10 <i>No group</i>	11 Navigating the Holidays <i>(the topic may change depending on what was discussed in previous sessions)</i>	12 Working with Thoughts
16 Challenging Stigma	17 Relapse & Growth	18 <i>No group</i>	19 Disrupting Shame
23	24	25	26
----- <i>Program Closed for Holidays</i> -----			
30	31	1	2
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