

Recovery Reimagined February 2025 – 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
3 Exploring Emotions	4 N/A	5 Courage <i>(the topic may change depending on what was discussed in previous sessions)</i>	6 Communicating Needs
10 Conflict & Repair	11 Window of Tolerance	12 N/A	13 Attachment
17 No Group Family Day Stat Holiday	18 N/A	19 Rewiring Rewards <i>(the topic may change depending on what was discussed in previous sessions)</i>	20 Balancing Harms & Benefits of Use
24 Powerlessness & Control	25 Working with Thoughts	26 N/A	27 Exploring the Why