

Recovery Reimagined

March 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 Refusal Skills	4 N/A	5 Intro to Parts Work <i>(the topic may change depending on what was discussed in previous sessions)</i>	6 Challenging Stigma
10 Relapse & Growth	11 Embodying Values	12 N/A	13 Coping with Cravings
17 Self Preservation	18 N/A	19 Challenging Stuck Points <i>(the topic may change depending on what was discussed in previous sessions)</i>	20 Tolerating Distress
24 Self-Compassion	25 Dialectics & Wise Mind	26 N/A	27 Honouring Anger