

Recovery Reimagined

April 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
31 Recharging the Body	1 N/A	2 Cravings <i>(the topic may change depending on what was discussed in previous sessions)</i>	3 Building Boundaries
7 Leveraging Support	8 Communicating Needs	9 N/A	10 Exploring Emotions
14 Stages of Change	15 N/A	16 Boundaries <i>(the topic may change depending on what was discussed in previous sessions)</i>	17 Conflict & Repair
21 Working with “Parts”	22 Balancing Harms & Benefits of Use	23 N/A	24 Navigating Risk
28 Recovery Goals	29 N/A	30 Stigma <i>(the topic may change depending on what was discussed in previous sessions)</i>	1 Powerlessness & Control