

Recovery Reimagined

May 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
April 28 Recovery Goals	April 29 No group	April 30 Stigma <i>(the topic may change depending on what was discussed in previous sessions)</i>	1 Powerlessness & Control
5	6	7	8
----- Program Closed -----			
12 Disrupting Shame	13 No group	14 Boredom <i>(the topic may change depending on what was discussed in previous sessions)</i>	15 Relapse & Growth
19	20	21	22
No group <i>(stat holiday)</i>	Tolerating Distress	No group	Self Preservation
26 Mindful Honesty	27 No group	28 Harms / Benefits of Use <i>(the topic may change depending on what was discussed in previous sessions)</i>	29 Self-Compassion