

THE RECOVERY DESK

PREMIUM FACILITATOR TOOLKIT

Low-Energy Recovery Groups

Eight gentle, adaptable group activities with clear opt-outs and low cognitive load.

8 adaptable psychoeducational session plans, scripts and printable reflection pages.

PRACTICAL TOOLS FOR RECOVERY

Educational resource • Choose what fits • Seek professional support when needed

START HERE

How to use this resource

Use this toolkit within your professional scope, training, workplace policies and supervisory guidance. Each activity is psychoeducation, not a substitute for clinical assessment. Offer choices about speaking, writing, listening, or opting out.

BEFORE YOU BEGIN

If there is an immediate medical or personal safety emergency, contact emergency services (911 in Canada). For suicide-crisis support in Canada, call or text 988. Withdrawal from some substances can require urgent medical care; ask a qualified professional rather than using a workbook to decide what is safe.

YOUR CHOICES

You may change your mind about an exercise, leave a question blank, and ask for assistance. Sharing personal experiences is optional; confidentiality cannot be guaranteed in group or shared living settings.

MAKE THE RESULT USABLE

At the end of each chapter, keep one specific next step: who, what, where, when, and your backup if the preferred option is unavailable.

SESSION 1 / 8

Activity 1: One-word weather check

Aim: offer a low-demand emotional check-in. Invite one word, a colour, or passing. Respond without requiring explanations or disclosure. Conclude by asking what would make participation more comfortable.

FICTIONAL EXAMPLE

One person says “foggy” and chooses to listen; the facilitator accepts this as participation.

TRY THIS IN YOUR SETTING

1. Which participation modes were offered?
2. Did anyone appear to need medical or private support?
3. What would simplify the next check-in?

YOUR PRACTICAL NEXT STEP

Run a five-minute check-in; provide visual or spoken choices.

WORK IT THROUGH

Activity 1: One-word weather check

Keep answers specific to your circumstances. Write a few words, draw a plan, or discuss the prompts with a trusted person. You do not need to fill every line.

1 Which participation modes were offered?

2 Did anyone appear to need medical or private support?

3 What would simplify the next check-in?

PRACTICE / TAKE-HOME ACTION

Run a five-minute check-in; provide visual or spoken choices.

My next action, who can help, and when I will review it

SESSION 2 / 8

Activity 2: Two-choice coping cards

Aim: identify one immediately available support. Offer two safe options at a time and let people choose, reject, or add their own. Avoid exercises requiring controlled breathing if they cause distress.

FICTIONAL EXAMPLE

A participant chooses moving to a quieter chair instead of a sensory grounding prompt.

TRY THIS IN YOUR SETTING

1. Which option required no supplies?
2. Could the activity work with one participant?
3. Was consent to participate clear?

YOUR PRACTICAL NEXT STEP

Prepare eight cards in four categories and let each person choose one.