

8-WEEK GROUP PROGRAM

Digital Recovery Group Program

The Digital Recovery Group Program is an eight-week peer-led discussion series focused on understanding the psychological and social impacts of modern digital environments.

Participants meet once per week in a small group setting facilitated by a peer support specialist.

The program provides a structured space for individuals to reflect on their experiences with social media and explore strategies for rebuilding wellbeing outside digital environments.

Each session focuses on a different theme, including:

Week 1 — Introduction to the Digital Environment (and all there is inside of it)

Week 2 — Comparison Culture and Self-Perception

Week 3 — The Online Self vs. the Offline Self

Week 4 — Emotional Effects of Social Media Use & Digital Environments

Week 5 — Digital Habits and Behaviour

Week 6 — Fear of Missing Out and Social Pressure

Week 7 — Rebuilding Identity Offline

Week 8 — Moving Forward

Group sessions emphasize shared discussion, reflection, and peer support.