

Program Descriptions

Reiki

Aug. 24th, Thurs @ 12:30pm

Join us for stress reduction, relaxation, and healing. Dr. Ellen Albertson will guide you through the experience of Reiki.

CODA

Sun @ 12:00pm Meets Every Sunday. Support group for family and individuals who struggle with codependency issues.

The Masks We Wear

Thurs @ 2:00pm

This workshop will explore the masks we wear, at home, work, with our friends, and ourselves. Sara, Night Operations Manager of the Turning Point Center, will use varying methods and activities to explore these masks we wear.

Recovery Community YOGA

M, W, F @ 10:30am

Open to all levels, beginners encouraged to join! Enhance and deepen your well-being through guided yoga routines with certified instructors!

Morning Meditation

M, T, W, Th @ 7:15am

Start your morning with a clear mind through this group meditation session

Peaceful Warrior Karate

Tues @ 1:00pm

Peaceful Warrior Martial Arts combines the training of the martial arts and other holistic health practices in the spirit of living healthier lives physically, mentally, and spiritually.

Asian Bodywork Therapy Acudetox

Tues @ 3:00pm

No appointment needed! Acudetox addresses pressure points shown to encourage detoxification and alleviate symptoms of withdrawal. –Beads and Needles-

Craft Crap Night *New !!*

Friday @ 3:00pm

Do you have an art project that you're wanting to finish? Are you looking for ideas for your next Project? Come on up and spend an evening in creative recovery

Lunch with Ted (Talks) and Ken *New !!*

Mon @ 12:00pm

Bring a lunch and come watch a Ted Talk, on a recovery related topic, and join in on a discussion about the Ted Talk with Ken, Operations Manager of the Turning Point Center

Program Descriptions

Employment Consulting

Mon, Wed @ 10:00am

Chuck Hafter is now offering employment consulting specifically designed to assist individuals in recovery. Skills include resume writing and building, cover letter writing, references, employment applications, mock interviews and more!

Refuge Recovery: A Love Supreme

Fridays @ 12:00pm

Refuge Recovery: Is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Facilitated by Peter Espenshade.

Families Coping with Addiction

Wed @ 5:30pm

Meets EVERY Wednesday. Support group for family and friends whose lives have been affected by the disease of addiction with a loved one

Writing for Recovery

Wed @ 6:00pm

This Writing Workshop is open to anyone in recovery with an interest in or passion for writing. Facilitated by local author Gary Miller the Writers for Recovery have been featured at numerous advocacy for recovery events.

Six Sessions of Wellness

Thurs @ 12:00pm

Join Tara Campbell and Cam Lauf, Turning Point Center's two Outreach Peer Support Workers, for six

ongoing sessions of wellness: walking, crafts, meditation, fitness, and nutrition and much more...

Sangha Studio Yoga

Thurs @ 5:00pm

Turning Point Center is proud to Welcome Sangha Studio Yoga to our Recovery Center! Join Sangha Studio Instructors in a free community yoga class.

Acudetox

Fri @ 3:00pm Ear Acupuncture performed by a certified Acudetox specialist effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification. –Needles-

Strummin' Hummin' N Drummin'

Fri @ 2:00pm

Bring your instruments or just yourself and join R Michael and spend an hour jammin' with your friends in recovery



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The Turning Point Center of Chittenden County is a dedicated, compassionate community that provides recovery support services in a safe, substance-free environment for individuals and families on multiple paths to self-discovery and sustained recovery.

Recovery Support Hours

9am-5pm Daily

Programming Hours

Sun: 9:00am-7:30pm
Mon: 9:00am-9:30pm
Tues: 9:00am-8:30pm
Wed-Thurs: 9:00am-8:00pm
Friday: 9:00am-9:30pm
Sat: 9:00am-8:00pm

Sunday

9:15 am AA:Highlighters O/BB (BR)
 12:00 pm CODA: Codependents Anonymous (SR)
 2:00 pm Sunday at the Movies (BR)
 3:30 pm Sought Through Prayer and Meditation

An 11th step meeting
 5:00 pm Recovery Support Hours End
 6:00 pm AA: Into Action O/ST (BR)

Monday

7:15 am Meditation (BR)
 10:30 am Recovery Community Yoga (BR)
 10:00 am Employment Consulting
 12:00 pm Lunch with Ted (Talks) and Ken
 5:00 pm Recovery Support Hours End
 7:00 pm NAR-ANON (SR)

8:00 pm NA: Step Into Recovery O/ST (BR)
Tuesday
 7:15 am Meditation (BR)
 1:00 pm Peaceful Warrior Karate (BR)
 3:00 pm Asian Body Therapy Acudetox (BR)
 5:00 pm Recovery Support Hours End
 5:30 pm AA: Way of Life O/BB/D (BR)
 6:30 pm MA: Freed From Weed O (SR)
 7:00 pm AA: Proud & Sober O/GLBT (BR)

Wednesday

7:15 am Meditation (BR)
 10:00am Employment Consulting
 10:30 am Recovery Community Yoga (BR)
 5:00 pm Recovery Support Hours End
 5:30 pm Families Coping with Addiction (SR)
 6:00 pm Writing Workshop (BR)
 5:30 pm Board of Directors; Monthly Meeting (Second Wednesday of every month)

Thursday

7:15 am Meditation (BR)
 12:00 pm Six Sessions of Wellness (SR)
 12:30 pm Reiki **August 24th**
Dental Day August 24th
 9:30 am Volunteer Orientation (SR)
 1:00 pm The Masks we Wear (SR)
 2:00pm The Fun Group (July 13th and 27nd) (SR)
 3:30 pm Recovery Support Hours

5:00 pm End
 5:00 pm Sangha Yoga (BR)
 6:30 pm AA:Prayer & Meditation Mtg O/D (BR)

Friday

10:30 am Recovery Community Yoga (BR)
 12:00 pm Refuge Recovery: A Love Supreme (SR)

1:00 pm Strummin' Hummin' N
 Drummin'
 3:00 pm Acudetox – Ear Acupuncture (BR)
 3:00 pm Craft Crap Night
 5:00 pm Recovery Support Hours End
 6:00 pm Faith Based Support Group (SR)
 6:30 pm AA: Girls Night Out O/W/D (BR)
 8:00 pm AA: Freaky Friday BB (BR)

Saturday

10:30 am NA: Women Do Recover W (BR)
 10:30 am NA Clean Doodz Club O/BT/M (SR)
 12:00 pm AA:12X4 O/ST (BR)
 2:00 pm MA: Stone Free Saturday (SR)
 5:00 pm Recovery Support Hours End
 6:30 pm AA How it Works O/D (BR)



O – Open D – Discussion Sp – Speaker
 St – Step (BR) – Big Room
 C – Closed W – Women only BB – Big Book
 (CR) – Common Rm (SR) – Small Room

<https://www.facebook.com/TurningPointCenter>

What does the Turning Point Offer?

The Turning Point Center of Chittenden County provides a drug and alcohol free environment for peer-to-peer recovery activities, fellowship, events, wellness and recovery related programs, 12 step meetings, Recovery Coaching, and one-on-one support.

The Turning Point Center respects all paths to recovery. We are open 365 days per year to

provide peer-to-peer recovery support, assistance, and networking to individuals in recovery.

Recovery Peer Support Workers

The Turning Point Center offers Recovery Peer Support Workers Mon-Sun between 9am-5pm. Recovery Peer Support Workers are available to provide one-on-one support to assist guests in finding solutions to various hurdles that arise in our path to sustained recovery.

Outreach Peer Support Workers

The Turning Point Center now offers peer-to-peer support outside the walls of the Recovery Center. Outreach Peer Support Workers are working out of community organizations to allow easier access to individuals interested in recovery support.

Recovery Coaching

A recovery coach is a mentor in recovery that helps you to build a plan and take steps to achieve your goals! Recovery Coaches work with you to:

- Create a healthy vision for recovery, while supporting all paths to recovery
- Help you make decisions about how to improve your life
- Create a Recovery Wellness Plan to help with the progress of your recovery
- Explore and connect with recovery resources

Recovery Coaches meet you where you are in your recovery.