

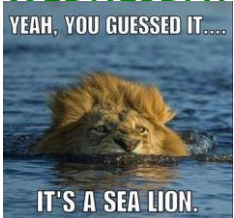





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEETINGS	12 NA BEAUTIFUL ADDICTS 6 PM AA 1 ST STEP 1, 2, 3 8 PM NA EXPERIENCE, STRENGTH, & HOPE	5:30 PM AA WAY OF LIFE 7 PM AA PROUD AND SOBER 7:30 PM OA BIG BOOK SOLUTION GROUP	5:30 PM FAMILIES COPING WITH ADDICTION	12 NA BEAUTIFUL ADDICTS 6:30 PM AA PRAYER & MEDITATION	12 REFUGE RECOVERY: A BUDDHIST PATH 6:30 PM AA GIRLS NIGHT OUT 8 PM AA FREAKY FRIDAY	10:30 AM NA WOMEN DO RECOVER 10:30 AM NA CLEAN DOODZ CLUB (90 MIN.) 12 AA 12x4 6:30 PM AA HOW IT WORKS	9:15 AM AA HIGHLIGHTERS 12 CODA 3:30 PM SOUGHT THROUGH PRAYER & MEDITATION <i>11TH STEP MEETING</i> 6 PM AA INTO ACTION
	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY So far you've survived 100% of your worst days. You're doing great.	SATURDAY 	SUNDAY 
PROGRAMS	7:15 AM MEDITATION 10 AM EMPLOYMENT CONSULTING 10:30 AM RECOVERY COMMUNITY YOGA 12 LUNCH WITH TED (TALKS) & KEN 2 PM Y12SR 5 PM CLOSED – RECOVERY SUPPORT HOURS END	7:15 AM MEDITATION 9:00 AM VERMONT DEPT. OF LABOR JOBS AND RESOURCE ASSISTANCE HELP 9:30 AM MOMS IN RECOVERY SUPPORT GROUP 2 PM SELF DEFENSE 3 PM ASIAN BODY THERAPY ACUDETOX 5 PM CLOSED – RECOVERY SUPPORT HOURS END	7:15 AM MEDITATION 10 AM EMPLOYMENT CONSULTING 10:30 AM RECOVERY COMMUNITY YOGA 5 PM CLOSED – RECOVERY SUPPORT HOURS END 5:30 PM 8/8/18 TPCCC BOARD MEETING	7:15 AM MEDITATION 9:30 AM MOMS IN RECOVERY SUPPORT GROUP 1 PM VOLUNTEER ORIENTATION 2 PM EXPRESSIVE STEPS 5 PM SANGHA YOGA 5 PM CLOSED – RECOVERY SUPPORT HOURS END 6 PM WRITERS FOR RECOVERY 6 PM S.I.A. RECOVERY WALK MEETING	10:30 AM RECOVERY COMMUNITY YOGA 3 PM 5 PM OPEN ART 5 PM CLOSED – RECOVERY SUPPORT HOURS END	10 AM 5 PM OPEN ART 4:30 PM MOMS IN RECOVERY SUPPORT GROUP	10 AM – 2 PM OPEN ART 1:30 PM 8/11/18 REIKI 2 PM WHEN WE CAN! SUNDAY AT THE MOVIES! 5 PM CLOSED – RECOVERY SUPPORT HOURS END

EXPRESSIVE STEPS

Thursdays 2 pm

Discover (or re-discover!) the 12 Steps in a new way! Mindfulness, Reading, Discussion, and Creation!

Y12SR

Mondays 2 PM

A unique blending of a meeting and a Yoga class!



IMPORTANT

Please note that we close a 5 pm For meetings in the evening, you may come a half hour before the start of the meeting you are attending.

LOOKING FOR WORK? WE'RE HERE TO HELP!

EMPLOYMENT CONSULTING M & W 10 AM
VERMONT DEPT. OF LABOR TUES 9 AM

The Turning Point Center of Chittenden County now has a Recovery Coach with the ability to work with the Deaf and Hard of Hearing Community. For more information kenj@turningpointcentervt.org

RECOVERY COMMUNITY YOGA

M, W, F 10:30 AM
ALL LEVELS
WELCOME!



The Turning Point Center of Chittenden County provides a drug free and alcohol free environment for peer-to-peer recovery activities, fellowship, 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 a 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 9 am and 5 pm. 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 you 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 with you where you are in you recovery.

TURNING POINT CENTER OF CHITTENDEN COUNTY

191 BANK STREET
BURLINGTON, VT
(802)861-3150

www.turningpointcentervt.org

OPEN 7 DAYS A WEEK

ALL YEAR

9 AM – 5 PM

EVENING MEETINGS AND SPACE

FOR RECOVERY

COACH/SPONSOR MEETINGS

PROGRAM SCHEDULE FOR

AUGUST 2018



TAKING NAPS
SOUNDS SO CHILDISH
I PREFER TO CALL
THEM HORIZONTAL
LIFE PAUSES.

ASIAN
BODYWORK
THERAPY
ACUDETUX
Tuesdays 3 PM
Acudetox
addresses
pressure points
shown to
encourage
detoxification
and alleviate
symptoms of
withdrawal.
*beads and
needles

REFUGE RECOVERY: A
BUDDHIST PATH
FRIDAYS 12
This is a mindfulness based
addiction recovery
community that practices
and utilizes Buddhist
philosophy as the
foundation of the recovery
process.



CODA - CODEPENDENTS ANONYMOUS Sunday 12

A program designed to help people who feel they are in an unhealthy relationship and to understand their addiction and learn ways to either get out of the situation or turn it into something healthy.

I'm going to
make a
voodoo doll of
myself and
give it a
backrub.

FAMILIES COPING
WITH ADDICTION
Wednesday 5:30 pm
A support group for
family and friends
whose lives have been
affected by the disease
of addiction with a
loved one.