

Program Descriptions

Sunday at the Movies

Sun @ 2:00pm

Enjoy an afternoon of fellowship! Open showing of various recovery and non-recovery movies on our large screen tv with surround sound!

Morning Meditation

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

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

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!

MRE: Making Recovery Easier Intro Mon @ 4:00pm

A 6 week educational workshop and support group for individuals interested in or struggling with recovery that addresses myths about 12 step recovery. This Introductory Session is an opportunity to explore the curriculum and get acquainted with the goals of the MRE workshop.

Meat Free Workshop & Support Group Mon @ 6:00pm

This is a FREE workshop open to anyone interested in exploring the how-to's and benefits of a vegetarian diet.

MRE: Making Recovery Easier Core Tues @ 4:00pm

A 6 week educational workshop for individuals interested in or struggling with recovery that addresses myths about 12 step recovery. There are 4 Core Sessions, individuals can join at any time after completing the Intro Session!

Employment Support Group

Wed @ 9:00am

This group is open to anyone interested in attaining or advancing their employment. Facilitated by an experienced job counselor each group will focus on a specific aspect of the essentials for finding and furthering your career in today's job market!

CRIBBAGE TOURNAMENT

Warm Up, Practice, Learn!
Tuesdays & Thursdays
11am – 1pm



Tournament Dates:
April 30th – Saturday 3pm-5pm
May 1st – Sunday; Finals 3pm-5pm

Program Descriptions

"What's on your Mind?"

Wed @ 2:00pm

An informal, recovery related discussion group. Come share your thoughts, tips, and challenges concerning recovery. An opportunity to share openly with others in recovery in a relaxed setting.

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 @ 5:30pm

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

Coloring for Recovery

Thurs @ 10:00am

Join us for a weekly recovery adult coloring and meditation session. Each week the group chooses an audio speaker, meditation music, or to have idle chit chat during the session. Adult coloring is shown to improve well-being while reducing stress and anxiety.

Walk for Recovery

Thurs @ 11:00am

Join us for a weekly walk 'n talk around the downtown area. Each week we walk varying routes at varying paces as decided by the group.

Acudetox

Fri @ 3:00pm

Ear acupuncture performed by a licensed acupuncturist effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification.

MAY Highlights!

Thursday, May 5th

4pm - 7pm

Burlington Police Department's Annual BBQ! Look for the Turning Point Center Table!

Tuesdays!

The Turning Point Center is joining with Voc Rehab! Look for our Peer Support Workers at the Vocational Rehabilitation Orientation!

Making Recovery Easier!

Is beginning at the Chittenden Clinic at UHC & San Remo drive locations!



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CALENDAR

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 – Tues:	9:00am – 9:30pm
Wed:	9:00am – 7:30pm
Thurs – Sat:	9:00am – 11:30pm

Sunday

9:15am	Highlighters AA O/BB (BR)
12:00pm	NA: Crusty Recovery for your health
2:00pm	Sunday at the Movies (SR)
5:00pm	Recovery Support Hours End
6:00pm	AA: Into Action O/ST (BR)

Monday

7:15am	Meditation (BR)
10:30am	Recovery Community Yoga
2:00pm	AA: Before the drink O/BB (BR)
4:00pm	MRE – Intro Group
5:00pm	Recovery Support Hours End
6:00pm	Meat Free Workshop Support Group
6:30pm	AA: How It Works O/D (BR)
8:00pm	NA: Step Into Recovery O/ST (BR)

Tuesday

7:15am	Meditation (BR)
4:00pm	MRE – Core Sessions
5:00pm	Recovery Support Hours End
5:30pm	AA: Way of Life O/BB/D (BR)
6:30pm	MA: Freed From Weed O (SR)
7:00pm	AA: Proud & Sober O/GLBT (BR)

Wednesday

7:15am	Meditation (BR)
9:30am	Employment Seeking Group
10:00am	Job Counseling
10:30am	Recovery Community Yoga
12:00pm	NA: Crusty Recovery for your health
2:00pm	“What’s on your Mind?” (CR)
5:00pm	Recovery Support Hours End
5:30pm	Writing Workshop
5:30pm	Families Coping With Addiction
6:00pm	Board of Directors; Monthly Meeting (Second Wednesday of every month)

Thursday

7:15am	Meditation (BR)
10:00am	Coloring for Recovery w/ Kim
11:00am	Walk ‘n Talk
1:00pm	Volunteer Orientation
5:00pm	Recovery Support Hours End
6:30pm	AA; Prayer&Meditation Mtg O/D (SR)
10:00pm	AA: Candlelight O/BB/D (BR)

Friday

10:30am	Recovery Community Yoga
3:00pm	Acudetox – Ear acupuncture
5:00pm	Recovery Support Hours End
6:30pm	Faith Based Support Group
6:30pm	AA: Girls Night Out O/W/D (BR)
8:00pm	AA: Freaky Friday BB (BR)
10:00pm	AA: Moonlighters O/Audio Sp (BR)

Saturday

12:00pm	AA: 12x4 O/ST (BR)
2:00pm	MA: Stone Free Saturday (SR)
5:00pm	Recovery Support Hours End
6:30pm	AA: Big Book Step O/BB/ST (BR)
10:00pm	AA: Late Nighters O/BB/D (BR)

FREE!



Mon, Wed, Fri @ 10:30am

Every Day at 10am & 2pm!

‘Flashmobs’ are a brief 10 minute community building group activity to help us get to know each other better and begin to form lasting healthy relationships in recovery



Abbreviation Key

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

What does the Turning Point Offer?

The Turning Point Center of Chittenden County provides space for peer-to-peer recovery activities, fellowship, events, games, fitness, recovery related programs, 12 step meetings, & Recovery Coaching.

The Turning Point Center respects all paths to recovery. We understand that all areas of life need to be addressed. Other types of support provided to promote healthy living include resource referrals, social events such as open mic night, and healthy lifestyle building activities such as yoga and acudetox.

Our hope is to offer a variety of opportunities and supports to help create an encompassing path to recovery for each individual.

Our role is to provide support to those who choose to utilize recovery services and to assure that we provide a welcoming and safe environment.

Recovery Peer Support Workers

The Turning Point Center is proud to introduce Recovery Peer Support Workers! 7 days a week between 9am and 5pm our 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.

Recovery Coaching

A recovery coach is a mentor in recovery that helps you to build a healthy life and achieve your goals!

Recovery Coaches work with you to:

- Create a healthy vision for recovery, while supporting all paths to recovery
- Help 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 at in your recovery. Whether you are struggling with addiction, already in recovery, or seeking to strengthen and deepen your recovery, a Recovery Coach can help!

For more information or to get a coach, contact
Kim Morrill at 802.861.3150