

Program Descriptions

DRA Sun @ 12:00pm & Wed @ 12:00pm
Dual Recovery Anonymous Burlington is based on twelve steps, this Self Help fellowship is for people with a dual diagnosis. Designed for those who are chemically dependent and also affected by an emotional or psychiatric illness.

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!

Making Recovery Easier Mon @ 3:00pm
A 6 week educational workshop for individuals interested in or struggling with recovery that addresses myths about 12 step recovery

Vet to Vet Peer Group Meetings Mon @ 5:30pm
Facilitated peer to peer support group for Veterans. All Veterans are invited, any combat status, any service, any discharge status, men and women are welcome! Meets on the 2nd & 4th Monday.

Making Recovery Easier Tues @ 1:30pm
A 6 week educational workshop for individuals interested in or struggling with recovery that addresses myths about 12 step recovery

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!

All Recovery Meeting (at Actl) Wed @ 1:30pm
Open facilitated group for anyone and everyone interested in recovery. All paths to recovery are welcome. Come share your journey with others!

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

Volunteer Orientation Thurs @ 1:00pm
Considering becoming a volunteer? Need to complete community service work? Please attend the Volunteer Orientation! No pre-registration needed just show up!

Acudetox Fri @ 3:00pm
Ear acupuncture performed by a licensed acupuncturist effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification.

Tai - Chi Fri @ 3:00pm
Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's ideal for reducing stress. Referred to as Meditation in Motion learn the basic flowing movements that promote serenity.

Acudetox **Begins Jan 23rd Sat @ 10:45am**
Ear acupuncture performed by a licensed acupuncturist. Ear acupuncture is proven effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification.

FEBRUARY Special Events!

Thursday Feb 4th 7:00pm-8:15pm
Maple Leaf Aftercare group will be held in the large conference room of the Turning Point Center

Sunday Feb 7th 12:00pm-10:30pm
Superbowl Social! Sober socializing and fellowship for this year's Superbowl!

EVERY SUNDAY – AA Roundup Committee – 5:00pm
The Roundup Planning committee needs you! Help pull together the 2016 Roundup!



A safe and supportive environment for those in recovery.

**191 Bank Street (Second Floor)
Burlington, VT 05401**

802-861-3150

www.turningpointcentervt.org

February 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.



Superbowl Sunday!

*Food, Fun, Fellowship
Sober Superbowl 50!
60" Flat Screen, surround sound,
refreshments, bring or donate a dish!*

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
10
12:00pm
12:00pm
2:00pm
2
5:00pm
5:00pm
6:00pm

Highlighters AA O/BB (BR)
NA: Crusty Recovery for your health
DRA: Dual Recovery Anonymous
Sunday at the Movies (SR)
Recovery Support Hours End
AA Round-Up Committee mtg
AA: Into Action O/ST (BR)

Monday

7:15am
10
10:30am
2
3:00pm
5:00pm
5:30pm
6:30pm
7:00pm
8:00pm

Meditation (BR)
Recovery Community Yoga
Making Recovery Easier (SR)
Recovery Support Hours End
Vet to Vet Peer Group
(2nd and 4th Monday of every month)
AA: How It Works O/D (BR)
XA: Everything Anonymous (SR)
NA: Step Into Recovery O/ST (BR)

Tuesday

7:15am
10
11:30am
2
1:30pm
5:00pm
5:30pm
6:30pm
7:00pm

Meditation (BR)
L.I.T. – Closed (BR)
MRE – Making Recovery Easier (SR)
Recovery Support Hours End
AA: Way of Life O/BB/D (BR)
MA: Freed From Weed O (SR)
AA: Proud & Sober O/GLBT (BR)

Wednesday

7:15am
10
9:30am
10:00am
10:30am
12:00pm
12:00pm
1:30pm
2:00pm
5:00pm
5:30pm
5:30pm
6:00pm

Meditation (BR)
Employment Seeking Group
Job Counseling
Recovery Community Yoga
NA: Crusty Recovery for your health
DRA: Dual Recovery Anonymous
All Recovery [AT ACT I]
“What’s on your Mind?” (CR)
Recovery Support Hours End
Writing Workshop
Families Coping With Addiction
Board of Directors; Monthly Meeting
(Second Wednesday of every month)

Thursday

7:15am
10
1:00pm
2
5:00pm
6:30pm
10:00pm

Meditation (BR)
Volunteer Orientation
Recovery Support Hours End
AA; Prayer&Meditation Mtg O/D (BR)
AA: Candlelight O/BB/D (BR)

Friday

10:30am
10
3:00pm
2
4:00pm
5:00pm
6:30pm
6:30pm
8:00pm
10:00pm

Recovery Community Yoga
Acudetox – Ear acupuncture
Tai Chi – Meditation in Motion
Recovery Support Hours End
Faith Based Support Group
AA: Girls Night Out O/W/D (BR)
AA: Freaky Friday BB (BR)
AA: Moonlighters O/Audio Sp (BR)

Saturday

10:45am
10
12:00pm
2
2:00pm
5:00pm
6:30pm
10:00pm

Acudetox *Begins 1/23/16
AA: 12x4 O/ST (BR)
MA: Stone Free Saturday (SR)
Recovery Support Hours End
AA: Big Book Step O/BB/ST (BR)
AA: Late Nighters O/BB/D (BR)

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

