

## 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

Beginning April 4<sup>th</sup>!  
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.

### 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 2<sup>nd</sup> & 4<sup>th</sup> Monday.

### MRE: Making Recovery Easier Core

Tues @ 4:00pm

Beginning April 5<sup>th</sup>!  
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!

### All Recovery Meeting (at Act)

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!

### "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.

## Program Descriptions

### 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

### Zumba Fun

Thurs @ 10:00am

Zumba for beginners! Great opportunity for fellowship, fun, and a little cardio! Get moving and learn the basic essentials of Zumba movement!

### 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 23<sup>rd</sup>\*\*

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.

## MARCH Special Events!

### NCAA March 15-16, 17-20, 25-27

All Day!

Game highlights and commentaries will be played continuously outside of meeting times! Stay up to date and follow the action leading up to the Final Four!

### Thursday March 17

All Day!

St. Patrick's Day Potluck. We are open from 9am-5pm for Recovery Support, Afternoon meal from 2-4

### Sunday March 27

All Day!

Easter Sunday! Hop on over! Recovery Support 9am-5pm with a wonderful Easter welcome for all guests!



Turning Point Center  
OF CHITTENDEN COUNTY

*A safe and supportive environment for those in recovery.*

191 Bank Street (Second Floor)  
Burlington, VT 05401

802-861-3150

[www.turningpointcentervt.org](http://www.turningpointcentervt.org)



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.



## March Madness

Food, Fun, Fellowship  
NCAA 2016 @ TPC!  
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  
2:00pm  
2:5:00pm  
5:00pm  
6:00pm

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

## Monday

7:15am  
10:30am  
2:00pm  
4:00pm  
5:00pm  
5:30pm  
6:30pm  
7:00pm  
8:00pm

Meditation (BR)  
Recovery Community Yoga  
AA: Before the drink O/BB (BR)  
MRE – Intro Group *\*begins April 4<sup>th</sup>*  
Recovery Support Hours End  
Vet to Vet Peer Group  
(2<sup>nd</sup> and 4<sup>th</sup> 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  
4:00pm  
2:5:00pm  
5:00pm  
5:30pm  
6:30pm  
7:00pm

Meditation (BR)  
L.I.T. – Closed (BR)  
MRE – Core Sessions *\*begins April 4<sup>th</sup>*  
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  
9:30am  
10:00am  
10:30am  
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  
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  
10:00am  
1:00pm  
2:5:00pm  
7:00pm  
6:30pm  
10:00pm

Meditation (BR)  
Zumba for beginners!  
Volunteer Orientation  
Recovery Support Hours End  
Maple Leaf Aftercare Group (BR)  
AA; Prayer&Meditation Mtg O/D (SR)  
AA: Candlelight O/BB/D (BR)

## Friday

10:30am  
3:00pm  
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  
12:00pm  
2:00pm  
5:00pm  
6:30pm  
10:00pm

Acudetox  
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)

**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