











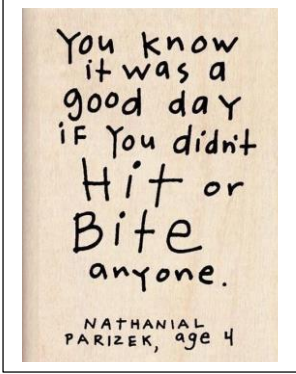
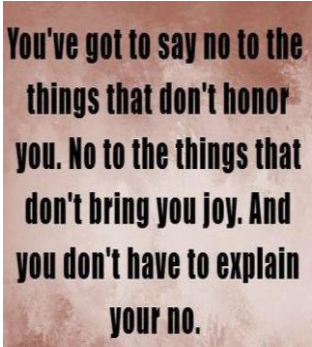


<div>  MEETINGS  </div>			<div>  PROGRAMS  </div>
<div> <p><u>MONDAY</u></p> <p>12:00 NA BEAUTIFUL ADDICTS</p> <p>6 PM AA 1ST STEP 1,2,3</p> <p>8 PM NA-EXPERIENCE, STRENGTH, & HOPE</p> </div>		<div> <p>M O N D A Y</p> <p>7:15 AM MEDITATION</p> <p>10 AM EMPLOYMENT CONSULTING</p> <p>10:30 AM RECOVERY COMMUNITY YOGA</p> <p>12 LUNCH WITH TED TALKS AND KEN</p> <p>2 PM PM RECOVER WING YOGA</p> <p>5 PM RECOVERY SUPPORT HOURS END</p> </div>	
<div> <p><u>TUESDAY</u></p> <p>5:30 PM AA-WAY OF LIFE</p> <p>6:30 PM MA-FREED FROM WEED</p> <p>7 PM AA-PROUD AND SOBER</p> <p>7:30 OE – BIG BOOK SOLUTION GROUP</p> </div>		<div> <p>T U E S D A Y</p> <p>7:15 AM MEDITATION</p> <p>9 AM–1 PM VERMONT DEPARTMENT OF LABOR-JOBS AND RESOURCE ASSISTANCE HELP!</p> <p>2 PM SELF DEFENSE</p> <p>3 PM ASIAN BODY THERAPY ACUDETOK</p> <p>5 PM RECOVERY SUPPORT HOURS END</p> </div>	 
<div> <p><u>WEDNESDAY</u></p> <p>5:30 PM FAMILIES COPING WITH ADDICTION</p> </div>		<div> <p>W E D N E S D A Y</p> <p>7:15 AM MEDITATION</p> <p>10 AM EMPLOYMENT CONSULTING</p> <p>10:30 AM RECOVERY COMMUNITY YOGA</p> <p>3:00 PM CROCHET IN RECOVERY!</p> <p>5 PM RECOVERY SUPPORT HOURS END</p> <p>6 PM GET SOBER. AND WRITE!</p> <p>5:30 pm MAY 9TH TPCCC BOARD MEETING</p> <p>6:30 PM MAY 30TH BINGO NIGHT!</p> </div>	 
<div> <p><u>THURSDAY</u></p> <p>12:00 NA BEAUTIFUL ADDICTS</p> <p>6:30 PM AA-PRAYER AND MEDITATION</p> </div>	<div> <p>DON'T TRY TO OVERHAUL YOUR LIFE OVERNIGHT.</p> <p>INSTEAD, FOCUS ON ONE LITTLE THING EVERYDAY.</p> <p>THIS IS HOW MAGNIFICENT TRANSFORMATIONS ARE MADE.</p> </div>	<div> <p>T H U R S D A Y</p> <p>7:15 AM MEDITATION</p> <p>9:30 AM MOM'S IN RECOVERY SUPPORT GROUP</p> <p>1 PM VOLUNTEER ORIENTATION</p> <p>NEW! 2 PM EXPRESSIVE STEPS</p> <p>5 PM SANGHA YOGA</p> <p>5 PM RECOVERY SUPPORT HOURS END</p> <p>6 PM BOOK CLUB</p> </div>	
<div> <p><u>FRIDAY</u></p> <p>12 REFUGE RECOVERY: A BUDDHIST PATH</p> <p>6:30 PM AA-GIRLS NIGHT OUT</p> <p>8 PM AA-FREAKY FRIDAY</p> </div>		<div> <p>F R I D A Y</p> <p>10:30 AM RECOVERY COMMUNITY YOGA</p> <p>3 PM – 5 PM OPEN ART</p> <p>3 PM - ACUDETOK</p> <p>5 PM RECOVERY SUPPORT HOURS END</p> </div>	
<div> <p><u>SATURDAY</u></p> <p>10:30 AM NA-WOMEN DO RECOVER NA-CLEAN DOODZ CLUB (90MIN)</p> <p>12 AA-12 X 4</p> <p>2 PM MA-STONE FREE SATURDAY</p> <p>6:30 PM AA-HOW IT WORKS</p> </div>		<div> <p>S A T U R D A Y</p> <p>10 AM OPEN ART</p> <p>4:30 PM MOMS IN RECOVERY SUPPORT GROUP</p> </div>	 
<div> <p><u>SUNDAY</u></p> <p>9:15 AM AA-HIGHLIGHTERS</p> <p>12 CODA – CO-DEPENDENTS ANON.</p> <p>3:30 PM SOUGHT THROUGH PRAYER &MEDITATION, 11TH STEP MEETING</p> <p>5 PM AA SOBER DADS</p> <p>6 PM AA-INTO ACTION</p> </div>		<div> <p>S U N D A Y</p> <p>10 AM – 2 PM OPEN ART</p> <p>2 PM SUNDAY AT THE MOVIES!</p> <p>5 PM RECOVERY SUPPORT HOURS END</p> <p>12:30 MAY 6TH NECYPAA</p> <p>1:30 PM MAY 13TH REIKI</p> </div>	



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



***IMPORTANT* PLEASE NOTE:**
WE CLOSE AT 5:00 PM FOR MEETINGS IN THE EVENING, YOU MAY COME TO THE CENTER ½ HOUR BEFORE THE START OF A MEETING THAT YOU ARE ATTENDING.

NEW!

**SOBER DADS
5 PM SUNDAYS**

AN AA MEETING FOR FATHERS IN RECOVERY!

MOM'S IN RECOVERY –SUPPORT GROUP TUE. & THU 9:30 AM – 11:30 AM & SAT. AT 4:30!
COME ON UP FOR A MEET AND GREET TIME! A CHANCE TO GET TO KNOW OTHER MOM'S IN RECOVERY, MAKE CONNECTIONS, AND FEEL FREE TO BRING THE KIDDOS

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!

LOOKING FOR WORK?
COME TO THE TURNING POINT!
EMPLOYMENT CONSULTING M & W 10 AM
VERMONT DEPT. LABOR TUES. 9 AM

**Sangha Studio Yoga
Thurs @ 5:00pm**
Join Sangha Studio Instructors in a free community yoga class.

NEW!

**EXPRESSIVE
STEPS
2 PM THURSDAY**
**DISCOVER (OR
REDISCOVER!)**
**THE 12 STEPS IN A
NEW WAY!**
**MINDFULNESS,
READING,
DISCUSSION AND
CREATION!**

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 to 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 your recovery.



**191 BANK STREET (2ND FLOOR)
BURLINGTON, VT
(802)861-3150**

www.turningpointcentervt.org

OPEN 7 DAYS A WEEK

ALL YEAR

9AM – 5PM

**EVENING MEETINGS
& SPACE FOR RECOVERY
COACH/SPONSOR MTGS .**

**PROGRAM SCHEDULE FOR
MAY 2018**



PROGRAM DESCRIPTIONS

**Morning Meditation
M,T, W, Th @ 7:15am**
Start your morning with a clear mind through this group meditation session

**Asian Bodywork Therapy
Acudetox Tues @ 3:00pm**
Acudetox addresses pressure points shown to encourage detoxification and alleviate symptoms of withdrawal. –Beads and Needles-



**CODA
SUNDAYS 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.



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.



**Refuge Recovery
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.



**Lunch with Ted
(Talks) and Ken
Mon @ 12:00pm**
Bring a lunch and come watch a Ted Talk, on a recovery related topic, and join in on a lively discussion

**Narcan is Available
upon request**