



MEETINGS



PROGRAMS

MONDAY

12:00
NA BEAUTIFUL ADDICTS
6 PM
 AA 1ST STEP 1,2,3
8 PM
 NA-EXPERIENCE,
 STRENGTH, & HOPE

To Quote Hamlet
Act III, Scene III
Line 87,

"NO"

M 7:15 AM MEDITATION
O 10 AM EMPLOYMENT CONSULTING
N 10:30 AM RECOVERY COMMUNITY
D YOGA
A 12 LUNCH WITH TED TALKS AND KEN
Y 2 PM Y12SR RECOVER WING YOGA
 5 PM RECOVERY SUPPORT HOURS
 END



TUESDAY

5:30 PM
 AA-WAY OF LIFE
6:30 PM
 MA-FREED FROM WEED
7 PM
 AA-PROUD AND SOBER
7:30
OE – BIG BOOK SOLUTION GROUP



T 7:15 AM MEDITATION
U 9 AM–1 PM VERMONT DEPARTMENT OF LABOR-
E **JOBS AND RESOURCE ASSISTANCE HELP!**
S 2 PM SELF DEFENSE
D 2 PM JULY 10TH REIKI
A 3 PM ASIAN BODY THERAPY ACUDETOST
Y 5 PM RECOVERY SUPPORT HOURS END

WEDNESDAY

5:30 PM
FAMILIES
COPING
WITH
ADDICTION

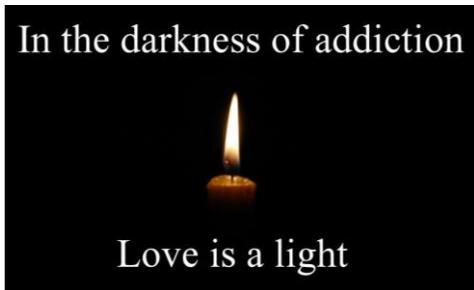


W 7:15 AM MEDITATION
E 10 AM EMPLOYMENT CONSULTING
D 10:30 AM RECOVERY COMMUNITY YOGA
N HIGH NOON JULY 11TH – VOLUNTEER MEETING!
E 5 PM RECOVERY SUPPORT HOURS END
S 6 PM RECOVERY WRITE NOW!
D 7 PM MA STONE FREE
A (FORMALLY STONE FREE SATURDAY)
Y 5:30 pm JULY 11TH TPCCC BOARD MEETING
 6:30 PM JULY 25TH BINGO NIGHT!



THURSDAY

12:00
NA BEAUTIFUL
ADDICTS
6:30 PM
 AA-PRAYER AND
 MEDITATION



T 7:15 AM MEDITATION
H 9:30 AM MOM'S IN RECOVERY SUPPORT GROUP
U 1 PM VOLUNTEER ORIENTATION
R 2 PM EXPRESSIVE STEPS
S 5 PM SANGHA YOGA
D 5 PM RECOVERY SUPPORT
A HOURS END
Y 6 PM WRITERS FOR RECOVERY



FRIDAY

12 REFUGE RECOVERY: A BUDDHIST PATH
6:30 PM
 AA-GIRLS NIGHT
 OUT
8 PM
 AA-FREAKY
 FRIDAY



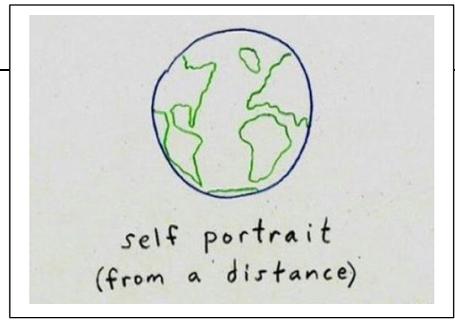
F 10:30 AM RECOVERY
R COMMUNITY YOGA
I 3 PM – 5 PM OPEN ART
D 5 PM RECOVERY SUPPORT
A HOURS END
Y

SATURDAY

10:30 AM
 NA-WOMEN DO RECOVER
 NA-CLEAN DOODZ CLUB (90MIN)
12
 AA-12 X 4
6:30 PM
 AA-HOW IT WORKS

Stay
 committed
 to your
 decisions,
 but stay
 flexible in
 your
 approach.

S 10 AM OPEN ART
A 3:30 PM MOMS IN
T RECOVERY SUPPORT
U GROUP
R
D
A
Y

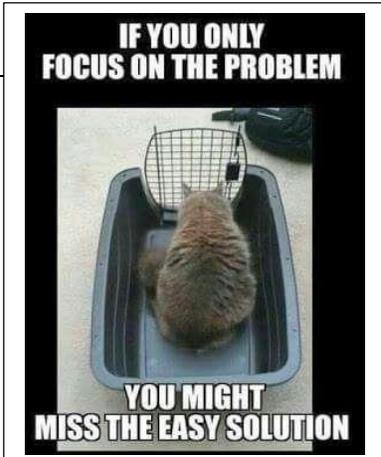


SUNDAY

9:15 AM
 AA-HIGHLIGHTERS
12 CODA – CO-DEPENDENTS ANON.
3:30 PM
 SOUGHT THROUGH PRAYER & MEDITATION, 11TH STEP
 MEETING
6 PM
 AA-INTO ACTION

S 10 AM – 2 PM OPEN ART
U 2 PM SUNDAY AT THE
N MOVIES! *
D 5 PM RECOVERY SUPPORT
A HOURS END
Y 12:00 JULY 29TH CVANA
 1:30 PM JULY 1ST, 8TH AND 22TH
 REIKI

 *when we can!





TWO AMAZING OPPORTUNITIES!
RECOVERY WRITE NOW!

WED. 6 PM
AND STARTING 21ST
WRITERS FOR RECOVERY
THUR. 6 PM



***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.

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 now has a Recovery Coach with the ability to work with the Deaf and Hard of Hearing community. For more information please call or email Ken Johnson at (802) 861-3150 or kenj@turningpointcentervt.org.

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

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

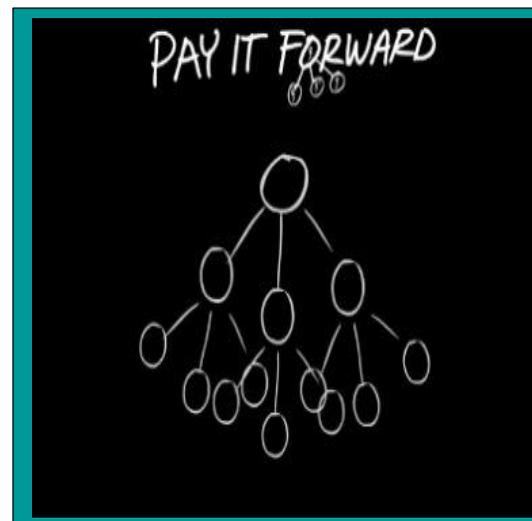
OPEN 7 DAYS A WEEK

ALL YEAR

9AM – 5PM

EVENING MEETINGS & SPACE FOR RECOVERY COACH/SPONSOR MTGS .

PROGRAM SCHEDULE FOR
JULY 2018



PROGRAM DESCRIPTIONS

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 please call or



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



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.



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.

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

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.