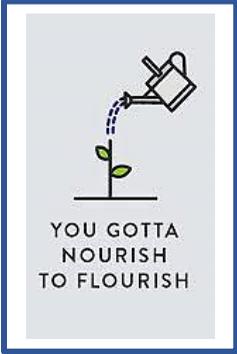


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MEETINGS</b>	<p><b>12</b> NA BEAUTIFUL ADDICTS</p> <p><b>6 PM</b> AA 1<sup>ST</sup> STEP 1, 2, 3</p> <p><b>8 PM</b> NA EXPERIENCE, STRENGTH, &amp; HOPE</p>	<p><b>5:30 PM</b> AA WAY OF LIFE</p> <p><b>6:00 PM</b> NA WOMEN DO RECOVER</p> <p><b>7 PM</b> AA PROUD AND SOBER</p> <p><b>7:30 PM</b> OA BIG BOOK SOLUTION GROUP</p>	<p><b>5:30 PM</b> FAMILIES COPING WITH ADDICTION</p> <p><b>7:00 PM</b> MA STONE FREE</p>	<p><b>12</b> NA BEAUTIFUL ADDICTS</p> <p><b>6:30 PM</b> AA PRAYER &amp; MEDITATION</p> 	<p><b>6:30 PM</b> AA GIRLS NIGHT OUT <i>Now A Candlelight Meeting!</i></p> <p><b>7 PM</b> BUDDHIST RECOVERY</p> <p><b>8 PM</b> AA FREAKY FRIDAY</p>	<p><b>10:30 AM</b> NA CLEAN DOODZ CLUB</p> <p><b>12</b> AA 12x4</p> <p><b>6:30 PM</b> AA HOW IT WORKS</p> 	<p><b>9:15 AM</b> AA HIGHLIGHTERS</p> <p><b>12</b> CODA</p> <p><b>3:30 PM</b> SOUGHT THROUGH PRAYER &amp; MEDITATION <i>11<sup>TH</sup> STEP MEETING</i></p> <p><b>6 PM</b> AA INTO ACTION</p>
	<p><b>MONDAY</b> <b>*NEW*</b> 2/4 MON. AT 1:30 PM DISORDERED EATING</p>	<p><b>TUESDAY</b> <b>*NEW*</b> 2/12 TUE. AT 3 PM TAI CHI</p>	<p><b>WEDNESDAY</b></p> 		<p><b>FRIDAY</b> <b>LOVE YO SELF</b></p>		<p><b>SUNDAY</b></p> 
<b>PROGRAMS</b>	<p><b>10:30 AM</b> RECOVERY COMMUNITY YOGA</p> <p><b>12</b> LUNCH WITH TED (TALKS)</p> <p><b>2 PM</b> Y12SR YOGA</p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p>	<p><b>9:30 AM</b> MOMS IN RECOVERY SUPPORT GROUP</p> <p><b>2 PM 2/5 AND 2/26</b> <b><u>SELF DEFENSE</u></b></p> <p><b>2 PM 2/5 AND 2/26</b> <b><u>REIKI</u></b></p> <p><b>3 PM 2/5 AND 2/26</b> <b><u>ASIAN BODY THERAPY ACUDETOX</u></b></p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p>	<p><b>10 AM</b> MOMS IN RECOVERY – TED TALKS TO MOM!</p> <p><b>10:30 AM</b> RECOVERY COMMUNITY YOGA</p> <p><b>*NEW*</b> <b>1 PM</b> <b>MIND THE MUSIC; MINDFULNESS &amp; MUSIC!</b></p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p> <p><b>5:30 PM 2/12</b> <b>TPCC BOARD MEETING</b></p>	<p><b>9:30 AM</b> MOMS IN RECOVERY SUPPORT GROUP</p> <p><b>1 PM</b> VOLUNTEER ORIENTATION</p> <p><b>3 PM 2/12</b> <b>TAI CHI</b></p> <p><b>5 PM</b> SANGHA YOGA</p> <p><b>5 PM CLOSED</b> RECOVERY SUPPORT HOURS END</p> <p><b>6:30 PM</b> LIFE TO PAGE</p>	<p><b>10:30 AM</b> RECOVERY COMMUNITY YOGA</p> <p><b>1:00 PM</b> MOMS IN RECOVERY – CRAFTY PARENTING!</p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p> 	<p><b>10 AM 5 PM</b> OPEN ART</p> <p><b>2 PM</b> <b>THE SATURDAY SHIMMY! AMERICAN TRIBAL BELLY DANCING!</b></p> <p><b>4:30 PM</b> MOMS IN RECOVERY SUPPORT GROUP</p> 	<p><b>1:30 PM 2/10 AND 2/24</b> <b><u>REIKI</u></b></p> <p><b>2 PM</b> SUNDAY AT THE MOVIES!</p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p> 

**\*NEW\***

MONDAYS AT 1:30 PM  
**DISORDERED EATING;**  
A WOMEN'S PEER LED JOURNEY TOWARD  
HEALTH

**Y12SR YOGA**

**Mondays 2 PM**  
A unique blending of a  
meeting and a Yoga  
class!

**\*IMPORTANT\***

Please note that  
we close a 5 pm.  
For meetings in  
the evening, you  
may come a half  
hour before the  
start of the  
meeting you are  
attending.

**LIFE TO  
PAGE**

A writing workshop  
for people in  
Recovery.

**LOOKING FOR WORK?  
WE'RE HERE TO HELP!**

**EMPLOYMENT CONSULTING  
MONDAY - THURSDAY**

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  
kenj@turningpointcentervt.org

**RECOVERY  
COMMUNITY  
YOGA**

**M, W, F 10:30 AM**  
**ALL LEVELS**  
**WELCOME!**

**THE  
SATURDAY  
SHIMMY!**

**AMERICAN TRIBAL  
BELLY DANCING!**  
**SATURDAYS AT  
2:00 PM!**

The Turning Point Center of Chittenden County  
provides a drug free and alcohol free environment  
for peer-to-peer recovery activities, fellowship,  
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 a year to provide  
peer-to-peer recovery support, assistance, and  
networking to individuals in Recovery.

**Recovery Peer Support Specialists**

The Turning Point Center offers Recovery Peer  
Support Workers Mon-Sun between 9 am and 5  
pm. Recovery Peer Support Specialists 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 Specialists**

The Turning Point Center now offers peer-to-peer  
support outside the walls of the recovery center.  
Outreach Peer Support Specialists 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  
you goals! Recovery Coaches work with you to:

- Create a healthy vision for recovery, while supporting all paths to recovery.
- Help you 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 you recovery.

**TURNING POINT CENTER  
OF CHITTENDEN COUNTY**

179 S. WINOOSKI AVENUE  
BURLINGTON, VT  
(802)861-3150

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

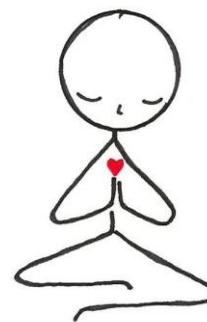
OPEN 7 DAYS A WEEK

**ALL YEAR**

9 AM – 5 PM

EVENING MEETINGS AND SPACE  
FOR RECOVERY  
COACH/SPONSOR MEETINGS  
PROGRAM SCHEDULE FOR

**FEBRUARY 2019!**



To be beautiful means to be  
yourself. You don't need  
to be accepted by others.  
You need to accept yourself.

Thich Nhat Hanh



**\*NEW\***

2/12 TUE. AT 3 PM  
**TAI CHI**  
A MARTIAL ART FOR  
RELAXATION, SELF  
AWARENESS, AND  
WELL BEING



**ASIAN BODYWORK  
THERAPY ACUDETUX**  
Tuesday  
1/8 AND 1/22

2 PM

Acudetox addresses pressure  
points shown to encourage  
detoxification and alleviate  
symptoms of withdrawal.  
\*beads and needles



**CODA - CODEPENDENTS ANONYMOUS**  
Sunday 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.

