

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|---|---|--|---|---|--|--|
| MEETINGS | <p>12 NA BEAUTIFUL ADDICTS</p> <p>*NEW* 1:30 PM FOOD FOR THOUGHT</p> <p>6 PM AA 1ST STEP 1, 2, 3</p> <p>8 PM NA EXPERIENCE, STRENGTH, & HOPE</p> | <p>5:30 PM AA WAY OF LIFE</p> <p>6:00 PM NA WOMEN DO RECOVER</p> <p>7 PM AA PROUD AND SOBER</p> <p>7:30 PM OA BIG BOOK SOLUTION GROUP</p> | <p>5:30 PM FAMILIES COPING WITH ADDICTION</p> <p>*NEW* 5:00 M.A.R.A.</p> <p>7:00 PM MA STONE FREE</p>  | <p>12 NA BEAUTIFUL ADDICTS</p> <p>6:30 PM AA PRAYER & MEDITATION</p> | <p>6:30 PM AA GIRLS NIGHT OUT <i>Now A Candlelight Meeting!</i></p> <p>7 PM BUDDHIST RECOVERY</p> <p>8 PM AA FREAKY FRIDAY</p> | <p>10:30 AM NA CLEAN DOODZ CLUB</p> <p>12 AA 12x4</p> <p>6:30 PM AA HOW IT WORKS</p> | <p>9:15 AM AA HIGHLIGHTERS</p> <p>12 CODA</p> <p>3:30 PM SOUGHT THROUGH PRAYER & MEDITATION <i>11TH STEP MEETING</i></p> <p>6 PM AA INTO ACTION</p> |
| | <p>MONDAY MON. AT 1:30 PM FOOD FOR THOUGHT A Women's peer led disordered eating group</p> | <p>TUESDAY</p>  | | <p>THURSDAY</p>  | <p>FRIDAY</p>  | <p>SATURDAY MARCH 9TH 2:00 PM ONE DAY ONLY! ART ON CERAMIC TILES! SPACE IS LIMITED!</p> | <p>SPRING IS HERE!</p>  |
| PROGRAMS | <p>10:30 AM RECOVERY COMMUNITY YOGA</p> <p>12 LUNCH WITH TED (TALKS)</p> <p>2 PM Y12SR YOGA</p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p>  | <p>9:30 AM MOMS IN RECOVERY SUPPORT GROUP</p> <p>REIKI 2 PM 3/12 AND 3/26</p> <p>★ NOW EVERY WEEK! ★ 2:00 – 4:00 ASIAN BODY THERAPY ACUDETOX!</p> <p>3 PM TAI CHI</p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p> | <p>10 AM MOMS IN RECOVERY TED TALKS TO MOM!</p> <p>10:30 AM RECOVERY COMMUNITY YOGA</p> <p>1 PM MIND THE MUSIC; MINDFULNESS & MUSIC!</p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p> <p>5:30 PM 3/13 TPCCC BOARD MEETING</p> | <p>9:30 AM MOMS IN RECOVERY SUPPORT GROUP</p> <p>*NEW* 1:00 PM ROCK-N-RECOVERY</p> <p>1 PM VOLUNTEER ORIENTATION</p> <p>MARCH 14TH 3:30 REHUMAN</p> <p>5 PM SANGHA YOGA</p> <p>5 PM CLOSED RECOVERY SUPPORT HOURS END</p> <p>6:30 PM LIFE TO PAGE</p> | <p>10:30 AM RECOVERY COMMUNITY YOGA</p> <p>*NEW* 12:30 PM JOBSEEKERS IN RECOVERY</p> <p>1:00 PM MOMS IN RECOVERY – CRAFTY PARENTING!</p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p> | <p>10 AM 5 PM OPEN ART</p> <p>2 PM THE SATURDAY SHIMMY! AMERICAN TRIBAL BELLY DANCING!</p> <p>4:30 PM MOMS IN RECOVERY SUPPORT GROUP</p>  <p>Spring is here</p> | <p>REIKI 1:30 PM 3/10 AND 3/31</p> <p>2 PM SUNDAY AT THE MOVIES!</p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p>  |

NEW

MONDAYS AT 1:30 PM

FOOD FOR THOUGHT;

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.

NEW! WED. 5 PM



M A R A

Medication - Assisted Recovery Anonymous

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

OPEN 7 DAYS A WEEK

ALL YEAR

9 AM – 5 PM

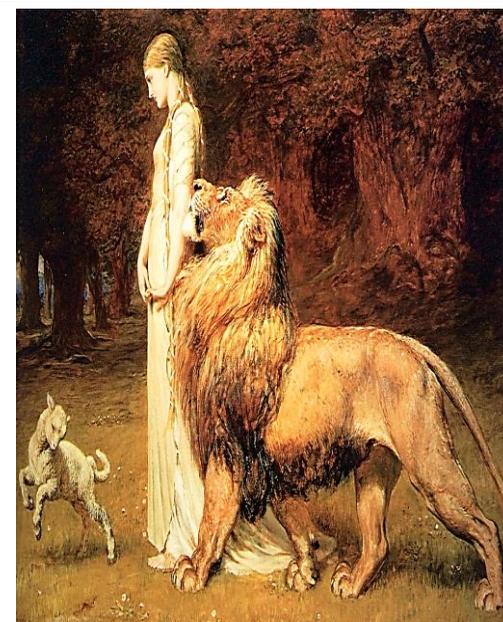
EVENING MEETINGS AND SPACE

FOR RECOVERY

COACH/SPONSOR MEETINGS

PROGRAM SCHEDULE FOR

MARCH 2019!



TUE. AT 3 PM
TAI CHI

A MARTIAL ART FOR RELAXATION, SELF AWARENESS, AND WELL BEING

ART STUDIO OPEN
ART HAPPENS HERE

ASIAN BODYWORK THERAPY ACUDETOX
NOW EVERY TUESDAY!

2:00-4:00

Acudetox addresses pressure points shown to encourage detoxification and alleviate symptoms of withdrawal.

*beads and needles



CODA - CODEPENDENTS ANONYMOUS
Sundays 12:00

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.

Rock-N-Recovery



COME DOWN AND ROCK OUT! THURS. 1 PM

