



MEETINGS



PROGRAMS



MONDAY

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

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7:15 AM MEDITATION
10 AM EMPLOYMENT CONSULTING
10:30 AM RECOVERY COMMUNITY YOGA
12 LUNCH WITH TED TALKS AND KEN
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



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7:15 AM MEDITATION
9:30 AM – 11:30 AM MOM'S IN RECOVERY SUPPORT GROUP
1 PM QIGONG
2PM – 4 PM, MARCH 6TH REIKI
2 PM PEACEFUL WARRIOR MARTIAL ART
3 PM ASIAN BODY THERAPY ACUETOX
5 PM RECOVERY SUPPORT HOURS END

WEDNESDAY

5:30 PM
 FAMILIES COPING WITH ADDICTION



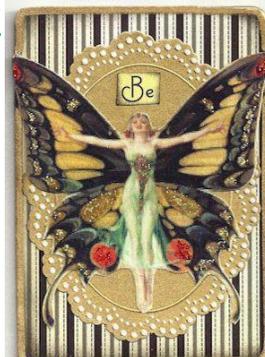
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7:15 AM MEDITATION
10 AM EMPLOYMENT CONSULTING
10:30 AM RECOVERY COMMUNITY YOGA
12:00 VOLUNTEER STAFF MEETING MARCH 14TH
3:00 PM CROCHET IN RECOVERY!
5 PM RECOVERY SUPPORT HOURS END
6 PM GET SOBER. AND WRITE!

5:30 pm MARCH 14 TPCCC BOARD MEETING

THURSDAY

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



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7:15 AM MEDITATION
9:30 AM NEW MOM'S IN RECOVERY SUPPORT GROUP
1 PM VOLUNTEER ORIENTATION
2 PM MAKIN' STUFF!
5 PM SANGHA YOGA
5 PM RECOVERY SUPPORT HOURS END
6 PM BOOK CLUB
6:00 PM ROUND UP

REMEMBER THAT THE REASON YOU'RE DOING THIS IS TO MAKE YOUR LIFE BETTER

FRIDAY

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

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10:30 AM RECOVERY COMMUNITY YOGA
1 PM – 3 PM STRUMMIN' HUMMIN' 'N' DRUMMIN'
3 PM – 5 PM MAKIN' STUFF!
3 PM - ACUETOX
5 PM RECOVERY SUPPORT HOURS END

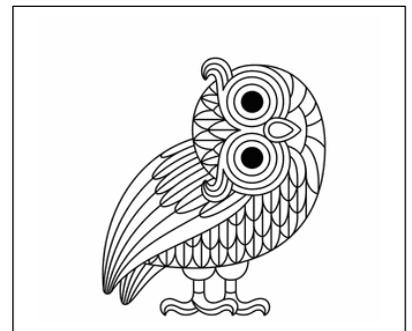
SATURDAY

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



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5 PM RECOVERY SUPPORT HOURS END
10 AM OPEN ART
4:30 PM MOMS IN RECOVERY SUPPORT GROUP



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

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10 AM – 2 PM OPEN ART
 10:00 AM
2 PM SUNDAY AT THE MOVIES!
5 PM RECOVERY SUPPORT HOURS END
 END
12:30 MARCH 11TH NECYAA
1:30 PM MARCH 11TH & 25TH REIKI
1:45 PM MARCH 29TH CHAMPLAIN VALLEY AREA NA

	Acudetox Fri @ 3:00pm Ear Acupuncture performed by a certified Acudetox specialist effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification. – Needles-	LITTLE HOUSES SUN. 10AM-2PM DURING OPEN ART! DIORAMAS, SCENES AND FAERY HOUSES! OH MY! COME CREATE A WORLD!
	Sangha Studio Yoga Thurs @ 5:00pm Join Sangha Studio Instructors in a free community yoga class.	Strummin' Hummin' N Drummin' Fri @ 2:00pm Bring your instruments or just yourself and join R Michael and spend an hour jammin' with your friends!
QIGONG TUESADAYS 1 PM An ancient Chinese healing art involving meditation, controlled breathing, and movement exercises designed to improve physical and mental well-being		
CROCHET IN RECOVERY! WEDNESDAYS 3:00 PM Come learn the basics of crocheting! A great (and creative!) way to practice focus and active meditation!	Open Art Friday @ 3:00pm/ Sunday @ 10:00am Come on up and spend some time in creative 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!		
Peaceful Warrior Karate Tues @ 2:00pm Peaceful Warrior Martial Arts combines the training of the martial arts and other holistic health practices in the spirit of living healthier lives physically, mentally, and spiritually.		

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.



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 (802)861-3150

www.turningpointcentervt.org

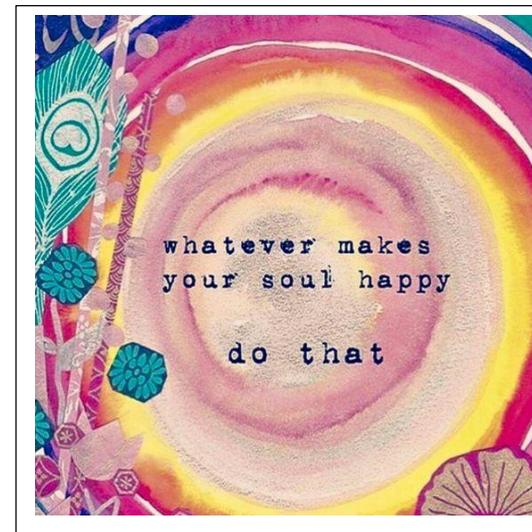
OPEN 7 DAYS A WEEK

ALL YEAR

9AM – 5PM

EVENING MEETINGS
 & SPACE FOR RECOVERY
 COACH/SPONSOR MTGS .

PROGRAM SCHEDULE FOR MARCH



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

