**Program Descriptions**

**Morning Meditation M,T, W, Th @ 7:15am**

Start your morning with a clear mind through this group meditation session

**Making Recovery Easier T @ 1:30pm**

This is an open meeting format, Open to all interested in making the path to recovery easier

**All Recovery Meeting W @ 1:30pm**

Open facilitated group for anyone and everyone interested in recovery. All paths to recovery are welcome. Come share your journey with others!

**Mindfulness W @ 2:00pm**

Mindfulness training is a skillset that can improve your quality of life. Learn how to practice and apply mindfulness techniques in your life of recovery!

**Job Counseling W 1:00pm – 5:00pm**

\*\*NEW\*\* Wednesdays from 1:00pm until 5:00pm we welcome Chuck Hafter, an experienced employment specialist, who will be offering job counseling, resume building, and interviewing training free of charge!

**Writing Workshop W @ 5:30pm**

Pizza & Soda provided at 5:30, please sign up in advance to attend! Gary M is a writer in long-term recovery and will be facilitating this recovery based summer writing workshop! 6/18 – 8/20

**Families Coping with Addiction W @ 5:30pm**

1st and 3rd Wednesday of every month. Support group for family and friends whose lives have been affected by the disease of addiction with a loved one

**Recovery; Living the Full Life Th @ 11:00am**

1st & 3rd Thursday of the month. This group goes over the 8 components of wellness and how to live a full life in recovery

**Thriving in Chaos Th @ 11:00am**

2nd & 4th Thursday of the month. This group explores concepts and tools to enable us to stay centered and balanced during stressful and chaotic times

**Volunteer Orientation Th @ 1:00pm & 5:15pm**

If you have an interest in service work, are considering becoming a volunteer, or need to complete community service work, please attend the Volunteer Orientation! Available at both 1:00pm and 5:00pm every Thursday, no pre-registration needed.

**LifeRing Th @ 7:00pm**

A non-traditional program that helps people stay sober by building personal recovery plans.

**Celebrate Recovery Sat @ 1:00pm**

A Christian based program that helps to overcome hurts, hang-ups, and habits. Explore the Recovery Process through the 8 steps and principles.

**Sunday at the Movies Sun @ 1:30pm**

Come watch a great movie with us every Sunday at 1:30pm! Enjoy fun and fellowship with light refreshments and entertainment.

**Morning Meditation Readings**

9am

Join us for a cup of coffee and daily meditation reading and discussion to start your day with positivity and gratitude

**Recovery Video Showings**

We are showing “The Anonymous People”, “The Hungry Heart”, and “Bill W”

Monday – Wednesday at 10:00am

FREE!! You are invited to join us!

**Reading Groups!**

Monday – Wednesday at 11:00am

Join us as we utilize various books from the new recovery library and discuss the tools & strategies of varying recovery programs

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**191 Bank Street (Second Floor)**

**Burlington, VT 05401**

**802.861.3150**

**www.turningpointcentervt.org**

**OCTOBER 2014**

**CALENDAR**

The Turning Point Center of Chittenden County is a dedicated, compassionate community that provides recovery support services in a safe, substance-free environment for individuals and families on multiple paths to self-discovery and sustained recovery.



Recovery Support Hours

9am – 5pm Daily

Programming Hours

 Sun : 9:00am – 7:30pm

 Mon – Wed: 9:00am – 9:30pm

 Thurs – Sat: 9:00am – 11:30pm

**Sunday**

9:00am Highlighters AA O/BB (BR)

1:30pm Sunday at the Movies (SR)

5:00pm Recovery Support Hours End)

6:00pm Into Action AA O/ST (BR)

**Monday**

7:15am Meditation (BR)

12:00pm The Clean Livers AA – O/L (BR)

2:00pm Before The Drink AA – O/D (BR)

5:00pm Recovery Support Hours End

6:30pm How It Works AA – O/D (BR)

8:00pm Step Into Recovery NA – O/ST (BR)

**Tuesday**

7:15am Meditation (BR)

11:30am L.I.T. – Closed (BR)

1:30pm M.R.E. Making Recovery Easier

5:00pm Recovery Support Hours End

5:30pm Way of Life AA – O/BB/D (BR)

6:30pm Freed From Weed MA – O (SR)

7:00pm Proud & Sober AA – O/GLBT (BR)

8:30pm CA Meeting (BR)

**Wednesday**

7:15am Meditation (BR)

12:00pm Easy Does It NA O/H/RT (BR)

1:00pm Job Counseling FREE (CR)

1:30pm All Recovery [AT ACT I]

2:00pm Mindfulness

5:00pm Recovery Support Hours End

5:30pm Writing Workshop

5:30pm Families Coping With Addiction

 (1st & 3rd Wednesday only)

KEY

Big Room: (BR)

Small Room: (SR)

Common Room: (CR)

**Thursday**

7:15am Meditation (BR)

11:00am Recovery: Living the Full Life

 (1st & 3rd Thursdays)

11:00am Thriving in Chaos

 (2nd & 4th Thursdays)

1:00pm Volunteer Orientation

5:00pm Recovery Support Hours End

5:15pm Volunteer Orientation

5:30pm CA Beginner’s Meeting (BR)

6:30pm Prayer and Meditation Meeting O/D (BR)

7:00pm LifeRing (SR)

8:00pm Freed From Weed II MA/O (BR)

10:00pm Candlelight AA – O/BB/D (BR)

**Friday**

5:00pm Recovery Support Hours End

6:30pm Faith Based Support Group

6:30pm Girls Night Out AA – O/W/D (BR)

8:00pm Freaky Friday AA – BB (BR)

10:00pm Candlelight AA – O (BR)

**Saturday**

12:00pm 12x4 AA – O/ST (BR)

1:00pm Celebrate Recovery

5:00pm Recovery Support Hours End

6:30pm Big Book Step AA – O/BB/ST (BR)

10:00pm Candlelight AA – O/BB/D (BR)



**OPEN MIC NIGHT!**

3rd Saturday of EVERY Month!

7:30pm – 9:30pm

**What does the Turning Point Offer?**

The Turning Point Center of Chittenden County provides space for peer-to-peer recovery activities, fellowship, events, games, fitness, recovery related programs, 12 step meetings, & Recovery Coaching.

The Turning Point Center respects all paths to recovery. We understand that all areas of life need to be addressed. Other types of support provided to promote healthy living include resource referrals, social events such as open mic night, and athletic activities such as boxing, and yoga.

Our hope is to offer a variety of opportunities and supports to help create an encompassing path to recovery for each individual.

Our role is to provide support to those who choose to utilize recovery services and to assure that we provide a welcoming and safe environment.

**\*NEW Recovery Peer Support Workers**

The Turning Point Center is proud to introduce Recovery Peer Support Workers! 5 days a week between 10am and 2pm our Recovery Peer Support Workers are available to assist guests in finding solutions to various hurdles that arise in our path to sustained recovery.

**Recovery Coaching**

A recovery coach is a mentor in recovery that helps you to build a healthy life.

Recovery Coaches work with you to

* Create a healthy vision for recovery, while supporting all paths to recovery
* Help 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 you where you are at in your journey to recovery. Whether you are drinking or using, already in recovery, or concerned about someone else’s addiction.

For more information or to get a coach, contact

Kim Morrill at 802.861.3150