

Program Descriptions

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

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

Volunteer Orientation Mon & Thurs @ 1:00pm

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 1:00pm Mondays & Thursdays, no pre-registration needed.

Recovery Book Group Mon @ 2:00pm

Open group facilitated by one of the Turning Point Center's Senior Interns. Take advantage of this opportunity to explore various Recovery Literature in a relaxed and casual group.

Women in Recovery Parenting Support Group Mon @ 5:30pm

Facilitated peer support group open to all mothers or soon to be mothers in recovery looking for additional support around the challenges of parenting in recovery.

Cribbage Tournament Warmups Tues 10am-1pm

Join us between 10am and 1pm every Tuesday and Thursday to learn the game of cribbage, play some warm up games or hone your skills prior to the start of the tournament in March!

Making Recovery Easier Tues @ 1:30pm

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

All Recovery Meeting (at Act) Wed @ 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 Wed @ 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 Wed 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 Wed @ 5:30pm

Gary M is a writer in long-term recovery and will be facilitating this recovery based writing workshop. Open to all in recovery interested in exploring creativity through writing and writing prompts.

Families Coping with Addiction Wed @ 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

Accudetox Fri @ 3:00pm

Ear acupuncture performed by a licensed acupuncturist effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification.

Dual Recovery Anonymous Burl. Sat @ 4:00pm

Based on twelve steps, this Self Help fellowship is for people with a dual diagnosis. Designed for those who are chemically dependent and also affected by an emotional or psychiatric illness.

CODA; Codependents Anonymous Sun@12:00pm

A fellowship of men and women whose sole purpose is to develop healthy relationships through application of the 12 steps of recovery.



191 Bank Street (Second Floor)
Burlington, VT 05401

802.861.3150

www.turningpointcentervt.org

February 2015 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 – Tues: 9:00am – 9:30pm
Wed: 9:00am – 8:00pm
Thurs – Sat: 9:00am – 11:30pm

The Turning Point Welcomes your Programming Suggestions! If you are interested in hosting a meeting or group please contact us!

Sunday

9:15am Highlighters AA O/BB (BR)
12:00pm Codependents Anonymous (SR)
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)
1:00pm Volunteer Orientation (SR)
2:00pm Recovery Book Group
2:00pm Before The Drink AA – O/D (BR)
5:00pm Recovery Support Hours End
5:30pm Women in Recovery Parenting (sr)
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)

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)
6:00pm Board of Directors; Monthly Meeting
Second Wednesday of every month

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
6:30pm AA; Prayer&Meditation Mtg O/D (BR)
8:00pm Freed From Weed II MA/O (BR)
10:00pm Candlelight AA – O/BB/D (BR)

Friday

3:00pm Accudetox – Ear acupuncture
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)
2:00pm Stone Free Saturday MA (SR)
4:00pm Dual Recovery Anonymous Burlington
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

KEY

Big Room: (BR)
Small Room: (SR)
Common Room: (CR)

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! 6 days a week between 9am and 1pm our 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.

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