

## Program Descriptions

### **Recovery Community YOGA Sun@11:00Am**

First Sunday of Every Month offers Child Yoga in addition to the Adult Yoga Program!! Bring your youngster! Open to all levels, beginners encouraged to join in, enhance and deepen your well being through guided yoga routines!

### **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.

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

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

### **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!

### **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.

### **Making Recovery Easier Tues @ 1:30pm**

A 6 week educational workshop for individuals interested in or struggling with recovery that addresses myths about 12 step recovery

### **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!

### **Employment Support Group Wed @ 9:00am**

This group is open to anyone interested in attaining or advancing their employment. Facilitated by an experienced job counselor each group will focus on a specific aspect of the essentials for finding and furthering your career in today's job market!

### **Job Counseling Wed 10:00am – 1:00pm**

Following his facilitated group, Chuck Hafter, an experienced employment specialist, will be available for one-on-one job counseling, resume building, and interviewing training free of charge!

### **Fresh Air & Fellowship Wed @ 1:00pm**

Join us for a leisurely stroll around the downtown area! Our group leader is also a local historian so in addition to getting to know each other it's a great opportunity to get to know more about downtown!

### **Writing Workshop Wed @ 5:30pm-7:30pm**

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**

3<sup>rd</sup> 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**

1<sup>st</sup> & 3<sup>rd</sup> 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**

2<sup>nd</sup> & 4<sup>th</sup> 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 Thurs @ 1:00pm**

If you are considering becoming a volunteer or need to complete community service work, please attend the Volunteer Orientation! No pre-registration needed just show up! Orientation lasts approx. 45 minutes

### **Accudetox Fri @ 3:00pm**

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

### **XA – Everything Anonymous Fri @ 5:30pm**

Open 12 step recovery meeting for addictions and compulsions of all kinds.

### **Dual Recovery Anonymous Burl. Sat @ 4:30pm**

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.

### **Crochet, Knit, and Talk-a-Bit Grou Sat @ 7:30pm**

Sober, social group for individuals in recovery to engage in crocheting &/or knitting projects while enjoying fellowship in a safe environment. Some supplies available. Open group.



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## 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 – 7:30pm

Thurs – Sat: 9:00am – 11:30pm

## Sunday

9:15am Highlighters AA O/BB (BR)  
 11:00am Recovery Community Yoga (starts 5/18)  
 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)  
 10:30am Recovery Community Yoga  
 12:00pm The Clean Livers AA – O/L (BR)  
 2:00pm Recovery Book Club (CR)  
 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 MRE – Making Recovery Easier (SR)  
 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)  
 9:30am Employment Support Group  
 10:00am Job Counseling FREE (CR)  
 10:30am Recovery Community Yoga  
 12:00pm Easy Does It NA O/H/RT (BR)  
 1:00pm Fresh Air & Fellowship Walk  
 1:30pm All Recovery [AT ACT I]  
 5:00pm Recovery Support Hours End  
 5:30pm Writing Workshop  
 5:30pm Families Coping With Addiction  
 (3<sup>rd</sup> Wednesday only)  
 6:00pm Board of Directors; Monthly Meeting  
 (Second Wednesday of every month)

### Key to Room abbreviations

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

## Thursday

7:15am Meditation (BR)  
 11:00am Recovery: Living the Full Life  
 (1<sup>st</sup> & 3<sup>rd</sup> Thursdays)  
 11:00am Thriving in Chaos  
 (2<sup>nd</sup> & 4<sup>th</sup> Thursdays)  
 1:00pm Volunteer Orientation  
 5:00pm Recovery Support Hours End  
 6:30pm AA; Prayer&Meditation Mtg O/D (BR)  
 6:30pm Freed From Weed II MA/O(SR)  
 10:00pm Candlelight AA – O/BB/D (BR)

## Friday

10:30am Volunteer Orientation II (SR)  
 10:30am Recovery Community Yoga  
 3:00pm Accudetox – Ear acupuncture  
 5:00pm Recovery Support Hours End  
 5:30pm XA; Everything Anonymous (SR)  
 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)  
 4:30pm Dual Recovery Anonymous Burlington  
 5:00pm Recovery Support Hours End  
 6:30pm Big Book Step AA – O/BB/ST (BR)  
 7:30pm Crochet, Knit, and Talk-A-Bit (CR)  
 10:00pm Late Nighters AA – O/BB/D (BR)



### OPEN MIC NIGHT!

3<sup>rd</sup> 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 healthy lifestyle building activities such as yoga and acudetox.

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.

## Recovery Peer Support Workers

The Turning Point Center is proud to introduce Recovery Peer Support Workers! 7 days a week between 9am and 5pm 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 and achieve your goals! 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 recovery. Whether you are struggling with addiction, already in recovery, or seeking to strengthen and deepen your recovery, a Recovery Coach can help!

For more information or to get a coach, contact  
 Kim Morrill at 802.861.3150