

Program Descriptions

Sunday at the Movies

Sun @ 2:00pm

Enjoy an afternoon of fellowship! Open showing of various recovery and non-recovery movies on our large screen tv with surround sound!

CODA

Sun @ 12:00pm

Codependant's Anonymous, 12 Step Program for individuals interested in recovery from codependence.

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!

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!

"What's on your Mind?"

Wed @ 2:00pm

An informal, recovery related discussion group. Come share your thoughts, tips, and challenges concerning recovery. An opportunity to share openly with others in recovery in a relaxed setting.

Employment Support Group – To Resume in Nov!

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!



Program Descriptions

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

Meets the 1st & 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

Volunteer Orientation

Thurs @ 1:00pm

Considering becoming a volunteer? Need to complete community service work? Please attend the Volunteer Orientation! No pre-registration needed just show up!

Recovery is the Solution

Fri @ 1:30pm

Open Group! 6 session series, join at any time, designed to introduce participants to the benefits of Recovery. Topics include creating hope, improving quality of life, and developing enthusiasm in Recovery!

Acudetox

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 @ 4:30pm

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.

A poster for "Health & Wellness Day" on Saturday, October 10. It features a stylized figure with arms raised. The text includes: "SATURDAY OCTOBER 10", "Health & Wellness Day", "Join us for a day of health and wellness!", "FREE!", "Various treatments, information, and samples throughout the day!", and the website "www.TurningPointCenterVT.org".



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www.turningpointcentervt.org

October 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.

A box containing information for "Health & Wellness Day" on October 10. It features a stylized figure with arms raised. The text includes: "Health & Wellness Day", "October 10", "10am - 4pm", and "At the Turning Point Center!".

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)
12:00pm	CODA: Codependents Anonymous
12:00pm	NA: Crusty Recovery for your health
2:00pm	Sunday at the Movies (SR)
5:00pm	Recovery Support Hours End
6:00pm	AA: Into Action O/ST (BR)

Monday

7:15am	Meditation (BR)
10:30am	Recovery Community Yoga
12:00pm	AA: The Clean Livers O/L (BR)
2:00pm	AA: Before The Drink O/D (BR)
5:00pm	Recovery Support Hours End
6:30pm	AA: How It Works O/D (BR)
8:00pm	NA: Step Into Recovery 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	AA: Way of Life O/BB/D (BR)
6:30pm	MA: Freed From Weed O (SR)
7:00pm	AA: Proud & Sober O/GLBT (BR)

Wednesday

7:15am	Meditation (BR)
10:30am	Recovery Community Yoga
12:00pm	NA: Crusty Recovery for your health
1:00pm	Fresh Air & Fellowship Walk
1:30pm	All Recovery [AT ACT I]
2:00pm	“What’s on your Mind?” (CR)
5:00pm	Recovery Support Hours End
5:30pm	Writing Workshop
5:30pm	Families Coping With Addiction (1 st & 3 rd Wednesday of every month)
6:00pm	Board of Directors; Monthly Meeting (Second Wednesday of every month)

Thursday

7:15am	Meditation (BR)
1:00pm	Volunteer Orientation
5:00pm	Recovery Support Hours End
6:30pm	AA; Prayer&Meditation Mtg O/D (BR)
6:30pm	MA: Freed From Weed II O (SR)
10:00pm	AA: Candlelight O/BB/D (BR)

Friday

10:30am	Volunteer Orientation II (SR)
10:30am	Recovery Community Yoga
1:30pm	Recovery is the Solution
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	AA: Girls Night Out O/W/D (BR)
8:00pm	AA: Freaky Friday BB (BR)
10:00pm	AA: Candlelight O (BR)

Saturday

12:00pm	AA: 12x4 O/ST (BR)
2:00pm	MA: Stone Free Saturday (SR)
4:30pm	Dual Recovery Anonymous Burlington
5:00pm	Recovery Support Hours End
6:30pm	AA: Big Book Step O/BB/ST (BR)
10:00pm	AA: Late Nighters O/BB/D (BR)



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

Key to Room abbreviations

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