

## 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 Mon @ 3:00pm

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

### Vet to Vet Peer Group Meetings Mon @ 5:30pm

Facilitated peer to peer support group for Veterans. All Veterans are invited, any combat status, any service, any discharge status, men and women are welcome!

### 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

### 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 todays job market!

### All Recovery Meeting (at Actl) 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.

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### 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!

### 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 1<sup>st</sup> & 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

### 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.



191 Bank Street (Second Floor)

Burlington, VT 05401

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[www.turningpointcentervt.org](http://www.turningpointcentervt.org)



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



**6<sup>th</sup> Annual Circle of Stars  
 Benefit Dinner**  
**Honoring Governor Peter Shumlin**  
**2015**  
**Sunset Ballroom at Comfort Inn**  
**1712 Shelburne Road, VT**  
**5:00pm – 8:30pm**  
[www.TurningPointCenterVT.org](http://www.TurningPointCenterVT.org)

## Sunday

9:15am  
10  
12:00pm  
12:00pm  
2:00pm  
2  
5:00pm  
6:00pm

Highlighters AA O/BB (BR)  
CODA: Codependents Anonymous  
NA: Crusty Recovery for your health  
Sunday at the Movies (SR)  
Recovery Support Hours End  
AA: Into Action O/ST (BR)

## Monday

7:15am  
10  
10:30am  
2  
2:00pm  
3:00pm  
5:00pm  
5:30PM  
6:30pm  
7:00pm  
8:00pm

Meditation (BR)  
Recovery Community Yoga  
AA: Before The Drink O/D (BR)  
Making Recovery Easier (SR)  
Recovery Support Hours End  
Vet to Vet Peer Group  
(2<sup>nd</sup> and 4<sup>th</sup> Monday of every month)  
AA: How It Works O/D (BR)  
XA: Everything Anonymous (SR)  
NA: Step Into Recovery O/ST (BR)

## Tuesday

7:15am  
10  
11:30am  
2  
1:30pm  
5:00pm  
5:30pm  
6:30pm  
7:00pm

Meditation (BR)  
L.I.T. – Closed (BR)  
MRE – Making Recovery Easier (SR)  
Recovery Support Hours End  
AA: Way of Life O/BB/D (BR)  
MA: Freed From Weed O (SR)  
AA: Proud & Sober O/GLBT (BR)

## Wednesday

7:15am  
9:30am  
10  
10:00am  
10:30am  
12:00pm  
1:30pm  
2  
2:00pm  
5:00pm  
5:30pm  
5:30pm  
6:00pm

Meditation (BR)  
Employment Seeking Group  
Job Counseling  
Recovery Community Yoga  
NA: Crusty Recovery for your health  
All Recovery [AT ACT I]  
“What’s on your Mind?” (CR)  
Recovery Support Hours End  
Writing Workshop  
Families Coping With Addiction  
(1<sup>st</sup> & 3<sup>rd</sup> Wednesday of every month)  
Board of Directors; Monthly Meeting  
(Second Wednesday of every month)

## Thursday

7:15am  
10  
1:00pm  
2  
5:00pm  
6:30pm  
6:30pm  
10:00pm

Meditation (BR)  
Volunteer Orientation  
Recovery Support Hours End  
AA; Prayer&Meditation Mtg O/D (BR)  
MA: Freed From Weed II O (SR)  
AA: Candlelight O/BB/D (BR)

## Friday

7:15am  
10  
10:30am  
2  
1:30pm  
3:00pm  
4:00pm  
5:00pm  
6:30pm  
6:30pm  
8:00pm  
10:00pm

Recovery Community Yoga  
Recovery is the Solution  
Accudetox – Ear acupuncture  
Tai Chi – Meditation in Motion  
Recovery Support Hours End  
Faith Based Support Group  
AA: Girls Night Out O/W/D (BR)  
AA: Freaky Friday BB (BR)  
AA: Candlelight O (BR)

## Saturday

7:15am  
10  
12:00pm  
2  
2:00pm  
4:30pm  
5:00pm  
6:30pm  
10:00pm

AA: 12x4 O/ST (BR)  
MA: Stone Free Saturday (SR)  
Dual Recovery Anonymous Burlington  
Recovery Support Hours End  
AA: Big Book Step O/BB/ST (BR)  
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

