

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!

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!

MRE: Making Recovery Easier Intro Mon @ 4:00pm

Beginning April 4th!

A 6 week educational workshop and support group for individuals interested in or struggling with recovery that addresses myths about 12 step recovery. This Introductory Session is an opportunity to explore the curriculum and get acquainted with the goals of the MRE workshop.

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! Meets on the 2nd & 4th Monday.

MRE: Making Recovery Easier Core Tues @ 4:00pm

Beginning April 5th!

A 6 week educational workshop for individuals interested in or struggling with recovery that addresses myths about 12 step recovery. There are 4 Core Sessions, individuals can join at any time after completing the Intro Session!

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!

CRIBBAGE TOURNAMENT

Warm Up, Practice, Learn!
Tuesdays & Thursdays
11am – 1pm



Tournament Dates:
April 30th – Saturday 3pm-5pm
May 1st – Sunday; Finals 3pm-5pm

Program Descriptions

All Recovery Meeting (at ActI)

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.

Families Coping with Addiction

Wed @ 5:30pm

Meets EVERY Wednesday. 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!

Acudetox

Fri @ 3:00pm

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

Tai - Chi

Fri @ 4:00pm

Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's ideal for reducing stress. Referred to as Meditation in Motion learn the basic flowing movements that promote serenity.

Acudetox

Sat @ 10:45am

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

MAY Highlights!

Thursday, May 5th

4pm - 7pm

Burlington Police Department's Annual BBQ! Look for the Turning Point Center Table!

Tuesdays!

The Turning Point Center is joining with Voc Rehab! Look for our Peer Support Workers at the Vocational Rehabilitation Orientation!

Making Recovery Easier!

Is beginning at the Chittenden Clinic at UHC & San Remo drive locations!



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www.turningpointcentervt.org



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)
 12:00pm NA: Crusty Recovery for your health
 2:00pm Sunday at the Movies (SR)
 5:00pm Recovery Support Hours End
 5:00pm AA Round-Up Committee mtg
 6:00pm AA: Into Action O/ST (BR)

Monday

7:15am Meditation (BR)
 10:30am Recovery Community Yoga
 2:00pm AA: Before the drink O/BB (BR)
 4:00pm MRE – Intro Group
 5:00pm Recovery Support Hours End
 6:30pm AA: How It Works O/D (BR)
 7:00pm XA: Everything Anonymous (SR)
 8:00pm NA: Step Into Recovery O/ST (BR)

Tuesday

7:15am Meditation (BR)
 4:00pm MRE – Core Sessions
 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)
 9:30am Employment Seeking Group
 10:00am Job Counseling
 10:30am Recovery Community Yoga
 12:00pm NA: Crusty Recovery for your health
 2:00pm “What’s on your Mind?” (CR)
 5:00pm Recovery Support Hours End
 5:30pm Writing Workshop
 5:30pm Families Coping With Addiction
 6:00pm Board of Directors; Monthly Meeting
 (Second Wednesday of every month)

Thursday

7:15am Meditation (BR)
 10:00am Coloring for Recovery w/ Kim
 11:00am Walk ‘n Talk
 1:00pm Volunteer Orientation
 5:00pm Recovery Support Hours End
 6:30pm AA; Prayer&Meditation Mtg O/D (SR)
 10:00pm AA: Candlelight O/BB/D (BR)

Friday

10:30am Recovery Community Yoga
 3:00pm Acudetox – Ear acupuncture
 5:00pm Recovery Support Hours End
 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: Moonlighters O/Audio Sp (BR)

Saturday

10:45am Acudetox
 12:00pm AA: 12x4 O/ST (BR)
 2:00pm MA: Stone Free Saturday (SR)
 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)


FREE!



Mon, Wed, Fri @ 10:30am

Every Day at 10am & 2pm!

‘Flashmobs’ are a brief 10 minute community building group activity to help us get to know each other better and begin to form lasting healthy relationships in recovery



Abbreviation Key

| | | |
|---------------|----------------|-------------------|
| O – Open | D – Discussion | (BR) – Big Room |
| C – Closed | W – Women only | (SR) – Small Room |
| St – Step | Sp – Speaker | (CR) – Common Rm |
| BB – Big Book | | |

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