

## 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!

### Music Therapy

Sun @ 3:30pm

Enjoy an afternoon of musical relaxation and music therapy. All are welcome to enjoy the melody of a cello or to join in with an acoustic guitar. All levels welcome.

### 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

Saturday @ 10:45am

Open to all levels, beginners encouraged to join! Enhance and deepen your well-being through guided yoga routines with certified instructors!

### Guitar Class

Mon @ 2:00pm

All levels welcome! The group will explore the basics of strumming in rhythm, and learning to sing and play simultaneously. Whether advanced or beginner, students will make breakthroughs in self-expression on guitar.

### Recovery Coaching Intakes

Mon 2:00pm-4:00pm

Recovery Coaches are individuals in Recovery who work with individuals in all stages of recovery who can benefit from the additional one-on-one peer support. Learn more every Monday at 2:00pm! Open door intakes from 2pm-4pm

### Peaceful Warrior Karate

Tues @ 1:00pm

Peaceful Warrior Martial Arts combines the training of the martial arts and other holistic health practices in the spirit of living healthier lives physically, mentally, and spiritually.

### Asian Bodywork Therapy Acudetox

Tues @ 3:00pm

\*Free No appointment needed! Acudetox addresses pressure points shown to encourage detoxification and alleviate symptoms of withdrawal.

### 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!

## Program Descriptions

### 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

### Writing 'n Talk

Wed @ 6:00pm

This Writing Workshop is open to anyone in recovery with an interest in or passion for writing. Facilitated by local author Gary Miller the Writers for Recovery have been featured at numerous advocacy for recovery events.

### Walk for Recovery

Thurs @ 11:00am

Join us for a weekly walk 'n talk around the downtown area. Each week we walk varying routes at varying paces as decided by the group.

### Sangha Studio Yoga

Thurs @ 5:00pm

Turning Point Center is proud to Welcome Sangha Studio Yoga to our Recovery Center! For 10 weeks (through Nov 17) join Sangha Studio Instructors in a free community yoga class.

### OA Big Book Solution Group

Thurs @ 7:00pm

This meeting is open to anyone that struggles with food related obsession. Whether you are bingeing, purging, restricting, obsessively dieting or weighing and measuring food, come to a meeting and learn about a program of recovery as outlined in the Big Book of Alcoholics Anonymous.

### 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.



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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 – 7:00pm
Thurs – Sat:	9:00am – 11:30pm



