

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.

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.

September
National
Recovery Month
Prevention Works - Treatment is Effective - People Recover

Join Team Chittenden!
Sponsor our Team or a Walker

www.Recoverywalkvt.org

STEP INTO ACTION
RECOVERY WALK
BURLINGTON VERMONT SEPTEMBER, 24 2016

Find more Recovery Events at www.pear-vt.org



191 Bank Street (Second Floor)

Burlington, VT 05401

802-861-3150

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

Sunday

9:15am AA: Highlighters O/BB (BR)
 12:00pm CODA: Codependent's Anon (sr)
 12:00pm NA: Crusty Recovery for your health
 2:00pm Sunday at the Movies (SR)
 3:30pm Music Therapy
 5:00pm Recovery Support Hours End
 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)
 2:00pm **New!** ⇒ Guitar Class
 2:00pm Recovery Coach Intakes 2-4pm
 4:00pm MRE: Making Recovery Easier
 5:00pm Recovery Support Hours End
 5:30pm Workshop: Eating w/o Meat
 6:30pm AA: How It Works O/D (BR)
 7:00pm **New!** ⇒ **NAR-ANON (2nd & 4th Mondays)**
 8:00pm NA: Step Into Recovery O/ST (BR)

Tuesday

7:15am Meditation (BR)
 1:00pm Peaceful Warrior Karate
 3:00pm Asian Body Therapy Acudetox
 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
 5:00pm Recovery Support Hours End
 5:30pm Families Coping with Addiction
 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
 7:00pm **New!** ⇒ **OA Big Book Solution Group (SR)**
 6:30pm AA: Prayer&Meditation Mtg O/D (BR)

Friday

10:30am Recovery Community Yoga
 3:00pm Acudetox – Ear acupuncture
 4:00pm **New!** ⇒ **Tai-Chi – Meditation in Motion**
 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 Recovery Community Yoga
 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)



Sept 10th: GAME NIGHT!
 Saturday Night Game Night
 7:00pm – 10:00pm
 Food • Fun • Fellowship • Family Friendly
 Being coordinated by the Men's Oxford House!

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

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