

## 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 binging, 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.

### **Reiki** Fri @ 1:00pm

Reiki is an energy healing technique that works on all four levels of the body (emotional, physical, mental, and spiritual). Each session begins with a short consultation followed by an individualized 10-20 minute treatment. Reiki is shown to increase relaxation and a sense of peace/calm/wellbeing, to ease anxiety, relieve stress, tension, and depression, to encourage mental clarity, and improve sleep. All treatments are free.

### **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)**

# 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.

### 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)
<b>New!</b>	2:00pm	⇒ <b>Guitar Class</b>
	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	NAR-ANON (2 <sup>nd</sup> & 4 <sup>th</sup> 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)

### Abbreviation Key

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

## Thursday

	7:15am	Meditation (BR)
	1:00pm	Volunteer Orientation
	5:00pm	Recovery Support Hours End
	5:00pm	<b>New!</b> <b>Sangha Yoga at Turning Point</b>
	7:00pm	OA Big Book Solution Group (SR)
	6:30pm	AA: Prayer&Meditation Mtg O/D (BR)

## Friday

	10:30am	Recovery Community Yoga
	1:00pm	<b>New!</b> <b>Reiki</b>
	3:00pm	Acudetox – Ear acupuncture
	4:00pm	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)

# October Happenings Highlights

### Open House & Appreciation Dinner!

Home cooked dinner, refreshments, give-aways, to thank the 12-step Community. All from the rooms are invited! October 19, 6:30pm – 8:00pm

### Trick or Treat Street on Church Street

Another way those in recovery can give back! TPC is joining in on the annual Church Street Trick or Treat Street, Wed October 26 4pm-6pm Stop in to our lobby for experience, strength, hope and treats!

### No Longer a Zombie Walk!

Starting and ending at the Turning Point Center, makeup artistry and refreshments provided prior to the walk, fellowship and music following. Walk will wind through downtown and down Church Street. Details tbd!

## 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