

## Program Descriptions

**CODA**

Sun @ 12:00pm

**Meets Every Sunday. Support group for family and individuals who struggle with codependency issues.**

**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!**

**Recovery Community YOGA** Sunday @ 4:30 pm

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!

**Morning Meditation**

M,T, W, Th @ 7:15am

Start your morning with a clear mind through this group meditation session

**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. –Beads-

**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! One on One support available following group.

**Employment Consulting Group** Wed @ 10:00am

VocRehab is now offering employment consulting specifically designed to assist individuals in recovery. Skills include resume writing and building, cover letter writing, references, employment applications, mock interviews and more!

**All Recovery (held at ACT I)** Wed @ 1:30am This facilitated group is open to individuals on all pathways to recovery. Facilitated by Turning Point Center's Outreach Peer Support Worker Tara Campbell.

## Program Descriptions

**Yoga Therapy Clinic Wed @ 9:00am – 3:00pm**

Yoga Therapy is a personalized bio-psycho-spiritual re-education process designed to help release deep-seated physical, mental and emotional patterns linked to suffering. Participants meet one-on-one with the clinician.

**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 for Recovery** 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.

**Full Body Acupuncture for Chronic Pain** Thurs & Sat @ 9:00am – 5:00pm

Study Program sponsored by the Department of Vermont Health Access facilitated through the Turning Point Center offers a series of free acupuncture treatments and up to \$50 compensation. Must be at least 18yo, suffered pain for at least 3 months and are enrolled in Vermont Medicaid.

**MAT Support Group** Thurs @ 12:00pm

This facilitated group is specifically designed to support individuals utilizing medication assisted treatment. Facilitated by the Turning Point Center's two Outreach Peer Support Workers, Tara Campbell and Cam Lauf.

**Sangha Studio Yoga** Thurs @ 5:00pm

Turning Point Center is proud to Welcome Sangha Studio Yoga to our Recovery Center! Join Sangha Studio Instructors in a free community yoga class.

**Post Maple Leaf Support Group** Thurs @ 6:30pm

Support Group for Maple Leaf Clients, Staff and Friends. Led and facilitated by our New Operations Manager Ken Johnson!

**Acudetox**

Fri @ 3:00pm

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

**191 Bank Street (Second Floor)  
Burlington, VT 05401  
802-861-3150  
www.turningpointcentervt.org**

# Calendar

# 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: 9:00am-9:30pm**  
**Tues: 9:00am-8:30pm**  
**Wed-Thurs: 9:00am-8:00pm**  
**Fri-Sat: 9:00am-11:30pm**

## **Sunday**

9:15 am AA:Highlighters O/BB (BR)

12:00 pm NA: Crusty Recovery for your Health (BR)  
12:00 pm CODA: Codependents Anonymous (SR)  
2:00 pm Sunday at the Movies (BR)  
4:30 – 5:45pm Recovery Community Yoga  
Gentle Yoga & Meditation (BR)  
5:00 pm Recovery Support Hours End  
6:00 pm AA: Into Action O/ST (BR)

## **Monday**

7:15 am Meditation (BR)  
10:30 am Recovery Community Yoga (BR)  
5:00 pm Recovery Support Hours End  
6:30 pm AA How it Works O/D (BR)  
7:00 pm NAR-ANON (2<sup>nd</sup> & 4<sup>th</sup> Mondays) (SR)  
8:00 pm NA: Step Into Recovery O/ST (BR)

## **Tuesday**

7:15 am Meditation (BR)  
1:00 pm Peaceful Warrior Karate (BR)  
3:00 pm Asian Body Therapy Acudetox (BR)  
5:00 pm Recovery Support Hours End  
5:30 pm AA: Way of Life O/BB/D (BR)  
6:30 pm MA: Freed From Weed O (SR)  
7:00 pm AA: Proud & Sober O/GLBT (BR)

## **Wednesday**

7:15 am Meditation (BR)  
9:00 am Employment Support & Financial Consultation  
9:00- 3:00pm Yoga Therapy Clinic  
10:00am Employment Consulting Group  
10:30 am Recovery Community Yoga (BR)  
12:00 pm NA: Crusty Recovery for your health (BR)  
1:30 pm All Recovery – held at ACT 1  
5:00 pm Recovery Support Hours End  
5:30 pm Families Coping with Addiction (SR)  
6:00 pm Writing Workshop (BR)  
6:00 pm Board of Directors; Monthly Meeting  
(Second Wednesday of every month)

## **Thursday**

7:15 am Meditation (BR)

9:00 am – 5:00 pm Full Body Acupuncture for Chronic Pain (SR)  
 12:00 pm MAT Support Group (SR)  
 1:00 pm Volunteer Orientation (SR)  
 5:00 pm Recovery Support Hours End  
 5:00 pm Sangha Yoga at Turning Point BR)  
 6:30 pm Post Maple Leaf Support Group (SR)  
 6:30 pm AA: Prayer & Meditation Mtg O/D (BR)  
 7:00 pm OA Big Book Solution Group (SR)

**Friday**

10:30 am Recovery Community Yoga (BR)  
 3:00 pm Acudetox – Ear Acupuncture (BR)  
 5:00 pm Recovery Support Hours End  
 6:30 pm Faith Based Support Group (SR)  
 6:30 pm AA: Girls Night Out O/W/D (BR)  
 8:00 pm AA: Freaky Friday BB (BR)  
 10:00 pm AA: Moonlighters O/Audio Sp (BR)

**Saturday**

9:00 am – 5:00 pm Full Body Acupuncture for Chronic Pain (SR)  
 12:00 pm AA:12X4 O/ST (BR)  
 2:00 pm MA: Stone Free Saturday (SR)  
 5:00 pm Recovery Support Hours End  
 6:30 pm AA: Big Book Step O/BB/ST (BR)  
 10:00 pm AA: Late Nighters O/BB/D (BR)

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

<https://www.facebook.com/TurningPointCenter>

**What does the Turning Point Offer?**

The Turning Point Center of Chittenden County provides a drug and alcohol free environment for peer-to-peer recovery activities, fellowship, events, wellness and recovery related programs, 12 step meetings, Recovery Coaching, and one-on-one support.

The Turning Point Center respects all paths to recovery. We are open 365 days per year to provide peer-to-peer recovery support, assistance, and networking to individuals in recovery.

**Recovery Peer Support Workers**

The Turning Point Center offers Recovery Peer Support Workers Mon-Fri between 9am-2pm. 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.

**Outreach Peer Support Workers**

The Turning Point Center now offers peer-to-peer support outside the walls of the Recovery Center. Outreach Peer Support Workers are working out of community organizations to allow easier access to individuals interested in recovery support.

### Employment Consultant

The Turning Point Center now offers one on one Employment Consulting Services daily! Monday through Friday, John Gower, a VABIR and Voc Rehab Employment Consultant is available at the Turning Point Center to offer a multitude of services to individuals in recovery seeking gainful employment.

### Recovery Coaching

A recovery coach is a mentor in recovery that helps you to build a plan and take steps to achieve your goals! Recovery Coaches work with you to:

- Create a healthy vision for recovery, while supporting all paths to recovery
- Help you 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 in your recovery.