

## Program Descriptions

### Reiki

#### July time to be determined

Join us for stress reduction, relaxation, and healing. Dr. Ellen Albertson will guide you through the experience of Reiki.

#### 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

#### 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

No appointment needed! Acudetox addresses pressure points shown to encourage detoxification and alleviate symptoms of withdrawal. –Beads-

### Employment Support Group

#### Monday @ 1:00pm Wed and

#### Friday @ 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.

### Craft Crap Night *New !!*

#### Friday @ 4:00pm

Do you have an art project that you're wanting to finish? Are you looking for ideas for your next Project? Come on up and spend an evening in creative recovery

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### 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!

### Refuge Recovery: A Love Supreme

#### Fridays @ 12:00pm

Refuge Recovery: Is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Facilitated by Peter Espenshade.

### 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.

### Six Sessions of Wellness

#### Thurs @ 12:00pm

Join Tara Campbell and Cam Lauf, Turning Point Center's two Outreach Peer Support Workers, for six ongoing sessions of wellness: walking, crafts, meditation, fitness, and nutrition and much more...

### 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.

### Acudetox

#### Fri @ 3:00pm

Ear Acupuncture performed by a certified Acudetox specialist effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification. –Needles-

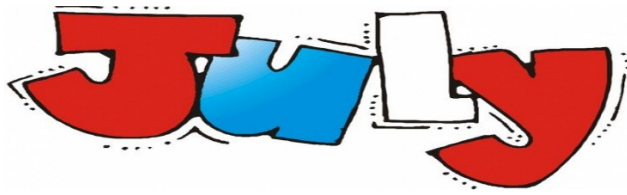
### Strummin' Hummin' N Drummin'

#### Fri @ 2:00pm

Bring your instruments or just yourself and join R Michael and spend an hour jammin' with your friends in recovery



**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: 9:00am-9:30pm**  
**Tues: 9:00am-8:30pm**  
**Wed-Thurs: 9:00am-8:00pm**  
**Friday: 9:00am-9:30pm**  
**Sat: 9:00am-8:00pm**

**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)  
 3:30 pm Sought Through Prayer and Meditation  
 An 11<sup>th</sup> step meeting  
 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)  
 1:00 pm Employment Consulting  
 5:00 pm Recovery Support Hours End  
 6:30 pm AA How it Works O/D (BR)  
 7:00 pm NAR-ANON (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  
 10:00am Employment Consulting Group  
 10:30 am Recovery Community Yoga (BR)  
 12:00 pm NA: Crusty Recovery for your health (BR)  
 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)  
 12:00 pm Six Sessions of Wellness (SR)  
 1:00 pm Volunteer Orientation (SR)  
 3:30 pm The Fun Group (June 8<sup>th</sup> and 22<sup>nd</sup>) (SR)  
 5:00 pm Recovery Support Hours End

5:00 pm Sangha Yoga (BR)  
 6:30 pm AA: Prayer & Meditation Mtg O/D (BR)  
 7:00 pm OA Big Book Solution Group (SR)

**Friday**

9:00 am Employment Consulting  
 10:30 am Recovery Community Yoga (BR)  
 12:00 pm Refuge Recovery: A Love Supreme (SR)  
 2:00 pm Strummin' Hummin' N  
 3:00 pm Acudetox – Ear Acupuncture (BR)  
 4:00 pm Craft Crap Night  
 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)

**Saturday**

11:00 am NA Clean Doodz Club O/BT/M (SR)  
 12:00 pm AA: 12X4 O/ST (BR)  
 10:30 pm NA: Women Do Recover W (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)



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>

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## **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.

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## **Recovery Peer Support Workers**

The Turning Point Center offers Recovery Peer Support Workers Mon-Sun between 9am-5pm. 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.

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## **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.

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## **Employment Consultant**

The Turning Point Center now offers one on one Employment Consulting Services on Monday and Friday, with John Gower, a VABIR and Voc Rehab Employment Consultant, and Chuck Hafter on Mondays and Wednesdays at the Turning Point Center to offer a multitude of services to individuals in recovery seeking gainful employment.

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## **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.