

## Program Descriptions

### Reiki

**Sept. 19<sup>th</sup>, Thurs @ 2:00pm-4:00pm**

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.

### The Masks we Wear

**Thurs @ 2:00pm**

This workshop will explore the masks we wear, at home, work, with our friends, and ourselves. Sara, Night/Weekend Operations Manager of the Turning Point Center, will use varying methods and activities to explore these masks we wear.

### 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 and Needles-

### Open Art

**Friday @ 3:00pm/ Sunday @ 10:00am**

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 some time in creative recovery

### Lunch with Ted (Talks) and Ken *New !!*

**Mon @ 12:00pm starting August 14<sup>th</sup>**  
Bring a lunch and come watch a Ted Talk, on a recovery related topic, and join in on a discussion about the Ted Talk with Ken, Operations Manager of the Turning Point Center

## Program Descriptions

### Employment Consulting

**Mon, Wed @ 10:00am** Chuck Hafter 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-

### Recovery Work Study Hall *New!!*

**Sun @ 2:00pm**

Need a place to do your Step work. Come to the Turning Point Center Step Work Study Hall. Work alone or with others.

### 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

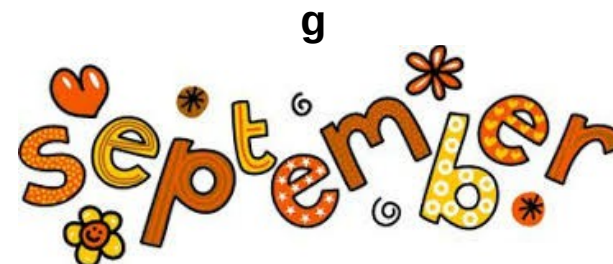


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**www.turningpointcentervt.org**



**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 CODA: Codependents Anonymous (SR)  
 10:00 am Open Art **New**  
 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)  
 10:00 am Employment Consulting  
 12:00 pm Lunch with Ted (Talks) and Ken  
 5:00 pm Recovery Support Hours End

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)  
 2:00-4:00 pm **Reiki September 19<sup>th</sup>**  
 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)  
 10:00am Employment Consulting  
 10:30 am Recovery Community Yoga (BR)  
 5:00 pm Recovery Support Hours End  
 5:30 pm Families Coping with Addiction (SR)  
 6:00 pm Writing Workshop (BR)  
 5:30 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)  
 2:00pm The Masks we Wear (SR)  
 3:30 pm The Fun Group (Sept 7<sup>th</sup> and 21st) (SR)  
 5:00 pm Recovery Support Hours End  
 5:00 pm Sangha Yoga (BR)  
 6:30 pm AA:Prayer & Meditation Mtg O/D (BR)

**Friday**

10:30 am Recovery Community Yoga (BR)  
 12:00 pm Refuge Recovery: A Love Supreme (SR)

1:00-3:00 pm Strummin' Hummin' N Drummin'  
 3:00 pm Acudetox – Ear Acupuncture (BR)  
 3:00 pm Open Art  
 5:00 pm Recovery Support Hours End  
 6:00-8:00 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**

10:30 am NA: Women Do Recover W (BR)  
 10:30 am NA Clean Doodz Club O/BT/M (SR)  
 12:00 pm AA:12X4 O/ST (BR)  
 2:00 pm MA: Stone Free Saturday (SR)  
 2:00 pm Recovery Work Study Hall (BR)  
 5:00 pm Recovery Support Hours End  
 6:30 pm AA How it Works O/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.

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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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### **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.