



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 Sun @ 2:00pm Need a quiet place to do Step work? Sangha Studio Yoga Thurs @ 5:00pm Join Sangha Studio Instructors in a free community yoga class
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Fitness, Fellowship and Recovery Tues. 11am New Time! Using the centers gym equipment, Cam and Nate guide you through a fun workout with lots of encouragement so you can reach those healthy goals!

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...

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!

Employment Consulting Mon, Wed @ 10:00am
 Skills building includes resume and cover letter writing, references, employment applications, mock interviews and more!

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-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.

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.

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 to 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 with you where you are in your recovery.



**191 BANK STREET (2ND FLOOR)
 BURLINGTON, VT
 (802)861-3150**

www.turningpointcenter.vt.org

OPEN 7 DAYS A WEEK

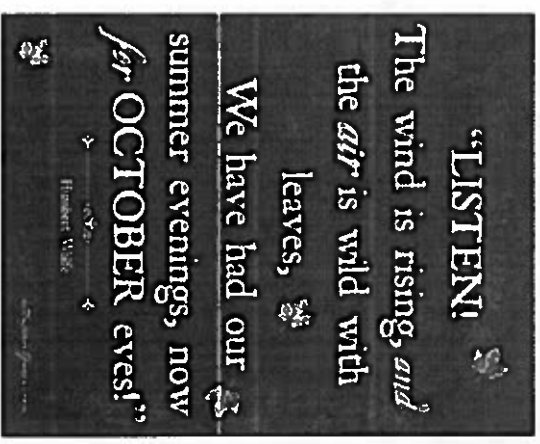
ALL YEAR

9AM – 5PM

EVENING MEETINGS & SPACE FOR RECOVERY & COACH/SPONSOR MTGS.

PROGRAM SCHEDULE FOR

OCTOBER



PROGRAM DESCRIPTIONS

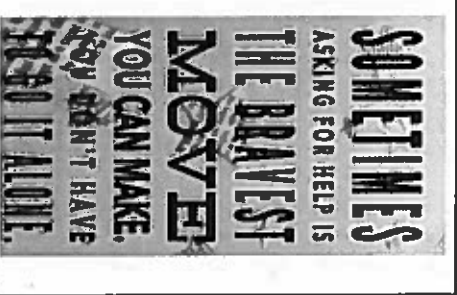
Morning Meditation M, T, W, Th @ 7:15am
 Start your morning with a clear mind through this group meditation session

Asian Bodywork Therapy Acudetox Tues @ 3:00pm Acudetox addresses pressure points shown to encourage detoxification and alleviate symptoms of withdrawal. –Beads and

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.



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!



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.

Lunch with Ted (Talks) and Ken Mon @ 12:00pm
 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

Families Coping with Addiction Meets EVERY Wednesday. Support group for family and friends whose lives have been affected by the disease of addiction with a loved one. **Wed @ 5:30pm**

Turning Point Center of Chittenden County

191 BANK ST. BURLINGTON, VT (802)861-3150

OCTOBER SPECIAL EVENTS!

JOIN US FOR FUN, FOOD, AND FANCY DRESS!

MONSTER BASH!

PRIZES FOR BEST COSTUMES!
OCTOBER 29TH
7PM - 9PM

REIKI

OCTOBER 18, 12:30 - 2:30PM
OCTOBER 24, 2 - 4pm

SUNDAY AT THE MOVIES LINEUP!

10/1 CORPSE BRIDE
10/8 YOUNG FRANKENSTEIN
10/15 TBA (SOMETHING SPOOKY!)
10/22 TBA (COULD BE CREEPY!)
10/29 ROCKY HORROR PICTURE SHOW

SPECIAL PROGRAMS

10/12 2PM FACE PAINTING TUTORIAL!
10/26 2PM GORE 101!
KICK IT UP A FEW NOTCHES THIS HALLOWEEN!
THESE THURSDAY WORKSHOPS WILL TAKE THE PLACE OF THE MASKS WE WEAR. THIS MONTH ONLY!

MON	TUE	WED	THU	FRI	SAT	SUN
7:15 AM MEDITATION 10 AM EMPLOYMENT CONSULTING 10:30 RECOVERY COMMUNITY YOGA 12 LUNCH WITH TED TALKS AND KEN 7 PM NAR-ANON 8 PM NA STEP INTO RECOVERY	7:15 AM MEDITATION 11 AM FUN FITNESS & RECOVERY 1:00 PM PEACEFUL WARRIOR 3:00 PM KARATE ASIAN BODY THERAPY 5:30 PM ACUDETUX AA WAY OF LIFE 6:30 PM MA FREED FROM WEED 7 PM AA PROUD & SOBER	7:15 AM MEDITATION 10 AM EMPLOYMENT CONSULTING 10:30 AM RECOVERY COMMUNITY YOGA 5:30 PM FAMILIES COPING WITH ADDICTION 6 PM WRITE ON	7:15 AM MEDITATION 12 SIX SESSIONS OF WELLNESS 1 PM VOLUNTEER ORIENTATION 2 PM THE MASKS WE WEAR 5 PM SANGHA YOGA 6:30 PM AA PRAYER AND MEDITATION MEETING	10:30 AM RECOVERY COMMUNITY YOGA 12 REFUGE RECOVERY 1-3 PM STRUMMIN' HUMMIN' 'N DRUMMIN' 3-5 PM OPEN ART 6 PM FAITH BASED SUPPORT GROUP 6:30 PM AA GIRLS NIGHT OUT 8 PM AA FREAKY FRIDAY	10:30 AM WOMEN DO RECOVER CLEAN DOODZ CLUB 12 AA 12 X 4 2 PM M/A STONE FREE SATURDAY 6:30 PM AA HOW IT WORKS	9:15 AM AA HIGHLIGHTERS 10 AM - 2 PM OPEN ART 12 CODA 2 PM SUNDAY AT THE MOVIES! 3:30 PM SOUGHT THROUGH PRAYER & MEDITATION 6 PM AA INTO ACTION