



# MEETINGS



# PROGRAMS



	<b>Acudetox Fri @ 3:00pm Ear</b> Acupuncture performed by a certified Acudetox specialist effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification. – Needles-	<b>THE GYM IS OPEN</b> M,W,TH,F,S 2PM TUES. 11 AM OPEN TIME TO TAKE ADVANTAGE OF OUR FANTASTIC EQUIPMENT!
	<b>Sangha Studio Yoga Thurs @ 5:00pm</b> Join Sangha Studio Instructors in a free community yoga class.	<b>Strummin' Hummin' N Drummin' Fri @ 2:00pm</b> Bring your instruments or just yourself and join R Michael and spend an hour jammin' with your friends!
	<b>QIGONG TUESADAYS 1 PM</b> An ancient Chinese healing art involving meditation, controlled breathing, and movement exercises designed to improve physical and mental well-being	<b>Open Art Friday @ 3:00pm/ Sunday @ 10:00am</b> Come on up and spend some time in creative recovery!
<b>HOMEMADE HOLIDAYS! THURSDAYS 2 PM</b> ADD A PERSONAL TOUCH THIS GIFT GIVING SEASON! TOGETHER WE'LL CREATE BEAUTIFUL ORNAMENTS, JEWELRY AND CARDS TO SHARE WITH OUR NEAREST AND DEAREST	<b>MOM'S IN RECOVERY – DROP IN TUE. &amp; THU 9:30 AM – 11:30 AM</b> COME ON UP FOR A MEET AND GREET TIME! A CHANCE TO GET TO KNOW OTHER MOM'S IN RECOVERY, MAKE CONNECTIONS, AND FEEL FREE TO BRING THE KIDDOS	
<b>Recovery Community YOGA M, W, F @ 10:30am</b> Open to all levels, beginners encouraged to join! Enhance and deepen your well-being through guided yoga routines with certified instructors!	<b>Recovery Community YOGA M, W, F @ 10:30am</b> Open to all levels, beginners encouraged to join! Enhance and deepen your well-being through guided yoga routines with certified instructors!	
<b>Peaceful Warrior Karate Tues @ 2:00pm</b> 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.		

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.



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[www.turningpointcentervt.org](http://www.turningpointcentervt.org)

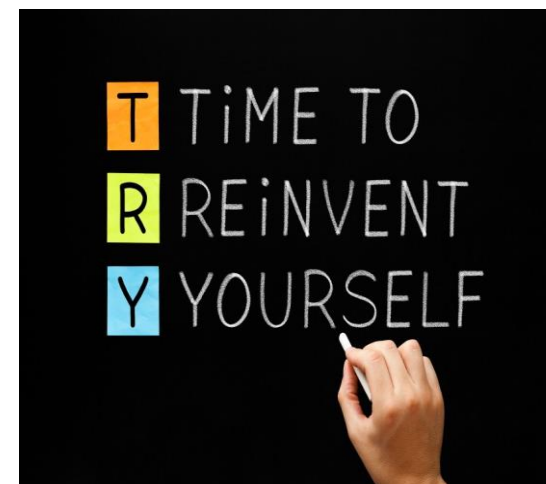
OPEN 7 DAYS A WEEK

ALL YEAR

9AM – 5PM

EVENING MEETINGS  
& SPACE FOR RECOVERY  
COACH/SPONSOR MTGS .

## PROGRAM SCHEDULE FOR DECEMBER



## PROGRAM DESCRIPTIONS

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

**YOU LOOK REALLY GOOD TODAY**

**CODA SUNDAYS 12**  
A program designed to help people who feel they are in an unhealthy relationship and to understand their addiction and learn ways to either get out of the situation or turn it into something healthy.

**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.



**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.

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

**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 lively discussion



**MOOD SKILLS WED 7 PM**  
IN THIS WEEKLY EMOTIONAL COPING SKILLS GROUP, MINDFULNESS WILL BE USED TO HELP DEAL WITH OUR HABITS AND EMOTIONS THAT KEEP US FROM GROWING AND BECOMING WHOLE IN OUR RECOVERY.