MEETINGS		PROGRAMS
MONDAY	М	7:15 AM MEDITATION
6 PM 1 ST STEP OPEN FAITH BASED MEETING	0	
7° STEP OPEN FAITH BASED MEETING	N D	10:30 AM RECOVERY COMMUNITY YOGA 12 LUNCH WITH TED TALKS AND KEN
NAR-ANON	A	2 PM THE GYM IS OPEN
8 PM	Y	5 PM RECOVERY SUPPORT HOURS END
NA-STEP INTO RECOVERY		
TUESDAY	Т	7:15 AM MEDITATION
5:30 PM	U	930 AM – 11:30 AM MOM'S IN RECOVERY DROP IN
AA-WAY OF LIFE "Serenity is what	E S	11 AM THE GYM IS OPEN 1 PM QIGONG
we get when we	D	1 PM – 3 PM, DEC. 19 REIKI
7 DM quit hoping for a	A	2 PM PEACEFUL WARRIOR MARTIAL ART
AA-PROUD AND SOBER better past."	Υ	3 PM ASIAN BODY THERAPY ACUDETOX
		5 PM RECOVERY SUPPORT HOURS END
WEDNESDAY	W	7:15 AM MEDITATION
5:30 PM FAMILIES COPING WITH ADDICTION	E D	10 AM EMPLOYMENT CONSULTING 10 AM – 12, DEC. 20 SMOKING CESSATION SUPPORT
	N	GROUP
	Е	10:30 AM RECOVERY COMMUNITY YOGA
	S	12, DEC. 13 VOLUNTEER STAFF MEETING
	D	2 PM THE GYM IS OPEN
BECHERCH TECHE	A	2 - 4 DEC. 6 REIKI
())(())(())	Y	5 PM RECOVERY SUPPORT HOURS END 6 PM GET SOBER. AND WRITE!
		5:30 PM, DEC.13 BOARD MEETING
		7 PM MOOD SKILLS
THURSDAY	Т	7:15 AM MEDITATION
6:30 PM	H	9:30 AM – 11:30 AM MOM'S IN RECOVERY SUPPORT GROUP
AA-PRAYER AND MEDITATION	U R	1 PM VOLUNTEER ORIENTATION 2 PM THE GYM IS OPEN
	S	2 PM HOMEMADE HOLIDAYS
	D	5 PM SANGHA YOGA
	Α	5 PM RECOVERY SUPPORT HOURS END
	Y F	10:30 AM RECOVERY COMMUNITY YOGA
FRIDAY 12 REFUGE RECOVERY: A BUDDHIST PATH	r R	1 PM – 3 PM STRUMMIN' HUMMIN' 'N' DRUMMIN'
6 PM	i	2 PM THE GYM IS OPEN
FAITH BASED SUPPORT GROUP	D	3 PM – 5 PM OPEN ART
6:30 PM	Α	3 PM – 5 PM ACUDETOX
AA-GIRLS NIGHT OUT	Y	5 PM RECOVERY SUPPORT HOURS END
8 PM AA-FREAKY FRIDAY		
	c	
SATURDAY 10:30 AM	S A	1 PM ALCATHON PLANNING COMMITTEE 2 PM THE GYM IS OPEN
NA-WOMEN DO RECOVER	Т	5 PM RECOVERY SUPPORT HOURS END
NA-CLEAN DOODZ CLUB	U	ONE DOES NOT SIMPLY
12	R	
AA-12 X 4	D A	
	A Y	
6:30 PM	-	
AA-HOW IT WORKS		AND STAY SOBER
SUNDAY	S	1PM – 4PM, DEC. 3 VALLEY VISTA ALUMNI GATHERING!
9:15 AM	U	10 AM – 2 PM OPEN ART
AA-HIGHLIGHTERS	Ν	1 PM – 3 PM, DEC. 10 REIKI
12	D	2 PM SUNDAY AT THE MOVIES –
CODA 3:30 PM	A Y	THIS MONTHS THEME:
SOUGHT THROUGH PRAYER & MEDITATION, 11 TH STEP	[¥]	5 PM RECOVERY SUPPORT HOURS
MEETING		END
6 PM		<u>1:45PM - DEC. 17 CHAMPLAIN</u>
AA-INTO ACTION		VALLEY AREA
		NARCOTICS ANON. MEETING

Acudetox Fri @ 3:00pm Ear Acupuncture performed by a certified Acudetox specialist effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification. -Needles-

OPEN TIME TO TAKE ADVANTAGE OF OUR FANTASTIC EQUIPMENT! Sangha Studio Yoga Thurs @ 5:00pm Join Sangha Studio Instructors in a free community yoga

THE GYM IS OPEN M.W.TH.F.S 2PM

TUES. 11 AM

class. Strummin' Hummin' N Drummin' Fri @ 2:00pm

Bring your instru-

yourself and join R

jammin' with your

ments or just

Michael and

friends!

spend an hour

QIGONG

TUESADAYS 1 PM An ancient Chinese healing art involving meditation, controlled breathing, and movement exercises designed to improve physical and mental well-being

WITH OUR NEAREST AND DEAREST

Open Art Friday **HOMEMADE HOLIDAYS!** @ 3:00pm/ Sunday THURSDAYS 2 PM @ 10:00am ADD A PERSONAL TOUCH THIS GIFT Come on up and **GIVING SEASON! TOGETHER WE'LL** spend some time CREATE BEAUTIFUL ORNAMENTS, in creative JEWELRY AND CARDS TO SHARE recovery!

MOM'S IN RECOVERY - DROP IN TUE. & THU 9:30 AM - 11:30 AM 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**

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!

Peaceful Warrior Karate Tues @ 2:00pm 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.

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-onone 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.turningpointcentervt.org **OPEN 7 DAYS A WEEK** ALL YEAR 9AM - 5PM EVENING MEETINGS & SPACE FOR RECOVERY COACH/SPONSOR MTGS.

PROGRAM SCHEDULE FOR DECEMBER

T TIME TO R REINVENT Y YOURSELF

PROGRAM DESCRIPTIONS

Morning Meditation Asian Bodywork Therapy M,T, W, Th @ 7:15am Acudetox Tues @ Start your morning 3:00pm Acudetox with a clear mind addresses pressure points through this group shown to encourage meditation session detoxification and alleviate symptoms of YOU LOOK withdrawal. -Beads and REALLY Needles-Lunch with Ted GOOD (Talks) and Ken TODAY Mon @ 12:00pm Bring a lunch and CODA SUNDAYS 12 come watch a Ted A program designed Talk, on a recovery to help people who related topic, and feel they are in an unhealthy relationship join in on a lively and to understand discussion 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 MOOD SKILLS Refuge Recovery: Is a WED 7 PM mindfulness-based IN THIS WEEKLY addiction recovery **EMOTIONAL COPING** SKIILLS GROUP. community that MINDFULNESS WILL BE practices and utilizes USED TO HELP DEAL Buddhist philosophy as WITH OUR HABITS AND the foundation of the EMOTIONS THAT KEEP US



FROM GROWING AND **BECOMING WHOLE IN** OUR RECOVERY.

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.

recovery process.