

Turning Point Center OF CHITTENDEN COUNTY
191 BANK ST. BURLINGTON, VT (802)861-3150

KEEP AN EYE OUT AROUND THE CENTER! WE HAVE SOME SPECIAL PROGRAMS COMING UP FOR NEW MOMS IN RECOVERY!

MON TUE WED THU FRI SAT

7:15 AM
MEDITATION

10 AM
EMPLOYMENT CONSULTING

10:30
RECOVERY COMMUNITY YOGA

12
LUNCH WITH TED TALKS AND KEN

2:00PM GYM

5PM
RECOVERY SUPPORT HOURS END

6pm
1ST STEP OPEN FAITH BASED MEETING

7 PM
NAR-ANON

8 PM
NA STEP INTO RECOVERY

7:15 AM
MEDITATION

11 AM GYM

1:00 PM QI GONG:
MEDITATION AND MOVEMENT

2:00PM
PEACEFUL WARRIOR KARATE

3:00 PM
ASIAN BODY THERAPY ACUDETUX

5PM
RECOVERY SUPPORT HOURS END

5:30 PM
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

2:00PM GYM

5PM
RECOVERY SUPPORT HOURS END

5:30 PM
FAMILIES COPING WITH ADDICTION

5:30pm
BOARD OF DIRECTORS MONTHLY MEETING(2ND WED EVERY MONTH)

7:00pm
MOOD SKILLS

7:15 AM
MEDITATION

1 PM
VOLUNTEER ORIENTATION

2:00PM GYM

2 PM
HOMEMADE HOLIDAYS

5PM
RECOVERY SUPPORT HOURS END

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'

2:00PM GYM

3-5 PM
OPEN ART and ACUDETUX

5PM
RECOVERY SUPPORT HOURS END

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
2PM GYM

2 PM
MA STONE FREE SATURDAY

5PM
RECOVERY SUPPORT HOURS END

6:30 PM
AA HOW IT WORKS

SUN

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

5PM
RECOVERY SUPPORT HOURS END

6 PM
AA INTO ACTION

NOVEMBER SPECIAL EVENTS!


 NOVEMBER 23
 THANKSGIVING DAY
 RELAX FROM THE FLURRY OF THE HOLIDAYS AND TAKE SOME TIME FOR GRATITUDE AND FELLOWSHIP!

REIKI
 NOVEMBER 7TH 1PM – 3 PM
 NOVEMBER 12TH TIME TBA
 NOVEMBER 28TH TIME TBA

SUNDAY AT THE MOVIES!
2:00 PM!
 THIS MONTHS THEME –
SUPER HEROES!!



SPECIAL PROGRAMS
 11/15 10AM - 12
 TOBACCO CESSATION SUPPORT GROUP

! PLEASE NOTE THE TIME CHANGE ON TUESDAYS FOR PEACEFUL WARRIOR KARATE! IT'S NOW AT 2PM!

	Acudetox Fri @ 3:00pm Ear Acupuncture performed by a certified Acudetox specialist effective in releasing endorphins, encouraging relaxation, reducing anxiety, and encouraging detoxification. – Needles-	GYM M,W,TH,F,S 2PM TUES. 11 AM OPEN TIME TO TAKE ADVANTAGE OF OUR FANTASTIC EQUIPMENT!
	Sangha Studio Yoga Thurs @ 5:00pm Join Sangha Studio Instructors in a free community yoga class.	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!
QIGONG TUESADAYS 1 PM An ancient Chinese healing art involving meditation, controlled breathing, and movement exercises designed to improve physical and mental well-being	Open Art Friday @ 3:00pm/ Sunday @ 10:00am Come on up and spend some time in creative recovery!	
HOMEMADE HOLIDAYS! THURSDAYS 2 PM ADD A PERSONAL TOUCH THIS GIFT GIVING SEASON! TOGETHER WE'LL CREATE BEAUTIFUL ORNAMENTS, JEWELRY AND CARDS TO SHARE WITH OUR NEAREST AND DEAREST!		
MOOD SKILLS WEDNESDAYS 7PM MINDFULNESS GROUP FOCUSED ON EMOTIONAL COPING SKILLS IN RECOVERY		
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.turningpointcentervt.org

OPEN 7 DAYS A WEEK
ALL YEAR

9AM – 5PM

EVENING MEETINGS
& SPACE FOR RECOVERY
COACH/SPONSOR MTGS .

PROGRAM SCHEDULE FOR NOVEMBER



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 @ 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.



YOU LOOK REALLY GOOD TODAY

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!

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.

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

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.