

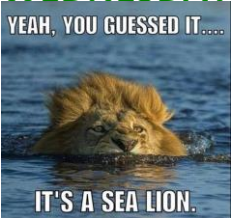





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEETINGS	<b>12</b> NA BEAUTIFUL ADDICTS <b>6 PM</b> AA 1 <sup>ST</sup> STEP 1, 2, 3 <b>8 PM</b> NA EXPERIENCE, STRENGTH, & HOPE	<b>5:30 PM</b> AA WAY OF LIFE <b>7 PM</b> AA PROUD AND SOBER <b>7:30 PM</b> OA BIG BOOK SOLUTION GROUP	<b>5:30 PM</b> FAMILIES COPING WITH ADDICTION	<b>12</b> NA BEAUTIFUL ADDICTS <b>6:30 PM</b> AA PRAYER & MEDITATION	<b>12</b> REFUGE RECOVERY: A BUDDHIST PATH <b>6:30 PM</b> AA GIRLS NIGHT OUT <b>8 PM</b> AA FREAKY FRIDAY	<b>10:30 AM</b> NA WOMEN DO RECOVER <b>10:30 AM</b> NA CLEAN DOODZ CLUB (90 MIN.) <b>12</b> AA 12x4 <b>6:30 PM</b> AA HOW IT WORKS	<b>9:15 AM</b> AA HIGHLIGHTERS <b>12</b> CODA <b>3:30 PM</b> SOUGHT THROUGH PRAYER & MEDITATION <i>11<sup>TH</sup> STEP MEETING</i> <b>6 PM</b> AA INTO ACTION
	<b>MONDAY</b> 	<b>TUESDAY</b> 	<b>WEDNESDAY</b> 	<b>THURSDAY</b> 	<b>FRIDAY</b> So far you've survived 100% of your worst days. You're doing great.	<b>SATURDAY</b> 	<b>SUNDAY</b> 
PROGRAMS	<b>7:15 AM</b> MEDITATION <b>10 AM</b> EMPLOYMENT CONSULTING <b>10:30 AM</b> RECOVERY COMMUNITY YOGA <b>12</b> LUNCH WITH TED (TALKS) & KEN <b>2 PM</b> Y12SR <b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b>	<b>7:15 AM</b> MEDITATION <b>9:00 AM</b> VERMONT DEPT. OF LABOR JOBS AND RESOURCE ASSISTANCE HELP <b>9:30 AM</b> MOMS IN RECOVERY SUPPORT GROUP <b>2 PM</b> SELF DEFENSE <b>3 PM</b> ASIAN BODY THERAPY ACUDETOX <b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b>	<b>7:15 AM</b> MEDITATION <b>10 AM</b> EMPLOYMENT CONSULTING <b>10:30 AM</b> RECOVERY COMMUNITY YOGA <b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b> <b>5:30 PM 8/8/18 TPCCC BOARD MEETING</b>	<b>7:15 AM</b> MEDITATION <b>9:30 AM</b> MOMS IN RECOVERY SUPPORT GROUP <b>1 PM</b> VOLUNTEER ORIENTATION <b>2 PM</b> EXPRESSIVE STEPS <b>5 PM</b> SANGHA YOGA <b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b> <b>6 PM</b> WRITERS FOR RECOVERY <b>6 PM</b> <b>S.I.A. RECOVERY WALK MEETING</b>	<b>10:30 AM</b> RECOVERY COMMUNITY YOGA <b>3 PM 5 PM</b> OPEN ART <b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b>	<b>10 AM 5 PM</b> OPEN ART <b>4:30 PM</b> MOMS IN RECOVERY SUPPORT GROUP	<b>10 AM – 2 PM</b> OPEN ART <b>1:30 PM 8/11/18 REIKI</b> <b>2 PM WHEN WE CAN! SUNDAY AT THE MOVIES!</b> <b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b>

### EXPRESSIVE STEPS

**Thursdays 2 pm**

Discover (or re-discover!) the 12 Steps in a new way! Mindfulness, Reading, Discussion, and Creation!

### Y12SR

**Mondays 2 PM**

A unique blending of a meeting and a Yoga class!



### \*IMPORTANT\*

Please note that we close a 5 pm For meetings in the evening, you may come a half hour before the start of the meeting you are attending.

### LOOKING FOR WORK? WE'RE HERE TO HELP!

EMPLOYMENT CONSULTING M & W 10 AM  
VERMONT DEPT. OF LABOR TUES 9 AM

The Turning Point Center of Chittenden County now has a Recovery Coach with the ability to work with the Deaf and Hard of Hearing Community. For more information [kenj@turningpointcentervt.org](mailto:kenj@turningpointcentervt.org)

### RECOVERY COMMUNITY YOGA

**M, W, F 10:30 AM**  
**ALL LEVELS**  
**WELCOME!**



The Turning Point Center of Chittenden County provides a drug free and alcohol free environment for peer-to-peer recovery activities, fellowship, 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 a 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 9 am and 5 pm. 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 you 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 with you where you are in you recovery.

## TURNING POINT CENTER OF CHITTENDEN COUNTY

191 BANK STREET  
BURLINGTON, VT  
(802)861-3150

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

OPEN 7 DAYS A WEEK

**ALL YEAR**

9 AM – 5 PM

EVENING MEETINGS AND SPACE

FOR RECOVERY

COACH/SPONSOR MEETINGS

PROGRAM SCHEDULE FOR

# AUGUST 2018



TAKING NAPS  
SOUNDS SO CHILDISH  
I PREFER TO CALL  
THEM HORIZONTAL  
LIFE PAUSES.

ASIAN  
BODYWORK  
THERAPY  
ACUETOX  
Tuesdays 3 PM  
Acudetox  
addresses  
pressure points  
shown to  
encourage  
detoxification  
and alleviate  
symptoms of  
withdrawal.  
\*beads and  
needles

REFUGE RECOVERY: A  
BUDDHIST PATH  
FRIDAYS 12  
This is a mindfulness based  
addiction recovery  
community that practices  
and utilizes Buddhist  
philosophy as the  
foundation of the recovery  
process.



CODA - CODEPENDENTS ANONYMOUS  
Sunday 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.

I'm going to  
make a  
voodoo doll of  
myself and  
give it a  
backrub.

FAMILIES COPING  
WITH ADDICTION  
Wednesday 5:30 pm  
A support group for  
family and friends  
whose lives have been  
affected by the disease  
of addiction with a  
loved one.