









	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MEETINGS</b>	<p><b>12</b> NA BEAUTIFUL ADDICTS</p> <p><b>6 PM</b> AA 1<sup>ST</sup> STEP 1, 2, 3</p> <p><b>8 PM</b> NA EXPERIENCE, STRENGTH, &amp; HOPE</p>	<p><b>5:30 PM</b> AA WAY OF LIFE</p> <p><b>6 PM</b> <i>LIFE'S HEALING CHOICES</i></p> <p><b>6:00 PM</b> <i>NA WOMEN DO RECOVER</i></p> <p><b>7 PM</b> AA PROUD AND SOBER</p> <p><b>7:30 PM</b> OA BIG BOOK SOLUTION GROUP</p>	<p><b>5:30 PM</b> FAMILIES COPING WITH ADDICTION</p> <p><b>7:00 PM</b> MA STONE FREE</p>	<p><b>12</b> NA BEAUTIFUL ADDICTS</p> <p><b>6:30 PM</b> AA PRAYER &amp; MEDITATION</p>	<p><b>6:30 PM</b> AA GIRLS NIGHT OUT</p> <p><b>8 PM</b> AA FREAKY FRIDAY</p> <p><b>7 PM</b> BUDDHIST RECOVERY</p>	<p><b>10:30 AM</b> NA CLEAN DOODZ CLUB</p> <p><b>12</b> AA 12x4</p> <p><b>6:30 PM</b> AA HOW IT WORKS</p>	<p><b>9:15 AM</b> AA HIGHLIGHTERS</p> <p><b>12</b> CODA</p> <p><b>3:30 PM</b> SOUGHT THROUGH PRAYER &amp; MEDITATION</p> <p><i>11<sup>TH</sup> STEP MEETING</i></p> <p><b>6 PM</b> AA INTO ACTION</p>
	<p>MONDAY</p> 	<p>TUESDAY</p> 		<p>THURSDAY</p> 	<p>FRIDAY</p> 	<p>SATURDAY</p> 	<p>SUNDAY</p> 
<b>PROGRAMS</b>	<p><b>7:15 AM</b> MEDITATION</p> <p><b>9 AM – 1 pm</b> EMPLOYMENT CONSULTING</p> <p><b>10:30 AM</b> RECOVERY COMMUNITY YOGA</p> <p><b>12</b> LUNCH WITH TED (TALKS) &amp; KEN</p> <p><b>2 PM</b> Y12SR YOGA</p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p>	<p><b>7:15 AM</b> MEDITATION</p> <p><b>9 AM – 1 PM</b> EMPLOYMENT CONSULTING</p> <p><b>9:30 AM</b> MOMS IN RECOVERY SUPPORT GROUP</p> <p><b>2 PM 12/18</b> <i>SELF DEFENSE and REIKI</i></p> <p><b>3 PM 12/18</b> <i>ASIAN BODY THERAPY ACUDETOX</i></p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p>	<p><b>7:15 AM</b> MEDITATION</p> <p><b>9 AM – 5 PM</b> EMPLOYMENT CONSULTING</p> <p><b>10:30 AM</b> RECOVERY COMMUNITY YOGA</p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p> <p><b>5:30 PM 12/12</b> <i>TPCCC BOARD MEETING</i></p>	<p><b>7:15 AM</b> MEDITATION</p> <p><b>9 AM - 1 PM</b> EMPLOYMENT CONSULTING</p> <p><b>9:30 AM</b> MOMS IN RECOVERY SUPPORT GROUP</p> <p><b>1 PM</b> VOLUNTEER ORIENTATION</p> <p><b>3 PM 12/6</b> <i>REHUMAN</i></p> <p><b>5 PM</b> SANGHA YOGA</p> <p><b>5 PM CLOSED</b> RECOVERY SUPPORT HOURS END</p>	<p><b>10:30 AM</b> RECOVERY COMMUNITY YOGA</p> <p><b>3 PM</b> <i>HOMEMADE HOLIDAYS!</i></p> <p><b>3 PM - 5 PM</b> OPEN ART</p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p> <p><b>PLEASE NOTE!</b></p> <p>NA WOMEN DO RECOVER HAS MOVED TO TUESDAYS AT 6 PM!</p>	<p><b>10 AM 5 PM</b> OPEN ART</p> <p><b>4:30 PM</b> MOMS IN RECOVERY SUPPORT GROUP</p> 	<p>10 AM – 2 PM OPEN ART</p> <p><b>11 AM</b> MINDFUL BEGINNINGS</p> <p><b>1:30 PM 12/9</b> <i>REIKI</i></p> <p><b>2 PM</b> SUNDAY AT THE MOVIES!</p> <p><b>5 PM CLOSED – RECOVERY SUPPORT HOURS END</b></p>



### Y12SR YOGA

**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  
MONDAY - THURSDAY**

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!**

### **MINDFUL BEGINNINGS 11AM-12**

**COME LEARN THIS  
POWERFUL TOOL  
FOR YOUR  
RECOVERY!**

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**

179 S. WINOOSKI AVENUE

BURLINGTON, VT

(802)861-3150

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

OPEN 7 DAYS A WEEK

**ALL YEAR**

9 AM – 5 PM

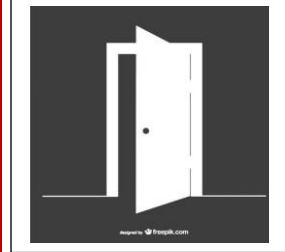
EVENING MEETINGS AND SPACE

FOR RECOVERY

COACH/SPONSOR MEETINGS

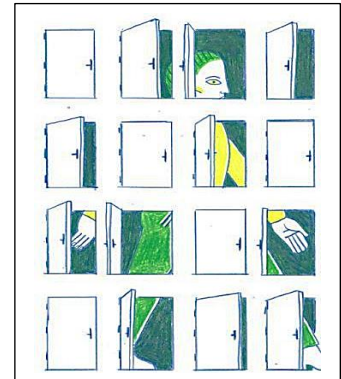
PROGRAM SCHEDULE FOR

# DECEMBER 2018



**ASIAN  
BODYWORK  
THERAPY  
ACUETOX  
Tuesday 12/18  
PM**

Acudetox addresses pressure points shown to encourage detoxification and alleviate symptoms of withdrawal. \*beads and needles



Like us on **facebook** 

**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.

**reHUMAN  
THURSDAY 12/6  
3PM**

**TAKE A JOURNEY  
THAT COULD HELP  
INTEGRATE THE  
MIND, BODY, AND  
SPIRIT!**

**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.