









	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEETINGS	<p>12 NA BEAUTIFUL ADDICTS</p> <p>6 PM AA 1<sup>ST</sup> STEP 1, 2, 3</p> <p>8 PM NA EXPERIENCE, STRENGTH, &amp; HOPE</p> 	<p>5:30 PM AA WAY OF LIFE</p> <p>6:00 PM NA WOMEN DO RECOVER</p> <p>7 PM AA PROUD AND SOBER</p> <p>7:30 PM OA BIG BOOK SOLUTION GROUP</p>	<p>5:30 PM FAMILIES COPING WITH ADDICTION</p> <p><b>*NEW*</b> <b>5:30 M.A.R.A.</b></p> <p>7:00 PM MA STONE FREE</p>	<p>12 NA BEAUTIFUL ADDICTS</p> <p>6:30 PM AA PRAYER &amp; MEDITATION</p>	<p>6:30 PM AA GIRLS NIGHT OUT <i>Now A Candlelight Meeting!</i></p> <p>7 PM BUDDHIST RECOVERY</p> <p>8 PM AA FREAKY FRIDAY</p>	<p>10:30 AM NA CLEAN DOODZ CLUB</p> <p>12 AA 12x4</p> <p>6:30 PM AA HOW IT WORKS</p> 	<p>9:15 AM AA HIGHLIGHTERS</p> <p>6 PM AA INTO ACTION</p> 
			<p>TUESDAY</p> 	<p>Thursday, May 16<sup>th</sup> 2019</p> <p>Main Street Landing Film House</p> <p>3<sup>rd</sup> ANNUAL</p> <p><i>Comedy Night</i></p> <p>FOR RECOVERY</p>	<p>FRIDAY</p> 		
PROGRAMS	<p>10:30 AM RECOVERY COMMUNITY YOGA</p> <p>2 PM Y12SR YOGA</p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p> 	<p>9:30 AM MOMS IN RECOVERY SUPPORT GROUP</p> <p><b>REIKI</b> <b>2 PM 5/14 AND 5/27</b></p> <p>★ <b>NOW EVERY WEEK!</b> ★ <b>2:00 – 4:00</b> <b>ASIAN BODY THERAPY ACUDETOXI</b></p> <p><b>3 PM</b> <b>TAI CHI</b></p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p>	<p>10:30 AM RECOVERY COMMUNITY YOGA</p> <p><b>3:00 PM</b> <b>MAY 15<sup>TH</sup></b> <b>REHUMAN!</b></p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p> <p><b>6:30 pm</b> <b>LAUGHING RIVER YOGA</b></p> <p><b>5:30 PM 5/8</b> <b>TPCCC BOARD MEETING</b></p>	<p>9:30 AM MOMS IN RECOVERY SUPPORT GROUP</p> <p><b>1:00 PM</b> <b>ROCK-N-RECOVERY</b></p> <p>1 PM VOLUNTEER ORIENTATION</p> <p>5 PM SANGHA YOGA</p> <p>5 PM CLOSED RECOVERY SUPPORT HOURS END</p> <p><b>STARTING 5/16!</b> <b>5:30 pm</b> <b>GIVING VOICE TO LOVED ONES</b> <b>SUPPORTING SOMEONE IN RECOVERY</b></p>	<p>10:30 AM RECOVERY COMMUNITY YOGA</p> <p><b>*NEW!*</b> <b>Starting on 5/10</b> <b>3:00 pm</b> <b>Optimum</b> <b>Acupuncture</b></p> <p><b>1:30 PM 5/31</b> <b>LAST FRIDAYS OF THE MONTH MASSAGES!!!</b></p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p>	<p>10 AM 5 PM OPEN ART</p> <p><b>2 PM</b> <b>THE SATURDAY SHIMMY!</b> <b>AMERICAN TRIBAL BELLY DANCING!</b></p> 	<p><b>REIKI</b> <b>1:30 PM 5/12 AND 5/26</b></p> <p>2 PM SUNDAY AT THE MOVIES!</p> <p>5 PM CLOSED – RECOVERY SUPPORT HOURS END</p>  <p><b>May 5<sup>th</sup> VALLEY VISTA REUNION!</b></p> <p><b>1:00 PM – 4:00</b></p>

BECOME A VOLUNTEER - MAKE A DIFFERENCE



**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.

**\*NEW!\*** WED. 5 PM



**MARRA**  
Medication - Assisted Recovery Anonymous

**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 sarag@turningpointcentervt.org

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

**THE SATURDAY SHIMMY!**  
AMERICAN TRIBAL BELLY DANCING!  
SATURDAYS AT 2:00 PM!

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 Specialists**

The Turning Point Center offers Recovery Peer Support Workers Mon-Sun between 9 am and 5 pm. Recovery Peer Support Specialists 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 Specialists**

The Turning Point Center now offers peer-to-peer support outside the walls of the recovery center. Outreach Peer Support Specialists 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

**MAY 2019!**



TUE. AT 3 PM  
**TAI CHI**  
A MARTIAL ART FOR RELAXATION, SELF AWARENESS, AND WELL BEING

ART STUDIO OPEN  
**ART HAPPENS HERE**

**ASIAN BODYWORK THERAPY ACUDETOX**  
NOW EVERY TUESDAY!  
2:00-4:00  
Acudetox addresses pressure points shown to encourage detoxification and alleviate symptoms of withdrawal.  
\*beads and needles



Come stretch it all out!  
Every Wednesday at 6:30 pm

**Rock-N-Recovery**



STARTING 5/16 5:30 PM  
GIVING VOICE  
A writing and poetry writing workshop for loved ones supporting someone in Recovery

COME DOWN AND ROCK OUT! THURS. 1 PM

