

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>10:30 AM</b> RECOVERY COMMUNITY YOGA</p> <p><b>12:00</b> NA BEAUTIFUL ADDICTS</p> <p><b>1:15 PM</b> Ted Talks</p> <p><b>2 PM</b> Y12SR YOGA</p> <p><b>4:00 PM</b> DON'T WAIT, MEDITATE!</p> <p><b>5 PM CLOSED –</b> RECOVERY SUPPORT HOURS END</p> <p><b>5:30 PM</b> <b>INTRO 2 FITNESS</b></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>3:30 PM</b> <b>TAI CHI</b></p> <p><b>4:00 PM</b> <b>COLOR DISCOVERY</b></p> <p><b>5 PM CLOSED –</b> RECOVERY SUPPORT HOURS END</p>  <p><b>5:30 PM</b> AA WAY OF LIFE</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>10:30 AM</b> RECOVERY COMMUNITY YOGA</p> <p><b>5:00 PM</b> <b>LAUGHING RIVER YOGA</b></p>  <p>LAUGHING RIVER YOGA</p> <p><b>5:00 PM CLOSED –</b> RECOVERY SUPPORT HOURS END</p> <p><b>5:30 PM</b> FAMILIES COPING WITH ADDICTION</p> <p><b>5:30 PM 7/10</b> <b>TPCC MONTHLY BOARD MEETING</b></p> <p><b>7:00 PM</b> MA STONE FREE</p> 	<p><b>FOURTH OF JULY</b></p>  <p><b>12:00</b> NA BEAUTIFUL ADDICTS</p> <p><b>1:00 PM</b> VOLUNTEER ORIENTATION</p> <p><b>5:00 PM</b></p> <p><b>sangha yoga</b></p> <p><b>5:00 PM CLOSED –</b> RECOVERY SUPPORT HOURS END</p> <p><b>6:00 PM</b> <b>SIGN IT!</b> ASL 1</p>  <p><b>6:30 PM</b> AA PRAYER AND MEDITATION</p>	<p><b>10:30 AM</b> RECOVERY COMMUNITY YOGA</p> <p><b>3:00</b> OPTIMUM ACUPUNCTURE</p> <p><b>5:00 PM CLOSED –</b> RECOVERY SUPPORT HOURS END</p> <p><b>6:30 PM</b> AA GIRLS NIGHT OUT</p> <p><b>7:00 PM</b> BUDDHIST RECOVERY</p> <p><b>8:00 PM</b> AA FREAKY FRIDAY</p> <p><b>SURPRISE ATTACKS</b></p> 	<p><b>10:30 AM</b> <b>NA CLEAN DOODZ CLUB</b></p> <p><b>12:00</b> AA 12 x 4</p> <p><b>2:00 PM</b> THE SATURDAY SHIMMY AMERICAN TRIBAL BELLY DANCING</p> <p><b>3:00 PM</b> <b>LIFE CASTING</b></p> <p><b>*NEW* STARTS 7/19</b> <b>5:00 PM</b> <b>VETS FOR VETS 12 STEP GROUP</b></p> <p><b>5:00 PM CLOSED –</b> RECOVERY SUPPORT HOURS END</p> <p><b>6:30 PM</b> AA HOW IT WORKS</p> 	 <p><b>9:15 AM</b> AA HIGHLIGHTERS</p> <p><b>12:00</b> CODA <i>Codependents</i> <i>Anonymous</i></p> <p><b>*NEW*</b> <b>1:00 PM</b> <b>SEW EASY!</b></p> <p><b>1:30 PM 7/14</b> REIKI</p> <p><b>2:00 PM</b> SUNDAY AT THE MOVIES!</p> <p><b>5:00 PM CLOSED –</b> RECOVERY SUPPORT HOURS END</p> <p><b>6:00 PM</b> AA INTO ACTION</p>

Come Learn A Valuable Way  
To Communicate  
And Make New Connections!

## SIGN IT!

American Sign Language 1  
Thursdays at 6:00 PM



### Y12SR YOGA

**Mondays 2 PM**

A unique blending of a  
meeting and a Yoga  
class!



12:00 Sundays

### **\*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

### INTRO 2 FITNESS

Experience the benefits of Circuit Training!  
Learn how to use basic gym equipment!  
Guidance from a Certified Personal Trainer!  
**5:30 pm MONDAYS**

### 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  
SUITE 301  
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

**JULY 2019!**



WE HAVE  
GYM  
EQUIPMENT!



#468

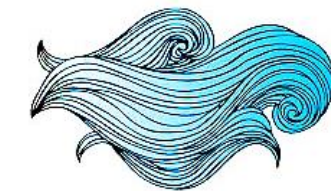
ART  
STUDIO  
OPEN

ART HAPPENS HERE



7:00 pm  
"Stone Free"  
Wednesdays

Like us on  
facebook



LAUGHING RIVER YOGA

Come  
stretch it all  
out!

Every  
Wednesday  
at 5:00 pm

**BRACE YOURSELVES**  
  
**SUMMER IS COMING**