

# Weekly Schedule

## Recovery Groups & Meetings



Turning Point Center  
OF CHITTENDEN COUNTY

### Monday

9:30 AM - In person Yoga w/Krista  
12 PM - AA Nooner  
12 PM - NA Beautiful Addicts  
2 PM - Online Y12SR Yoga w/Krista

### Tuesday

10:00 AM - 3:00 PM - HireAbility w/Jacob & Venssa  
9:30 AM - Breaking Chains  
12:00 PM - AA Nooner  
1:30 PM - Al-Anon  
5:30 PM - AA Way of Life  
5:00 PM - Nic-Anon  
6:00 PM - The Family Restored  
6:30 PM - NA Beautiful Addicts  
6:30 PM - SMART Recovery

### Wednesday

10:30 AM - Online Yoga w/Krista  
12:00 PM - AA Nooner  
1:30 PM - Creative Writing  
3:30 PM - AA Ask About Sobriety  
5:30 PM - Families Coping w/Addiction(online & in-person)  
7:30 PM - Online Y12SR Yoga w/Krista

### Thursday

11:00 AM - 12:00 PM - Burlington Housing Authority w/Evan  
12:00 PM - AA Nooner  
1:00 PM - SMART Recovery

### Friday

10:30 AM - In person Yoga w/Robin  
12:00 PM - AA Nooner  
2:00 PM - Celebrate Recovery  
2:00 PM - Online Yoga w/Lauri  
**5:00 PM - Writers for Recovery (Starts, 7/19)** *NEW!*  
6:00 PM - AA Women's Big Book Meeting (Seeking the Solution)

### Saturday

12:00 PM - AA Nooner

### Sunday

9:30 AM - Sober Sunday  
10:30 AM - Nic-Anon  
12:00 PM - AA Nooner  
2:00 PM - AA One Sparkle at a Time (Transformation)  
3:30 PM - AA Gift of Desperation

### News

#### SAVE THE DATE!

#### Free Event:

Raving for Recovery  
Saturday, August 24  
4:30 PM - 9:00 PM  
City Hall Park

Free music, food and fun. Open to all. Come celebrate recovery in Vermont!

Note: Please review center policies posted on wall or at the front desk. Policies must be followed by all guests.

#### In our center you can:

- Meet with a Recovery Support Staff or Coach
- Do an intake for a Recovery Coach
- Participate in recovery meetings
- Engage in Yoga & mindfulness sessions
- Attend writing, arts, and crafting groups
- Connect with your recovery community
- Access computers and services
- Have access to a safe, supportive space

**Turning Point Center of Chittenden County**  
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