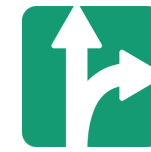


# Weekly Schedule

## Recovery Groups & Meetings



Turning Point Center  
OF CHITTENDEN COUNTY

### Monday

9:30 AM - Inperson & Online  
Yoga w/Krista  
12 PM - AA Nooner  
12 PM - NA Beautiful Addicts  
2 PM - Online Y12 Yoga  
w/Krista

### Tuesday

10:00 AM - 3:00 PM -  
HireAbility w/Jacob &  
Vansesa  
9:30 AM - Breaking Chains  
12:00 PM - AA Nooner  
5:30 PM - AA Way of Life  
6:00 PM - The Family  
Restored  
6:30 PM - NA Beautiful  
Addicts

### Wednesday

9:30 AM - Online Yoga w/  
Tersea  
12:00 PM - AA Nooner  
1:30 PM - Creative Writing  
5:30 PM - Families Coping  
w/Addiction(online & in-  
person)  
7:30 PM - Online Y12 Yoga  
w/Krista

### Thursday

12:00 PM - AA Nooner  
1:15 PM - SMART Recovery

### Friday

9:30 AM - Transformations  
Spiritual Study  
9:30 AM - Online Yoga  
w/Teresa  
12:00 PM - AA Nooner  
5:30 PM - SMART Recovery  
6:00 PM - AA Women's Big  
Book Meeting (Seeking the  
Solution)

### Saturday

12:00 PM - AA Nooner  
1:30 PM - Artists Anonymous

### Sunday

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

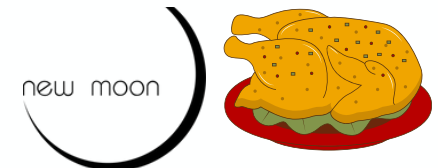
Note: Please review center policies  
posted on wall or at the front desk.  
Policies must be followed by all guests.

### News

#### Thanksgiving Dinner

Thursday, November 28  
1:00 PM - 3:00 PM

Delicious turkey dinner  
generously provided by  
**New Moon Cafe!**



#### 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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(802) 861-3150 [www.turningpointcentervt.org](http://www.turningpointcentervt.org)