

# WEEKLY SCHEDULE

## Recovery Groups & Meetings



Turning Point Center  
OF CHITTENDEN COUNTY

### MONDAY

9:30 AM: Online Recovery Yoga  
11 AM: Debtors Anonymous  
12 PM: AA Nooner  
12 PM: NA Beautiful Addicts  
2 PM: Online Y12 Yoga

### TUESDAY

9:30 AM: Breaking Chains  
10 AM - 3 PM: HireAbility  
12 PM: AA Nooner  
5:30 PM: AA Way of Life  
6:30 PM: In-Person Recovery Yoga  
6:30 PM: NA Beautiful Addicts

### WEDNESDAY

9:30 AM: Online Yoga  
12 PM: AA Nooner  
1 PM: All Recovery Meeting at Burlington Probation & Parole  
5:30 PM: Families Coping with Addiction  
7:30 PM: Online Y12 Yoga

### THURSDAY

10 AM - 2 PM: HireAbility  
10:30 AM: Marijuana Anonymous  
12 PM: AA Nooner  
1 PM: Recovery Dharma  
1:15 PM: SMART Recovery

### FRIDAY

9:30 AM: Transformations Spiritual Study  
10:30 AM: Parents in Recovery: All Recovery Group  
12 PM: AA Nooner  
1:30 PM: Emotional Sobriety  
5:30 PM: SMART Recovery  
6 PM: AA Women's Big Book Meeting (Seeking the Solution)

### SATURDAY

11 AM - 1 PM: Parents in Recovery Playgroup  
12 PM: AA Nooner  
1:30 PM: Fathers in Recovery

**FREE Playgroup for parents in recovery, 11 am - 1pm 1st & 3rd Saturday of the Month**



### SUNDAY

9:30 AM: AA Sober Sunday  
12 PM: AA Nooner  
2 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

#### FREE ACUPUNCTURE & ACUPRESSURE

##### The Benefits

- ✓ Reduces cravings for alcohol and other drugs (including nicotine)
- ✓ Decreases anxiety and agitation
- ✓ Relieves from stress & trauma
- ✓ Increases calmness, better sleep
- ✓ Improves connection with others & healing treatment providers

**FREE Acupuncture! Friday 2/7 & 2/14!**

#### 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

179 South Winooski Avenue | Burlington, VT 05401  
(802) 861-3150 [www.turningpointcentervt.org](http://www.turningpointcentervt.org)