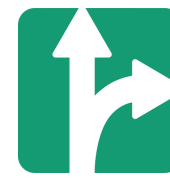


WEEKLY SCHEDULE

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