

## 12-STEP PROGRAMS

All Meeting are Accessible to the Physically Challenged

**Meeting Legend Key:**

**C = Closed      O = Open**

**D= Discussion ST= Step Meeting S= Speaker BB=Big**

**Book LS=Living Sober L=Literature**

### Sunday

9am - The Highlighters AA - O/ST

12PM - CoDA

6PM - Into Action AA - O/BB

8PM - Live & Let Live AA - O/D

### Monday

12PM - The Clean Livers AA - O/L

2PM - Before The Drink AA - O/D

6:30PM - How It Works AA - O/D

8PM - Step Into Recovery NA – O/ST

### Tuesday

5:30PM - Way Of Life AA - O/BB/D

6:30PM - Marijuana Anon - O

7PM - Proud And Sober AA - O/GLBT

### Wednesday

6:30PM - Came 2 Believe AA – O/ST/D

7:30 PM – Recovery-Based Open Meditation

### Thursday

1PM – CoDA Step Mtg. - O/ST

5:30PM – Chapter 2 Step Mtg. Cocaine Anon. O/ST

6:30PM - Prayer And Meditation Meeting AA- O/D

8PM - At The Turning Point AA - O/SP/D

10PM - Candlelight AA - O/BB/D

### Friday

7:30am - O.A. Step Mtg. - O/ST/D

12PM – NA Meeting – O/

6:30PM - Girls Night Out - O/W/D

10PM - Candlelight AA - O

### Saturday

9:30am – Promises - O/SP/D

12PM - 12x4 AA - O/ST

6:30PM - Big Book Step Speaker AA - O/S/BB/ST

10PM - Candlelight AA – O

## NON 12-STEP PROGRAMS

### Sunday 2PM - Movies

### 7:15AM – Monday - Thursday

### MEDITATION

### Monday – Thursday 8AM -9AM

**MORNING WORKOUT:** All Levels Are Welcome, Be Sure To Wear Comfortable Clothing And Sneakers.

### Monday – Thursday 9am - 12pm

**JAVA TALK:** Come Hang Out And Enjoy Some Relaxing Conversation With One Another. Coffee And Tea Provided. Snacks Are Welcome.

### Tuesday 1PM-3PM

**OPEN ARTS W/ DJANGO:** Let's Make Art!

### Wednesday 11:30 am

### Ashtanga-inspired Vinyasa class

Led by Jasen Morin, focuses on pranyama(breathing) and asana(postures).

We welcome all ages and skill levels!

### Thursday 4PM

**STRAIGHT TALK:** A Woman's Group By And For Women. This Is A Closed Group. To Join, You Must Be Interviewed By David Huesman.

### Friday 9:15AM

**MAKING RECOVERY EASIER:** This Is An Open Format Meeting For All To Help Make The Path To Recovery Easier.

### Friday 1:30PM

**RECOVERY THRU EXPRESSION:** Writing, Art, Music: Think About The Medium You Want To Try & We'll Help You Develop It!

### Friday 4PM

**ACCUDETOX:** Stress Management Meditation Group.

## Friday 6PM

**Faith Based Support Group** This group is lead by Pastor Pete and Jo Fiske for those who have spent time in jail or prison. The group is meant for both males and females, but gender-specific topics are also addressed when males and females split into two separate rooms at the end of the group.

### BY SIGNUP -

**GUITAR W/ DJANGO:** Basics, Theory, Songwriting & Recording

## SPECIAL EVENTS FOR THIS MONTH!

### Special Film Presentation

“Ask Us Who We Are”

A film about foster care. Reception to follow. Meet the director & people from the documentary.

February 8<sup>th</sup> – 1:00 PM

### Volunteer Training

Thursday, February 17th  
at 1:00 PM & 6:00 PM

### Open Mic Night

Saturday, February 18th  
at 8:30 PM

### Game Night

February 28<sup>th</sup>  
at 7:00 PM

### COMING SOON:

#### Drumming

Bring your rhythm.

### All Recovery Meeting

12-step meeting where all addictions are welcome.  
No affiliation with any particular group.

## TURNING POINT STAFF

Hannah Rose

Executive Director

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Stephen Baker

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Crow Cohen

Intern Coordinator

Django Huelphers

Arts & Music Coordinator

Dale & Don

Evening Managers On Duty

Recovery Coaches:

*Kelly E., Shane K., Ken D.,  
Hannah R., Mike C., Krista J.,  
Scudder K., Tim D., Cathy A.,  
Diane V., Courtney, Namoi,  
Tim M.*

### **What Does A Recovery Coach Do?**

A recovery coach is a partner in recovery that helps you to build a healthy life. They are often peers in the recovery process and have valuable experiences from their own paths to recovery that let them relate to you and help you work out your own path.

#### **Recovery coaches work with you to:**

- ▲ create a healthy vision for recovery, while supporting all paths to recovery- whatever yours may be
- ▲ help make decisions about how to improve your life
- ▲ help you stop or reduce drinking and using to limit the harms they may cause
- ▲ create a Recovery Wellness Plan to help with the progress of your recovery
- ▲ explore and connect with recovery and human resources (including treatment programs, recovery centers, mutual support groups and more)

Recovery coaches meet you where you are, whether you are drinking or using, you're already in recovery, or if you're simply concerned about someone else's substance abuse. All you need is a commitment to recovery. Recovery coaches always keep all conversations confidential.

**For more information contact Steve Baker**

# FEBRUARY



### **HOURS OF OPERATION**

Sunday – Wednesday 9:00 am - 9:30 PM

Thursday – Saturday 9:00 am - 11:30 PM

The Turning Point Center of Chittenden County does not have any affiliation with any 12 step recovery groups. The Turning Point is a non-profit organization that provides the space for various 12 step meetings, but the Turning Point Center is not affiliated with any of these groups. The Turning Point Center is dedicated to providing a safe and supportive place, open to everyone interested in recovery, as well as their families.



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Turning Point Center is a 501 (c)(3) non-profit organization that relies on the support of our community to meet the needs of the center. All gifts are tax-deductible to the full extent allowed by law.