



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Membership QRCode</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>Not a Member Yet?</b></p> <p><b>Membership is FREE!</b> Please fill out the form using the QRCode. →</p> 		<p>11am <b>SMART Prep and Development</b></p> <p>12pm SMART Recovery Zoom/In Person</p> <p>6:30pm <b>Steps 1-3 Workshop (Closed)</b></p>	<p>12pm YP Recovery Dharma</p> <p>1:30pm <b>Backyard CookOUT!</b></p> <p>6pm <b>Steps 8-12 Workshop (Closed)</b></p> <p><b>7:15pm</b> Your TURNing Point Fire Pit Meeting</p>		<p>10am Steps 4-7 Workshop <b>(Closed)</b></p> <p>10:30am Navigating Through... Recovery Support Group</p>
<p><b>6</b></p> <p>6pm <b>Health 4 U Workshop</b></p> 	<p><b>7</b></p> <p>12pm <b>Community Meeting</b></p> <p>2pm <b>50+ Focus Group</b></p> <p>6:30pm Family Recovery Support</p>	<p><b>8</b></p> <p>11am <b>SMART Prep and Development</b></p> <p>12pm SMART Recovery Zoom/In Person</p> <p>6:30pm <b>Steps 1-3 Workshop (Closed)</b></p>	<p><b>9</b></p> <p>12pm YP Recovery Dharma</p> <p>6pm <b>Steps 8-12 Workshop (Closed)</b></p> <p><b>7:15pm</b> Your TURNing Point Fire Pit Meeting</p> 	<p><b>10</b></p> <p>6pm <b>PAINT NIGHT!</b></p> <p>In-Person</p>	<p><b>11</b></p> <p>10am Steps 4-7 Workshop <b>(Closed)</b></p> <p><b>WALPOLE DAY!</b> 1-3pm Stone Field/ within walking distance</p> <p>10:30am Navigating Through... Recovery Support Group</p>
<p><b>13</b></p> <p>6pm <b>Health 4 U Workshop</b></p>	<p><b>14</b></p> <p>12pm <b>Community Meeting</b></p> <p>6:30pm Family Recovery Support</p>	<p><b>15</b></p> <p>11am <b>SMART Prep and Development</b></p> <p>12pm SMART Recovery Zoom/In Person</p> <p>6:30pm <b>Steps 1-3 Workshop (Closed)</b></p> <p>6pm <b>DIAMOND DOT CRAFT!</b></p>	<p><b>16</b></p> <p>12pm YP Recovery Dharma</p> <p>5:30pm <b>Backyard CookOUT!</b></p> <p>6pm <b>Steps 8-12 Workshop (Closed)</b></p> <p><b>7:15pm</b> Your TURNing Point Fire Pit Meeting</p>	<p><b>17 Join US!</b></p> <p><b>JUNETEENTH Celebration</b> <b>Sun. 7/19</b> Walpole Common 11am-2pm</p>	<p><b>18</b></p> <p>10am Steps 4-7 Workshop <b>(Closed)</b></p> <p>10:30am Navigating Through... Recovery Support Group</p>
<p><b>20</b></p> <p><b>CLOSED</b></p> <p><b>IN OBSERVATION of Juneteenth</b></p> <p>6pm <b>Health 4 U Workshop</b></p>	<p><b>21</b></p> <p>12pm <b>Community Meeting</b></p> <p>6:30pm <b>Heart with Hope Restorative YOGA (For Loved Ones)</b></p>	<p><b>22</b></p> <p>11am <b>SMART Prep and Development</b></p> <p>12pm SMART Recovery Zoom/In Person</p> <p><b>5:30pm Environmental Wellness Workshop (zoom)</b></p>	<p><b>23</b></p> <p><b>7:15pm</b> Your TURNing Point Fire Pit Meeting</p>	<p><b>24</b></p>	<p><b>25</b></p> <p><b>CLOSED</b></p> <p><b>JOIN US</b> <b>Canobie Lake Park!</b> Meet at the Center 7:30am</p>
<p><b>27</b></p> <p>6pm <b>Health 4 U Workshop</b></p>	<p><b>28</b></p> <p>12pm <b>Community Meeting</b></p> <p>6:30pm Family Recovery Support</p>	<p><b>29</b></p> <p>11am <b>SMART Prep and Development</b></p> <p>12pm SMART Recovery Zoom/In Person</p>	<p><b>30</b></p> <p><b>7:15pm</b> Your TURNing Point Fire Pit Meeting</p>		

**Our 2<sup>nd</sup> 50 Plus Focus Group- (SAVE the DATE)** this group will be meeting Tuesday, the 7<sup>th</sup> at 2pm for those over 50 yrs. old that would like to discuss support meetings and activities for like minded, age related, individuals in recovery.

**Backyard CookOUTS!**- Please join us for our Bi-Weekly family friendly summer cookouts! Held on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. (Please Check date for times)

**Canobie Lake Park-** Join us on a fun day trip full of rides and games for all! June 25<sup>th</sup>, 8am-6:30pm / Please arrive at the Center at 7:30am. The bus leaves at 8am. Breakfast will be provided!

**Community Meeting-** an open meeting to the Community where we embrace your thoughts, ideas, questions or concerns regarding all recovery and wellness needs. We discuss outreach and volunteer opportunities as they come up.

**Diamond Dot Art-** Similar to cross stitch and paint by number, this is a new craft where you easily affix vibrantly colored resin rhinestones to a self-adhesive canvas. It does not require any special skills, and anyone can make beautiful diamond artworks that shimmer and sparkle!

**Environmental Wellness-** This workshop is a peer to peer interactive workshop where we'll be discussing the environment and how it can have an incredible impact on our overall wellness. What part of our environment can we control or take action steps to improve upon and how do we cope with the parts we cannot control...like the many distractions that surround us.

**Health4U-** (In-Person Only) –Turning Point Recovery Support Center invites you to attend a NEW program, Health4U, starting MAY 2nd. This eight-week program identifies the 8 limbs of healthy living. Angela Cote, Certified Yoga and Wellness Instructor, will present this program highlighting ways to live a happier and healthier life.

**Juneteenth Celebration-** Join us in celebration to commemorate the emancipation of enslaved people in the U.S. Held JUNE 19<sup>th</sup> in the Walpole Common from 11-2pm

**Family Recovery Support (In-Person Only)** - Our family support group will offer a confidential, supportive, and respectful space to share our experiences, strength, and hope when it comes to coping with our loved one's addiction. This group is offered in-person only.

**Navigating Through... (In-Person Only)-** Life in Recovery can be challenging at times, but if we break it down and focus on what's in front of us (one thing at a time) it can be less overwhelming. Sometimes just sharing out loud helps us to Navigate through...whatever seems to be weighing us down at the moment.

**Paint Night-** Let's get creative and have fun. We're bringing in a professional to guide us through in developing a beautiful canvas to take home!

**Heart With Hope Restorative Yoga-** this yoga practice, slows down the body + mind, through passive movement. Your guide also uses insights and tools for daily living to help alleviate stress.

**SMART Recovery Prep and Development-** Join us Wednesday's at 11:00am to go more in depth into the SMART Recovery Workbook, learning and understanding the tools, the different practices SMART encourages, and all while developing facilitation and meeting prep work.

**SMART Recovery (hybrid)** - A science-based self-help support group whose methods can be used to alter any negative thinking or behavior (substance abuse, eating disorders, gambling, etc.)  
Zoom ID:5086683960

**Your TURNing Point Recovery Support Meeting (In-Person Only)-** This meeting is for anyone striving for recovery no matter what the specific substance may be. Each meeting, we have 3 topics to choose from, followed by a reading and discussion format in hopes everyone gets a TURN to share on the topic or whatever is on your mind at the time.

**YP Recovery Dharma-** Many Recovery Dharma meetings combine meditation with readings from the book to inspire discussion, others focus on meditation and sharing alone, while others have special formats like speaker meetings or self-inquiry practice. Let us decide what works for us as we go through the book together Thursdays' at noon here at Turning Point!