

Recovering Out Loud

The newsletter of Turning Point Bennington

Issue No. 5 - December 2024 - Hope Starts Here

Welcome to Recovering Out Loud, the newsletter of Turning Point Bennington. We bring you news and views from our recovery community in every issue. Enjoy!



It's Been a Remarkable Year!

Dynamic may be the best way to describe 2024 for TPC. Our staff, volunteers and supporters brought it home this year with a slew of successes to celebrate. We saw a 117% surge in individuals and families seeking our peer coaching. Our pilot collaboration with Bennington Rescue got off to a rolling start, extensive renovations began on a new recovery residency for men, and our 1st annual Soberfest drew 500+ visitors. Local supporters increasingly recognized TPC's importance in our community, generously giving to our year-end fundraising drive. Our work continues in 2025, and it already looks set to be another high-octane year!

We'd like to take this opportunity to thank our hard-working staff, our partners and donors, our volunteers and, of course, the community that supports us. Most of all we'd like to thank all of our clients who participate in our peer coaching, family support, and our wellness programs. We are here for you! A very Happy Holiday season to you all!

But before you ring in the New Year, here is a look back on a remarkable 2024...

Our 1st annual Soberfest drew over 500 attendees.





Our Outreach team's efforts led to a 117% surge in individuals and families seeking peer coaching.

We kicked off our first-in-Vermont program that targets individuals with Substance Use Disorder who declined transport to the hospital.



TPC helped Bennington become the 2nd Vermont community to provide 24/7 harm reduction via its own Narcan vending machine.



An art exhibition sponsored by one of our volunteers helped raise money for TPC programs.



TPC fed hundreds of members of Bennington's recovery community throughout the year.



Our staff distributed hundreds of harm reduction kits.

TPC substantially increased our number of recovery groups, offering everything from wellness to writing to outdoor fun.



We were grateful recipients of Socktober donations, allowing us to deliver winter socks to those in need.

This year saw the start of renovations at TPC's new men's recovery house. Our grand opening is expected this coming year.



We had a blast at Mayfest!



What an honor to win the Community Partner Award from the Sunrise Family Resource Center.

Peckham Industries turned 100, and we were there to celebrate.



We joined much of Vermont on Greenup Day to help cleanup our roads and waterways.



We welcomed new staff, board members, and volunteers.



from all of us at Turning Point.
We're looking forward to more great things in
the new year!



TURNING POINT'S BOARD OF DIRECTORS

President: Diana "Dee" Myrvang
Vice President: Phillip Steadman
Secretary: Melissa Schnare
Treasurer: Frank Cody
Moirra Spivey
Fred Bragdon
Patricia Johnson

TPC Bennington Groups at a Glance

"We Stood at the Turning Point" Group: An open AA meeting that any member of the community may attend.

[Meets at Turning Point Center, Mondays, Wednesdays, and Fridays from Noon to 1:00 pm]

Mindful Monday Meditation: Learn how to use meditation to guide your path to recovery from addictions, including alcohol and substances. All are welcome!

[Meets at Turning Point Center, Monday 6:00-7:00 pm]

Women's All-Recovery Group: You are in charge of your life, and you get to decide how to live it. All recovery paths are respected and welcome.

[Meets at The Coffee Bar, 109 South Street, Tuesday 4:00-5:00 pm]

Writers for Recovery Workshop: Discover the power of the written word to process trauma, build self-esteem, and support healthy, sustained recovery.

[Meets at Turning Point Center. Tuesday 4:15-5:45 pm]

Zen Family Wellness: If you're in recovery, you are invited to enjoy quality family time with mindfulness games, crafts, and activities for people of all ages.

[Meets at Turning Point Center. Tuesday 5:00-6:00 pm]

Breathwork and Focus for Anxiety Control: Learn breathing techniques that let your body slow down and find the balance between what your feeling, thinking, and actually experiencing.

[Meets at Turning Point Center, Wednesday 3:30-4:00 pm]

Exploring Yoga Styles: Explore the subtleties of each style, and learn how regular practice can help improve your strength, flexibility, balance and overall well-being.

[Meets at Turning Point Center, Wednesday 4:00-5:00 pm]

ACoA - The Body, Mind and Spirit Group: Share in a safe, nonjudgmental environment to identify and heal core trauma, experience freedom from shame and abandonment, and become your own loving parent.

[Meets at Turning Point Center, Wednesday 6:30-7:30 pm]

Emotional Sobriety-Reading/Open Discussion Men's Group: In this reading/open discussion group we explore the book "Emotional Sobriety: The Next Frontier."

[Meets at Turning Point Center, Thursday 5:00-6:00 pm]

Art Therapy: Learn how to use art to guide your path to sustained recovery from addictions, including alcohol and substances. All are welcome!

[Meets at Turning Point Center, every third Thursday of the month, 3:00-4:30 pm]

Recovery Community Dinner: An expertly prepared dinner, free to all members of the community.

[Held at First Baptist Church, 601 Main Street, every 3rd Thursday of the month, 5:00-6:30pm]

Adventures in Recovery: Come share the exciting adventures sobriety has to offer. Feel the joy of trying new things with peers in a safe environment.

[Meets Saturday mornings. For time and meeting location call (802) 442-9700, M-F between 9 and 4]

DONATE

Turning Point Center of Bennington
is a 501(c)3 nonprofit.
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