WE KNOW THAT BEING A MOM IS THE TOUGHEST JOB IN THE WORLD...
AND BEING A MOM IN RECOVERY IS EVEN HARDER!

When moms or families are affected by substance use disorder it is typically the mom that holds the responsibilities of the children when families begin treatment and recovery. The New Moms In Recovery Support Program is here to help bridge the gap between treatment and being back in the community. We support moms in recovery become healthier parents for their children and family.

The program coordinator facilitates support groups several times weekly and presents topics in recovery and parenting from her own experiences searching for long term recovery.

THE STRUGGLE IS REAL - AND YOU'RE NOT ALONE!

FUNDING FOR THIS PROGRAM BEGAN WITH THE VERMONT DEPARTMENT OF HEALTH, DIVISION OF MATERNAL CHILD HEALTH, AND NOW IS BEING CONTINUED BY THE VERMONT DIVISION OF ALCOHOL AND DRUG ABUSE

WE'RE GROWING IN SO MANY WAYS!
COME VISIT US AT OUR NEW CENTER AT
179 SOUTH WINOOSKI AVENUE, BURLINGTON, VERMONT!

NEW MOMS IN RECOVERY

SUPPORT GROUP AT THE

Turning Point Center of Chittenden County
A safe and supportive environment for those in recovery...
What is Recovery?
Recovery is a personal commitment to, and action toward, reducing and repairing the harm addictive behaviors have caused to the mind, body, and spirit.

What is the Turning Point Center of Chittenden County?
The Turning Point Center of Chittenden County is a Recovery Center that provides a safe and sober environment for those seeking support and guidance in their Recovery. We have Peer Support Workers 7 days a week, 9 am – 5 pm, 365 days a year. We have over 200 support programs and Recovery meetings such as yoga, arts, workshops, meditation, employment consulting, Acudetox, Reiki, and many 12 step groups (AA, NA, MA, OA). Also, we offer Buddhist Recovery groups and Families Coping with Addiction.

What is a Recovery Coach?
A Recovery Coach is a partner who will support your defining and achieving a series of goals that help further your recovery. A coach will help link you with resources. Coaches provide support based on both personal experience and on-going training. Coaches are directly supervised and are bound by confidentiality.

How does the New Moms Program help pregnant women in recovery?
Pregnancy is a crucial time to support a woman in early recovery.

Vermont leads the nation in babies who are born having been exposed to drugs in the womb and experiencing withdrawal symptoms at birth. This is also because VT is a leader in helping pregnant women into medication assisted treatment, or MAT, when pregnant and seeking recovery. We support all paths to recovery and there is no judgement within the New Moms Program.

If you have entered treatment because of your baby, we will then support you to want to recover for yourself! Mothers who have given birth are the most vulnerable for overdose in the first 6 months to 1 year postpartum in recovery. The New Moms Recovery Support Program hopes to reduce this risk with information, resources, along with love and support for these brave new moms in recovery.

For more information on the New Moms in Recovery Program
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There’s no need to be perfect to inspire others. Let others get inspired by how you deal with your imperfections.

~ Ziad K. Abdelnour