

**THE NEW MOMS IN
RECOVERY
WEEKLY PROGRAMS**

- Tuesday** **Support Group- 9:30-11:30am**
Moms know best.
Take time to talk and learn from other moms.
Get support and have fun.
- Wednesday** **T.E.D. Talks to Mom- 10-11am**
Selected T.E.D. talks touching on issues from addiction, recovery, parenting or related issues to inform and provoke discussion.
- Thursday** **Support Group-9:30-11:30am**
Moms know best.
Take time to talk and learn from other moms.
Get support and have fun.
- Friday** **Crafty Parents- 1-2pm**
Creative ideas for you (and your budget) that kiddos will love to create (kiddos optional).
- Saturday** **Support Group- 4:30-5:30pm**
Moms know best.
Take time to talk and learn from other moms.
Get support and have fun.



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

**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

**NEW MOMS
IN
RECOVERY**



**SUPPORT
GROUP
AT THE**



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.



How does Peer Support work?

Studies have shown that having someone who has been through similar experiences provide the best support when it pertains to addiction and Recovery. We help you navigate systems and agencies in the community and provide valuable support in your Recovery path.

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.

THERE'S NO NEED TO BE PERFECT TO INSPIRE OTHERS. LET OTHERS GET INSPIRED BY HOW YOU DEAL WITH YOUR IMPERFECTIONS.

~ Ziad K. Abdelnour



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.

The New Moms Recovery Program has a Recovery Coach Specialist just for Moms.

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 post-partum 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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