

Toivo is a Center for Holistic Healing. Toivo is the Finnish word for "HOPE".

Our lived experience related to mental health, substance use, and trauma allows us to share mind-body practices with understanding, accessibility, and compassion.

Toivo offers a sacred space to explore holistic healing through a variety of modalities. We believe these intentional practices act as a catalyst to healing the whole self, and the collective community.

Our offerings are donation based. Any monetary contributions are appreciated, however no one is turned away for a lack of funds. Your presence is enough.

Toivo is an initiative of Advocacy Unlimited

**(860) 296-2338
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toivocenter.org**

Toivo Offerings June 2024



**1477 Park St
Hartford, CT
Suite 102**

COME AS YOU ARE



Drumming has the power to energize, relax, motivate, educate, heal, unite and inspire!

Come celebrate life, honor the season or simply create some positive vibes in this high-energy, experiential playshop.

Drummers & dancers of all ages, genders, and abilities are welcome. Bring your favorite instrument or share one of ours.

Key Code

Alt2Su= Alternatives to Suicide

Y12SR= Yoga for 12 Step Recovery

HVN= Hearing Voices Network

***= Bilingual as Needed/Bilingüe**

JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scan here to register for in person offerings! 						1 9:30-11am Valley Qigong and Tea 12-2pm Sage Circle
2 6-7:30pm Alt2Su on Zoom	3 9:30-10:30am Move! 12:30-1:30pm Walk and Talk 3:30-5pm Alt2Su on Zoom	4 10-11am Yoga 7-8pm Zumba *	5 3-4pm HVN 5-6:30pm Alt2Su	6 10-11am Yoga* 6-7:30pm Phoenix Yoga & Meditation 6:30-8pm Alt2Su on Zoom	7	8 9:15-11am Y12SR with Phoenix CT 1-2:30pm The Nourished Mama - A Motherhood Circle
9 6-7:30pm Alt2Su on Zoom	10 9:30-10:30am Move! 12:30-1:30pm Yarn & Chat 3:30-5pm Alt2Su on Zoom	11 6-7pm Qigong & Sound	12 3-4pm HVN 5-6:30pm Alt2Su	13 3:30-5pm Peer Gathering Space 6:30-8pm Alt2Su on Zoom 7-8pm Zumba	14 3-8pm Free Alternative Health Care Day with Ancient Healing Paths	15 9:30-11am Valley Qigong and Tea
16 6-7:30pm Alt2Su on Zoom	17 9:30-10:30am Move! 12:30-1:30pm Craft and Connection: Clothespin Dragonflies Plant Clips 3:30-5pm Alt2Su on Zoom	18 10-11am Yoga 12-1pm Breathwork for Recovery 7-8pm Zumba *	19 <i>Closed in observance of Juneteenth</i>	20 10-11am Yoga* 3:30-5pm Peer Gathering Space 6-7:30pm Phoenix Yoga & Meditation 6:30-8pm Alt2Su on Zoom	21	22 9:15-10:30am Community Yoga with Phoenix CT 2-3:30pm Community Drum & Dance Circle at Pope Park
23 6-7:30pm Alt2Su on Zoom	24 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring: June Bugs 3:30-5pm Alt2Su on Zoom	25 10-11am Yoga 6-7pm Qigong & Sound	26 3-4pm HVN 5-6:30pm Alt2Su	27 1:30-2:30pm Mixed Media Painting* 3:30-5pm Peer Gathering Space 6:30-8pm Alt2Su on Zoom 7-8pm Zumba	28 <i>Closed in observance of Pride Day</i>	29