



**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**

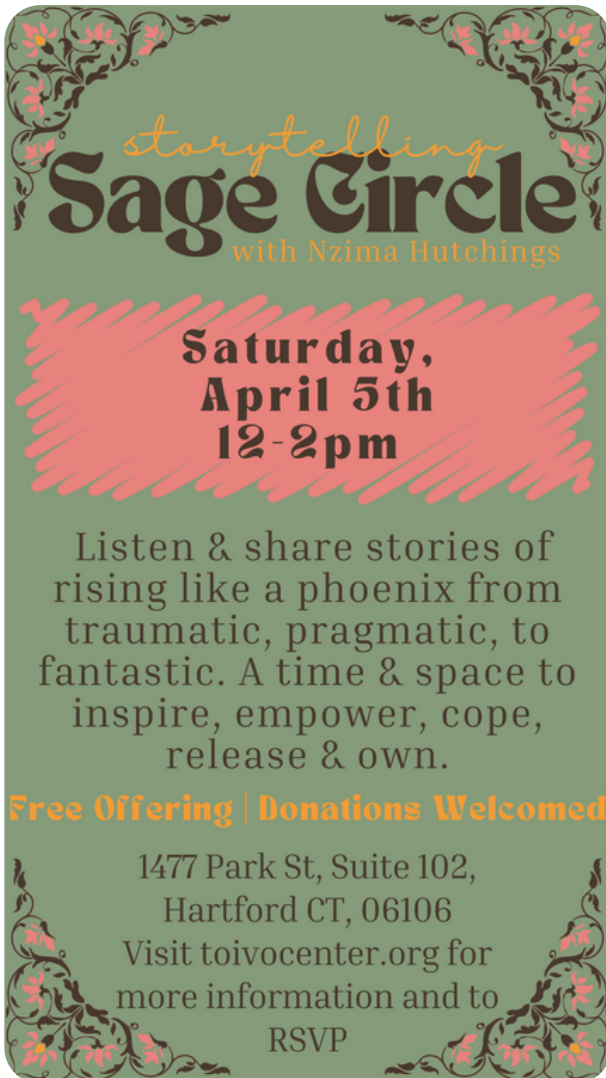
**(860) 296-2338  
connect@toivocenter.org  
toivocenter.org**

## **Toivo Offerings April 2025**



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

**COME AS YOU ARE**



*storytelling*  
**Sage Circle**  
with Nzima Hutchings

**Saturday,  
April 5th  
12-2pm**

Listen & share stories of rising like a phoenix from traumatic, pragmatic, to fantastic. A time & space to inspire, empower, cope, release & own.

**Free Offering | Donations Welcomed**

1477 Park St, Suite 102,  
Hartford CT, 06106  
Visit [toivocenter.org](http://toivocenter.org) for more information and to RSVP

# APRIL 2025

Key Code

Alt2Su= Alternatives to Suicide  
HVN= Hearing Voices Network

Y12SR= Yoga for 12 Step Recovery  
\*= Bilingual as Needed/Bilingüe

| SUNDAY                                                                                                                                                                             | MONDAY                                                                                                          | TUESDAY                                                                                            | WEDNESDAY                                                                                                         | THURSDAY                                                                                                                                                                                      | FRIDAY                                                                                                                         | SATURDAY                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div><a href="#">Scan here to register for in person offerings!</a></div> <div></div> | <div>2</div> <div></div>       | <div>3</div> <div>10-11am Yoga</div>                                                               | <div>4</div> <div>3-4pm HVN<br/>5-6:30pm Alt2Su</div>                                                             | <div>5</div> <div>10-11am Yoga*</div> <div>11am-2pm Intentional Space</div> <div>3:30-5pm Peer Gathering Space</div>                                                                          | <div>6</div> <div>11am-2pm Intentional Space</div>                                                                             | <div>7</div> <div>9:30-11am Valley Qigong and Tea</div> <div>12- 2pm Sage Circle</div>                                |
| <div>8</div>                                                                                                                                                                       | <div>9</div> <div>9:30-10:30am Move!</div> <div>12:30-1:30pm Walk &amp; Talk</div>                              | <div>10</div> <div>10-11am Phoenix Yoga &amp; Meditation</div> <div>6-7pm Qigong &amp; Sound</div> | <div>11</div> <div>3-4pm HVN<br/>5-6:30pm Alt2Su</div>                                                            | <div>12</div> <div>9:30-10:30am Phoenix Yoga &amp; Meditation</div> <div>11am-2pm Intentional Space</div> <div>2-3pm Zumba*</div> <div>3:30-5pm Peer Gathering Space</div>                    | <div>13</div> <div>11am-2pm Intentional Space</div> <div>3-4:30pm Intentional Reading*</div> <div>6:30-8pm Sound Healing</div> | <div>14</div> <div>9:15-11am Y12SR with Phoenix CT</div> <div>1-2:30pm The Nourished Mama - A Motherhood Circle</div> |
| <div>15</div>                                                                                                                                                                      | <div>16</div> <div>9:30-10:30am Move!</div> <div>12:30-1:30pm Yarn &amp; Chat</div>                             | <div>17</div> <div>10-11am Yoga</div> <div>12-1pm Breathwork for Recovery</div>                    | <div>18</div> <div>1-2:30pm Building Connections Through the Pages</div> <div>3-4pm HVN<br/>5-6:30pm Alt2Su</div> | <div>19</div> <div>10-11am Yoga*</div> <div>11am-2pm Intentional Space</div> <div>2:30-5pm Monthly Movie Matinee</div>                                                                        | <div>20</div> <div>11am-2pm Intentional Space</div> <div>3-4:30pm Intentional Writing and Art*</div>                           | <div>21</div> <div>9:30-11am Valley Qigong and Tea</div> <div>12-2pm Easter Bunny Cupcakes*</div>                     |
| <div>22</div>                                                                                                                                                                      | <div>23</div> <div>9:30-10:30am Move!</div> <div>12:30-1:30pm Craft &amp; Connection: Watercolor Painting</div> | <div>24</div> <div>10-11am Phoenix Yoga &amp; Meditation</div> <div>6-7pm Qigong &amp; Sound</div> | <div>25</div> <div>3-4pm HVN<br/>5-6:30pm Alt2Su</div>                                                            | <div>26</div> <div>9:30-10:30am Phoenix Yoga &amp; Meditation</div> <div>1-2:30pm Mixed Media Painting*</div> <div>3-4 Earth Day Community Clean Up</div> <div>4-5 Peer Gathering Space</div> | <div>27</div> <div><i>Closed for Professional Development</i></div>                                                            | <div>28</div> <div>9:15-10:30am Community Yoga with Phoenix CT</div>                                                  |
| <div>29</div>                                                                                                                                                                      | <div>30</div> <div>9:30-10:30am Move!</div> <div>12:30-1:30pm Meditative Coloring: April Showers</div>          | <div>31</div> <div>10-11am Yoga</div>                                                              | <div>32</div> <div>3-4pm HVN<br/>5-6:30pm Alt2Su</div>                                                            |                                                                                                                                                                                               |                                                                                                                                |                                                                                                                       |