

**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 May 2025**



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

**COME AS YOU ARE**

Bilingual as Needed

### **Mixed Media Painting** with Ana Young

**Thursday, May 29<sup>th</sup>  
1-2:30pm**

Explore and create art through combining mediums and materials such as paint, paper, wood, beads and etc!

**Pay What You Can - \$5 Suggested Donation  
No One Turned Away for Lack of Funds**



1477 Park St, Suite  
102, Hartford CT,  
06106

Visit [toivocenter.org](http://toivocenter.org)  
for more  
information and to  
RSVP!

# MAY 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>Scan here to register<br/>for in person offerings!</div> <div>➔</div> | <div></div>                     |                                                                                                    |                                                                                                                          | <div>1</div> <div>10-11am Yoga*</div> <div>11am-2pm Intentional Space</div> <div>3:30-5pm Peer Gathering Space</div>                                                      | <div>2</div> <div>11am-2pm Intentional Space</div>                                                                | <div>3</div> <div>9:30-11am Valley Qigong &amp; Tea</div> <div>12-2pm Grief Focused Sage Circle</div>                 |
| <div>4</div>                                                               | <div>5</div> <div>9:30-10:30am Move!</div> <div>12:30-1:30pm Walk &amp; Talk</div>                               | <div>6</div> <div>10-11am Yoga</div>                                                               | <div>7</div> <div>1-2:30pm Building Connections Through the Pages</div> <div>3-4pm HVN</div> <div>5-6:30pm Alt2Su</div>  | <div>8</div> <div>9:30-10:30am Phoenix Yoga &amp; Mediation</div> <div>11am-2pm Intentional Space</div> <div>2-3pm Zumba *</div> <div>3:30-5pm Peer Gathering Space</div> | <div>9</div> <div>11am-2pm Intentional Space</div> <div>3-4:30pm Intentional Reading*</div>                       | <div>10</div> <div>9:15-11am Y12SR with Phoenix CT</div> <div>1-2:30pm The Nourished Mama - A Motherhood Circle</div> |
| <div>11</div>                                                              | <div>12</div> <div>9:30-10:30am Move!</div> <div>10:30am - 12pm Cooking Through the Seasons: Spring Salad</div>  | <div>13</div> <div>10-11am Phoenix Yoga &amp; Meditation</div> <div>6-7pm Qigong &amp; Sound</div> | <div>14</div> <div>3-4pm HVN</div> <div>5-6:30pm Alt2Su</div>                                                            | <div>15</div> <div>10-11am Yoga*</div> <div>11am-2pm Intentional Space</div> <div>2:30-5pm Monthly Movie Matinee</div>                                                    | <div>16</div> <div>9am-5pm Closed for Recovery Support Specialist Retreat</div> <div>6:30-8pm Sound Healing</div> | <div>17</div> <div>9:30-11am Valley Qigong &amp; Tea</div>                                                            |
| <div>18</div>                                                              | <div>19</div> <div>9:30-10:30am Move!</div> <div>12:30-1:30pm Craft &amp; Connection: Tissue Paper Flowers</div> | <div>20</div> <div>10-11am Yoga</div> <div>12-1pm Breathwork 4 Recovery</div>                      | <div>21</div> <div>1-2:30pm Building Connections Through the Pages</div> <div>3-4pm HVN</div> <div>5-6:30pm Alt2Su</div> | <div>22</div> <div>9:30-10:30am Phoenix Yoga &amp; Meditation</div> <div>11am-2pm Intentional Space</div> <div>3:30-5pm Peer Gathering Space</div>                        | <div>23</div> <div>Closed for Professional Development</div>                                                      | <div>24</div> <div>1-2pm Peer Grief Support Group</div>                                                               |
| <div>25</div>                                                              | <div>26</div> <div>Closed in observance of Memorial Day</div>                                                    | <div>27</div> <div>10-11am Phoenix Yoga &amp; Meditation</div> <div>6-7pm Qigong &amp; Sound</div> | <div>28</div> <div>3-4pm HVN</div> <div>5-6:30pm Alt2Su</div>                                                            | <div>29</div> <div>1-2:30pm Mixed Media Painting*</div> <div>3:30-5pm Peer Gathering Space</div>                                                                          | <div>30</div>                                                                                                     | <div>31</div>                                                                                                         |