

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 July 2025



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

COME AS YOU ARE

Healing Through the Art of Music

HOW HAS MUSIC INSPIRED YOU? JOIN HEIDI AND MIRIAM FOR "HEALING THROUGH THE ART OF MUSIC." EACH MONTH WE WILL EXPLORE THE HISTORY OF MUSIC AND SONG AND HOW IT MAY CONNECT TO HEALING. THIS IS AN INTERACTIVE OFFERING CONNECTING US THROUGH SOUND.

**WEDNESDAY, JULY 2ND
1-2PM**

**PAY WHAT YOU CAN - \$5 SUGGESTED DONATION
ALL ARE WELCOME**

1477 PARK ST, SUITE 102,
HARTFORD CT, 06106
VISIT TOIVOCENTER.ORG
FOR MORE
INFORMATION AND TO RSVP



JULY 2025

Alt2Su= Alternatives to Suicide
HVN= Hearing Voices Network

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scan here to register for in person offerings! ➔		1 10-11am Yoga	2 1-2pm Healing Through the Art of Music 3-4pm HVN 5-6:30pm Alt2Su	3 11am-2pm Intentional Space 3:30-5pm Peer Gathering Space	4 Closed in observance of Independance Day	5 9:30-11am Valley Qigong and Tea
6	7 9:30-10:30am Move! 12:30-1:30pm Walk & Talk	8 10-11am Yoga 6-7pm Qigong & Sound	9 1-2:30pm Building Connections Through the Pages 3-4pm HVN 5-6:30pm Alt2Su	10 11am-2pm Intentional Space 2-3pm Zumba* 3:30-5pm Peer Gathering Space	11 11am-2pm Intentional Space 3-4:30pm Intentional Reading*	12 9:15-11am Y12SR with Phoenix CT
13	14 9:30-10:30am Move! 12:30-1:30pm Yarn & Chat	15 10-11am Yoga 12-1pm Breathwork for Recovery	16 3-4pm HVN 5-6:30pm Alt2Su	17 11am-2pm Intentional Space 2:30-5pm Monthly Movie Matinee	18 11am-2pm Intentional Space 3-4:30pm Intentional Writing and Art* 6:30-8pm Sound Healing	19 9:30-11am Valley Qigong and Tea
20	21 9:30-10:30am Move! 12:30-1:30pm Craft & Connection: Friendship Bracelets	22 10-11am Phoenix Yoga & Meditation 6-7pm Qigong & Sound	23 1-2:30pm Building Connections Through the Pages 3-4pm HVN 5-6:30pm Alt2Su	24 9:30-10:30am Phoenix Yoga & Meditation 11am-2pm Intentional Space 3:30-5pm Peer Gathering Space	25 Closed for Professional Development	26 9:15-10:30am Community Yoga with Phoenix CT 1-2pm Peer Grief Support Group
27	28 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring: Butterflies	29 10-11am Yoga	30 3-4pm HVN 5-6:30pm Alt2Su	31 1-2:30pm Mixed Media Painting* 3:30-5pm Peer Gathering Space		