



TOIVO IS A CENTER FOR HOLISTIC HEALING. TOIVO IS THE FINNISH WORD FOR "HOPE".

TOIVO IS AN INITIATIVE OF ADVOCACY UNLIMITED – WHICH IS INTENTIONALLY CO-CREATING AN ORGANIZATIONAL CULTURE THAT IS UPHELD BY THE 3 PILLARS OF CHOICE, PERSONAL AGENCY, AND INFORMED CONSENT. OUR APPROACH IS GUIDED BY THE 5 PRINCIPLES OF CULTURAL HUMILITY, RECOVERY ORIENTATED, GENDER AFFIRMING, TRAUMA-RESPONSIVE, AND PERSON-CENTERED.

AS A PEER RUN ORGANIZATION, OUR TEAM USES THEIR DIRECT LIVED EXPERIENCE NAVIGATING MENTAL HEALTH, ADDICTION, AND TRAUMA TO PROMOTE INDIVIDUAL GROWTH, HUMAN RIGHTS, AND SYSTEMS TRANSFORMATION.

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.

(860) 296-2338  
CONNECT@TOIVOCENTER.ORG  
TOIVOCENTER.ORG

COME AS YOU ARE

# DECEMBER 2025 OFFERING CALENDAR



1477 PARK ST SUITE 102  
HARTFORD, CT

**Thursday, December 18<sup>th</sup>**  
From 12pm to 2pm

[In-Person Only]  
1477 Park St, Suite 102,  
Hartford, CT 06106

VISIT [TOIVOCENTER.ORG](http://TOIVOCENTER.ORG)  
FOR MORE INFORMATION  
AND TO RSVP!

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

# DECEMBER 2025

- KEY CODE**
- Y12SR = YOGA FOR 12 STEP RECOVERY
  - HVN = HEARING VOICES NETWORK
  - \* = BILINGUAL AS NEEDED/BILINGÜE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>9:30-10:30am Move!</b> <b>12:30-1:30pm Gentle Movement Exercises (On Zoom)</b> <b>3:30-4:30pm Caring Connections (On Zoom)</b>	2 <b>10-11am Yoga</b>	3 <b>3-4pm HVN</b>	4 <b>9:30-10:30am Phoenix Yoga &amp; Meditation</b> <b>1:30-2:30pm The Art of Laughter</b> <b>3-4:30pm Peer Gathering Space</b>	5	6 <b>9:30-11am Valley Qigong and Tea (In-Person &amp; Virtual)</b> <b>12-2pm Crafting &amp; Writing to Wellness, and to Open Mic: Grief &amp; Mason Jars</b>
7	8 <b>9:30-10:30am Move!</b> <b>10:30am-12pm Cooking Through the Seasons: Sweet Treat</b> <b>2-3pm Meditation Meets Art: Our Gifts (On Zoom)</b> <b>3:30-4:30pm Caring Connections (On Zoom)</b>	9 <b>10-11am Phoenix Yoga &amp; Meditation</b> <b>6-7pm Qigong &amp; Sound</b>	10 <b>10-11am Mindful Movement (On Zoom)</b> <b>2-3pm Building Connections Through the Pages</b> <b>3-4pm HVN</b>	11 <b>9:30-10:30am Come As You Are Yoga</b> <b>2-3pm Zumba*</b> <b>3-4:30pm Peer Gathering Space</b>	12 <b>3-4pm Intentional Reading*</b> <b>6:30-8pm Sound Healing</b>	13 <b>9:15-11am Y12SR with Phoenix CT</b> <b>1-2:30pm The Nourished Mama - A Motherhood Circle</b>
14	15 <b>9:30-10:30am Move!</b> <b>12:30-1:30pm Craft &amp; Connection: Glitter Glue Cards</b> <b>3:30-4:30pm Caring Connections (On Zoom)</b>	16 <b>12-1pm Breathwork for Recovery (In-Person &amp; Virtual)</b>	17 <b>2-3pm Healing Through the Art of Music</b> <b>3-4pm HVN</b>	18 <b>9:30-10:30am Phoenix Yoga &amp; Meditation</b> <b>12-2pm Gingerbread House Making</b> <b>2-4:30pm Movie Matinee: Yes Man</b>	19 <b>Closed for Professional Development</b>	20 <b>9:30-11am Valley Qigong and Tea (In-Person &amp; Virtual)</b>
21	22 <b>9:30-10:30am Move!</b> <b>12:30-1:30pm Meditative Coloring: Gifts</b> <b>3:30-4:30pm Caring Connections (On Zoom)</b>	23 <b>10-11am Phoenix Yoga &amp; Meditation</b> <b>6-7pm Qigong &amp; Sound</b>	24 <b>2-3pm Building Connections Through the Pages (On Zoom)</b> <b>3-4pm HVN</b>	25 <b>Closed in observance of Christmas</b>	26	27 <b>9:15-10:30am Phoenix Community Yoga</b> <b>1-2pm Peer Grief Support Group</b>
28	29 <b>9:30-10:30am Move!</b> <b>3:30-4:30pm Caring Connections (On Zoom)</b>	30	31 <b>3-4pm HVN</b>		Scan here to register for in person offerings! 	