

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

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Toivo Offerings June 2025

TOIVO

1477 Park St
Suite 102
Hartford, CT

COME AS YOU ARE

JUNE 2025

Key Code

Alt2Su= Alternatives to Suicide **Y12SR= Yoga for 12 Step Recovery**
HVN= Hearing Voices Network ***= Bilingual as Needed/Bilingüe**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:30-10:30am Move! 12:30-1:30pm Walk & Talk	3 10-11am Yoga	4 1-2:30pm Building Connections Through the Pages 3-4pm HVN 5-6:30pm Alt2Su	5 11am-2pm Intentional Space 3:30-5pm Peer Gathering Space	6 11am-2pm Intentional Space 6-7:30pm Community Drum and Dance Circle	7 9:30-11am Valley Qigong and Tea
8	9 9:30-10:30am Move! 12:30-1:30pm Yarn & Chat	10 10-11am Phoenix Yoga & Meditation 6-7pm Qigong & Sound	11 2-3pm Laughter Yoga 3-4pm HVN 5-6:30pm Alt2Su	12 9:30-10:30am Phoenix Yoga & Meditation 11am-2pm Intentional Space 3:30-5pm Peer Gathering Space	13 ***Closed for Professional Development***	14 9:15-11am Y12SR with Phoenix CT 12-2pm Crafting to Open Mic: The Power of Storytelling 1-2:30pm The Nourished Mama - A Motherhood Circle
15	16 9:30-10:30am Move! 12:30-1:30pm Craft & Connection: Clay June Bugs	17 10-11am Yoga 12-1pm Breathwork for Recovery	18 1-2:30pm Building Connections Through the Pages 3-4pm HVN 5-6:30pm Alt2Su	19 ***Closed in observance of Juneteenth***	20	21 9:30-11am Valley Qigong and Tea 1-2pm Peer Grief Support Group
22	23 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring: June Bugs	24 10-11am Phoenix Yoga & Meditation 6-7pm Qigong & Sound	25 3-4pm HVN 5-6:30pm Alt2Su	26 9:30-10:30am Phoenix Yoga & Meditation 11am-2pm Intentional Space 1-2:30pm Mixed Media Painting* 2:30-5pm Monthly Movie Matinee	27 ***Closed in observance of Pride Day***	28 ***Closed in observance of Pride Day***
29	30 9:30-10:30am Move! 12:30-2pm Forest Bathing			Scan here to register for in person offerings!		