ESSENTIAL OILS & THE NERVOUS SYSTEM

WITH KATE BROWN

Explore how essential oils can support emotional well-being and nervous system regulation through a hands-on workshop. Participants will learn about therapeutic properties, application methods, and how essential oils can be used in daily routines. Creative activity will include the option to make your own Stress Relief Roller and Calming Room Spray to take home!
Please note this is a scent-based offering



Friday, October 10th
From 3pm to 5pm

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

VISIT TOIVOCENTER.ORG FOR MORE INFORMATION AND TO RSVP!

Pay What You Can - $5 Suggested Donation
All Are Welcome

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

OCTOBER 2025 OFFERING CALENDAR

HOLISTIC HEALING & STRESS MANAGEMENT
TOIVO

1477 PARK ST SUITE 102 HARTFORD, CT

OCTOBER 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 1-2pm Healing Through the Art of Music 3-4pm HVN	2 9:30-10:30am Phoenix Yoga & Meditation 3-4:30pm Peer Gathering Space	3	4 9:30-11am Valley Qigong and Tea (In-Person & Virtual)
5	6 9:30-10:30am Move! 12:30-1:30pm Walk & Talk 3:30-4:30pm Caring Connections (On Zoom)	7 10-11am Yoga	8 2-3pm Building Connections Through the Pages 3-4pm HVN	9 9:30-10:30am Come As You Are Yoga 2-3pm Zumba ∗ 3-4:30pm Peer Gathering Space	10 3-5pm Essential Oils & the Nervous System 6:30-8pm Sound Healing	11 9:15-11am Y12SR with Phoenix CT 12-2pm Crafting & Writing to Wellness & Open Mic 1-2:30pm The Nourished Mama - A Motherhood Circle
12	13 *Closed in observance of Indigenous Peoples' Day*	14 6-7pm Qigong & Sound	15 1-2pm Healing Through the Art of Poetry & Journaling 3-4pm HVN	16 2-4:30pm Monthly Movie Matinee	17 3-4:30pm Intentional Writing & Art ∗	18 9:30-11am Valley Qigong and Tea (In-Person & Virtual)
19	20 9:30-10:30am Move! 12:30-1:30pm Craft & Connection: Nature Mosaic 3:30-4:30pm Caring Connections (On Zoom)	21 10-11am Yoga 12-1pm Breathwork for Recovery (In-Person & Virtual)	22 2-3pm Building Connections Through the Pages (On Zoom) 3-4pm HVN	23 3-4:30pm Peer Gathering Space	24 *Closed for Professional Development*	25 9:15-10:30am Phoenix Community Yoga 1-2pm Peer Grief Support Group
26	27 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring: Fall 3:30-4:30pm Caring Connections (On Zoom)	28 10-11am Phoenix Yoga & Meditation 6-7pm Qigong & Sound	29 3-4pm HVN	30 1-2:30pm Mixed Media Painting ∗ 3-4:30pm Peer Gathering Space	31 Scan here to register for in person offerings!	