



TOIVO

1ST ANNUAL ART EXHIBIT

THURSDAY,
SEPTEMBER 4TH
3:30-5PM

Celebrate creativity, connection, and community at Toivo's First Annual Art Exhibit, showcasing works from talented artists and facilitators across Toivo art programs.

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!

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



1477 PARK ST
SUITE 102
HARTFORD, CT



SEPTEMBER 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 <i>Closed in observance of Labor Day</i>	2 10-11am Yoga	3 1-2pm Healing Through the Art of Music 3-4pm HVN	4 1:30-2:30pm The Art of Laughter 3:30-5pm Annual Art Exhibit*	5 5:30-7pm Drum Circle	6 9:30-11am Valley Qigong and Tea (In-Person & Virtual) 12-2pm Sage Circle 2:30-4:30pm Self-Care, Movement, & Massage
7	8 9:30-10:30am Move! 12:30-1:30pm Yarn & Chat 3:30-4:30pm Caring Connections (On Zoom)	9 10-11am Phoenix Yoga & Meditation 6-7pm Qigong & Sound	10 1:30-3pm Building Connections Through the Pages 3-4pm HVN	11 2-3pm Zumba* 3-4:30pm Peer Gathering Space	12 3-4pm Intentional* Reading	13 9:15-11am Y12SR with Phoenix CT 1-2:30pm The Nourished Mama - A Motherhood Circle
14	15 9:30-10:30am Move! 12:30-1:30pm Craft and Connection: Yarn Painting 3:30-4:30pm Caring Connections (On Zoom)	16 10-11am Yoga 12-1pm Breathwork for Recovery (In-Person & Virtual)	17 1-2pm Healing Through the Art of Poetry & Journaling 3-4pm HVN	18 9:30-10:30am Phoenix Yoga & Meditation 2-4:30pm Monthly Movie Matinee	19 3-4:30pm Intentional Writing & Art *	20 9:30-11am Valley Qigong and Tea (In-Person & Virtual) 1-2pm Peer Grief Support Group
21	22 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring: Affirmations 3:30-4:30pm Caring Connections (On Zoom)	23 10-11am Phoenix Yoga & Meditation 6-7pm Qigong & Sound	24 1:30-3pm Building Connections Through the Pages (On Zoom) 3-4pm HVN	25 1-2:30pm Mixed Media Painting* 3-4:30pm Peer Gathering Space	26 <i>Closed for Professional Development</i>	27
28	29 12:30-2pm Forest Bathing 3:30-4:30pm Caring Connections (On Zoom)	30 10-11am Yoga			Scan here to register for in person offerings! 	