

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
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toivocenter.org**

Toivo Offerings April 2024



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

COME AS YOU ARE

**TOIVO
TURNS 10!** 

On Saturday, April 13th we are celebrating a decade of community, hope and healing. We have planned a full day of offerings to celebrate this special milestone. You can come to one event or all. We look forward to spending time with you.

SATURDAY APRIL 13, 2024

- 9:30 - 11am: Qigong & Tea: An honoring of Deron Drumm
- 11am - 12pm: Sharing Circle
- 11am - 2pm: Really Really Free Market
- 12 - 1pm: Community Meal
- 2 - 3pm: Sound Healing and Community Craft
- 3 - 4pm: Drum Circle

1477 Park St,
Unit 102,
Hartford, CT 06106

Visit toivocenter.org
for more information and
to RSVP

APRIL 2024

Key Code

Alt2Su= Alternatives to Suicide
HVN= Hearing Voices Network

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|--|--|------------------------------------|---|---|--|
| | 1 9:30-10:30am Move! 12:30-1:30pm Walk and Talk 3:30-5pm Alt2Su on Zoom | 2 10-11am Yoga 7-8pm Zumba* | 3 3-4pm HVN 5-6:30pm Alt2Su | 4 10-11am Yoga* 3:30-5pm Peer Gathering Space 6-7:30pm Phoenix Yoga & Meditation 6:30-8pm Alt2Su on Zoom | 5 | 6 9:30-11am Valley Qigong and Tea |
| 7 6-7:30pm Alt2Su on Zoom | 8 9:30-10:30am Move! 12:30-1:30pm Yarn & Chat 3:30-5pm Alt2Su on Zoom | 9 6-7pm Qigong & Sound | 10 3-4pm HVN 5-6:30pm Alt2Su | 11 3:30-5pm Peer Gathering Space 6:30-8pm Alt2Su on Zoom 7-8pm Zumba* | 12 | 13 9:30am -4pm Toivo Turns 10! Birthday Celebration *See inside panel for schedule |
| 14 6-7:30pm Alt2Su on Zoom | 15 9:30-10:30am Move! 12:30-1:30pm Craft and Connection: Yarn Monograms 3:30-5pm Alt2Su on Zoom | 16 10-11am Yoga 12-1pm Breathwork for Recovery 7-8pm Zumba* | 17 3-4pm HVN 5-6:30pm Alt2Su | 18 10-11am Yoga* 3:30-5pm Peer Gathering Space 6-7:30pm Phoenix Yoga & Meditation 6:30-8pm Alt2Su on Zoom | 19 | 20 9:30-11am Valley Qigong and Tea 12-2pm Grief Circle |
| 21 6-7:30pm Alt2Su on Zoom | 22 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring: April Showers 3:30-5pm Alt2Su on Zoom | 23 10-11am Yoga 6-7pm Qigong & Sound | 24 3-4pm HVN 5-6:30pm Alt2Su | 25 3:30-5pm Peer Gathering Space 6:30-8pm Alt2Su on Zoom 7-8pm Zumba* | 26 10-11am Somatic Healing for Trauma | 27 9:30-10:30am Community Yoga with Phoenix CT 12-2pm Sage Circle |
| 28 6-7:30pm Alt2Su on Zoom | 29 9:30-10:30am Move! 3:30-5pm Alt2Su on Zoom | 30 10-11am Yoga | | Scan here to register for in person offerings!  |  | |