



SOUND HEALING

WITH TIM MAHONEY

A Sound Bath Immersion will take us on a meditative journey through the nature of body, mind, and spirit. Giant gongs, soothing chimes, rhythmic drums, singing bowls and more invite you to explore, release, reset.



 **Fridays, 1/2, 2/6, 3/6, 4/3, 5/1 & 6/5**
6:30pm to 8pm

 **1477 Park St**
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.

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TOIVOCENTER.ORG

COME AS YOU ARE

JANUARY 2026 OFFERING CALENDAR



1477 PARK ST SUITE 102
HARTFORD, CT



JANUARY 2026

- KEY CODE**
- Y12SR = YOGA FOR 12 STEP RECOVERY
 - ALT2SU = ALTERNATIVES TO SUICIDE
 - HVN = HEARING VOICES NETWORK
 - * = BILINGUAL AS NEEDED/BILINGÜE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Scan here to register for in person offerings!</p> 			<p>1</p> <p>Closed in observance of New Year's Day</p>	<p>2</p> <p>6:30-8pm Sound Healing</p>	<p>3</p> <p>9:30-11am Valley Qigong and Tea (In-Person & Virtual)</p> <p>12-2pm Crafting & Writing to Wellness, and to Open Mic: New Years Junk Journaling</p>
4	<p>5</p> <p>9:30-10:30am Move!</p> <p>12:30-1:30pm Gentle Movement Exercises (On Zoom)</p> <p>3:30-4:30pm Caring Connections (On Zoom)</p>	<p>6</p> <p>3-4:30pm Alt2Su</p>	<p>7</p> <p>2-3pm Writing for Wellbeing (On Zoom)</p> <p>3-4pm HVN</p>	<p>8</p> <p>9:30-10:30am Come As You Are Yoga</p> <p>2-3pm Zumba*</p> <p>3-4:30pm Peer Gathering Space</p>	<p>9</p> <p>3-4pm Intentional Reading *</p>	<p>10</p> <p>9:15-11am Y12SR with Phoenix CT</p> <p>1-2:30pm The Nourished Mama - A Motherhood Circle</p>
11	<p>12</p> <p>9:30-10:30am Move!</p> <p>2-3pm Meditation Meets Art: New Beginnings (On Zoom)</p> <p>3:30-4:30pm Caring Connections (On Zoom)</p>	<p>13</p> <p>10-11am Phoenix Yoga & Meditation</p> <p>3-4:30pm Alt2Su</p> <p>6-7pm Qigong & Sound</p>	<p>14</p> <p>2-3pm Building Connections Through the Pages</p> <p>3-4pm HVN</p>	<p>15</p> <p>9:30-10:30am Phoenix Yoga & Meditation</p> <p>3-4:30pm Peer Gathering Space</p>	<p>16</p>	<p>17</p> <p>9:30-11am Valley Qigong and Tea (In-Person & Virtual)</p>
18	<p>19</p> <p>Closed in observance of Martin Luther King Jr Day</p>	<p>20</p> <p>12-1pm Breathwork for Recovery (In-Person & Virtual)</p> <p>3-4:30pm Alt2Su</p>	<p>21</p> <p>10-11am Mindful Movement (In Person & Virtual)</p> <p>2-3pm Healing Through the Art of Poetry and Journaling</p> <p>3-4pm HVN</p>	<p>22</p> <p>3-4:30pm Peer Gathering Space</p>	<p>23</p> <p>Closed for Professional Development</p>	<p>24</p> <p>9:15-10:30am Phoenix Community Yoga</p> <p>1-2pm Peer Grief Support Group</p>
25	<p>26</p> <p>9:30-10:30am Move!</p> <p>12:30-1:30pm Meditative Coloring: New Beginnings</p> <p>3:30-4:30pm Caring Connections (On Zoom)</p>	<p>27</p> <p>10-11am Phoenix Yoga & Meditation</p> <p>3-4:30pm Alt2Su</p> <p>6-7pm Qigong & Sound</p>	<p>28</p> <p>2-3pm Building Connections Through the Pages (On Zoom)</p> <p>3-4pm HVN</p>	<p>29</p> <p>9:30-10:30am Phoenix Yoga & Meditation</p> <p>1-2:30pm Mixed Media Art: Cupcake Decorating*</p> <p>3-4:30pm Peer Gathering Space</p>	<p>30</p> <p>3-4:30pm Intentional Writing & Art *</p>	<p>31</p>