

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
connect@toivocenter.org
toivocenter.org**

Toivo Offerings August 2025



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

COME AS YOU ARE

PEER GRIEF SUPPORT GROUP

Hosted by Jen Griffin

**Saturday, August 23rd
1-2pm**

Each session will provide participants an opportunity to share their grief journey through a prompt from a poem, reading or theme question to help spark conversation. Movement, breath and meditation will also be part in the session.

**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



AUGUST 2025

Key Code
Y12SR= Yoga for 12 Step Recovery HVN= Hearing Voices Network
*** = Bilingual as Needed/Bilingüe**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Scan here to register for offerings and receive Zoom links!</p> 					1	2
3	4	5	6	7	8	9
	<p>9:30-10:30am Move!</p> <p>12:30-1:30pm Walk & Talk</p> <p>3:30-4:30pm Caring Connections (On Zoom)</p>	<p>10-11am Yoga</p>	<p>1-2pm Healing Through the Art of Music</p> <p>3-4pm HVN</p>	<p>11am-2pm Intentional Space</p> <p>3:30-5pm Peer Gathering Space</p>	<p>11am-2pm Intentional Space</p> <p>3:30-4:30pm Intentional Reading*</p> <p>6:30-8pm Sound Healing</p>	<p>9:30-11am Valley Qigong and Tea (In-Person & Virtual)</p> <p>12-2pm Crafting & Writing to Wellness: Crafting Asian Poetry and Form</p>
10	11	12	13	14	15	16
	<p>9:30-10:30am Move!</p> <p>10:30am-12pm Cooking Through the Seasons: Fruit Smoothies</p> <p>12:30-1:30pm Yarn & Chat</p> <p>3:30-4:30pm Caring Connections (On Zoom)</p>	<p>10-11am Phoenix Yoga & Meditation</p> <p>6-7pm Qigong & Sound</p>	<p>1:30-3pm Building Connections Through the Pages</p> <p>3-4pm HVN</p>	<p>9:30-10:30am Phoenix Yoga & Meditation</p> <p>11am-2pm Intentional Space</p> <p>3:30-5pm Peer Gathering Space</p>	<p>Closed for Professional Development</p>	<p>9:30-11am Valley Qigong and Tea</p> <p>12-2pm Cupcakes: Fun in the Sun*</p>
17	18	19	20	21	22	23
	<p>9:30-10:30am Move!</p> <p>12:30-1:30pm Craft and Connection: Sand Wish Art</p> <p>3:30-4:30pm Caring Connections (On Zoom)</p>	<p>10-11am Yoga</p> <p>12-1pm Breathwork for Recovery (In-Person & Virtual)</p>	<p>1-2pm Healing Through the Art of Poetry & Journaling</p> <p>3-4pm HVN</p>	<p>9:30-10:30am Phoenix Yoga & Meditation</p> <p>11am-2pm Intentional Space</p> <p>2:30-5pm Monthly Movie Matinee</p>	<p>11am-2pm Intentional Space</p>	<p>9:15-10:30am Community Yoga with Phoenix CT</p> <p>1-2pm Peer Grief Support Group</p>
24	25	26	27	28	29	30
	<p>9:30-10:30am Move!</p> <p>12:30-1:30pm Meditative Coloring: Summer</p> <p>3:30-4:30pm Caring Connections (On Zoom)</p>	<p>Closed in observance of Women's Equality Day</p>	<p>1:30-3pm Building Connections Through the Pages</p> <p>3-4pm HVN</p>	<p>1-2:30pm Mixed Media Painting*</p> <p>3:30-5pm Peer Gathering Space</p>	<p>11am-2pm Intentional Space</p>	