

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 January 2025



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

COME AS YOU ARE

CRAFT & WRITE TO WELLNESS & OPEN MIC

JUNK JOURNALING
with Nzima Hutchings

A transformative wellness outlet,
combining literary & visual art to
express, capture & share fleeting
thoughts, emotions & creativity!



Saturday, January 4th 12-2pm

FREE OFFERING | DONATIONS WELCOMED

1477 Park St, Suite 102,
Hartford CT, 06106
Visit toivocenter.org for
more information and to
RSVP!



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <div>Scan here to register for in person offerings!</div> <div>➔</div> |  | | <div>1</div> <div>Closed in observance of New Year's Day</div> | <div>2</div> <div>3:30-5pm Peer Gathering Space</div> | <div>3</div> <div>6-7pm Sound Healing</div> | <div>4</div> <div>9:30-11am Valley Qigong and Tea</div> <div>12-2pm Crafting & Writing to Wellness & Open Mic</div> |
| <div>5</div> | <div>6</div> <div>9:30-10:30am Move!</div> | <div>7</div> <div>10-11am Yoga</div> | <div>8</div> <div>3-4pm HVN</div> <div>5-6:30pm Alt2Su</div> | <div>9</div> <div>3:30-5pm Peer Gathering Space</div> | <div>10</div> | <div>11</div> <div>9:15-11am Y12SR with Phoenix CT</div> <div>1-2:30pm The Nourished Mama - A Motherhood Circle</div> |
| <div>12</div> | <div>13</div> <div>9:30-10:30am Move!</div> <div>12:30-1:30pm Yarn & Chat</div> | <div>14</div> <div>10-11am Yoga</div> <div>6-7pm Qigong & Sound</div> | <div>15</div> <div>1-2:30pm Building Connections Through the Pages</div> <div>3-4pm HVN</div> <div>5-6:30pm Alt2Su</div> | <div>16</div> <div>10-11am Yoga*</div> <div>2:30-5pm Monthly Movie Matinee</div> | <div>17</div> <div>3-4:30pm Intentional Writing & Art*</div> | <div>18</div> <div>9:30-11am Valley Qigong and Tea</div> |
| <div>19</div> | <div>20</div> <div>Closed in observance of Martin Luther King Jr. Day</div> | <div>21</div> <div>10-11am Yoga</div> <div>12-1pm Breathwork for Recovery</div> | <div>22</div> <div>3-4pm HVN</div> <div>5-6:30pm Alt2Su</div> | <div>23</div> <div>9:30-10:30am Phoenix Yoga & Meditation</div> <div>3:30-5pm Peer Gathering Space</div> | <div>24</div> | <div>25</div> <div>9:15-10:30am Community Yoga with Phoenix CT</div> |
| <div>26</div> | <div>27</div> <div>9:30-10:30am Move!</div> <div>12:30-1:30pm Meditative Coloring: New Year, New Beginnings</div> | <div>28</div> <div>10-11am Yoga</div> <div>6-7pm Qigong & Sound</div> | <div>29</div> <div>3-4pm HVN</div> <div>5-6:30pm Alt2Su</div> | <div>30</div> <div>1:30-2:30pm Mixed Media Painting*</div> <div>3:30-5pm Peer Gathering Space</div> | <div>31</div> | |