



# FEBRUARY TOIVO GUEST FACILITATOR OFFERINGS




**Yoga & Meditation  
with Jamie Wright**  
Tuesday, February 3rd  
from 10am-11am



**Guided Meditative  
Sound Bath  
with Sharon Torneo**  
Friday, February 13th  
from 3-4pm



**Yoga & Meditation  
with Mel Maichack**  
Friday, February 20th  
from 12-1pm

 [In-Person Only]  
1477 Park St, Suite 102  
Hartford, CT 06106

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

## FEBRUARY 2026 OFFERING CALENDAR



### 1477 PARK ST SUITE 102 HARTFORD, CT



# FEBRUARY 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><u><a href="#">Scan here to register for in person offerings!</a></u></p> 					
1	<p><b>9:30-10:30am Move!</b></p> <p><b>12:30-1:30pm Gentle Movement Exercises (On Zoom)</b></p> <p><b>3:30-4:30pm Caring Connections (On Zoom)</b></p>	<p><b>10-11am Yoga &amp; Meditation</b></p> <p><b>3-4:30pm Alt2Su</b></p>	<p><b>2-3pm Writing for Wellbeing (On Zoom)</b></p> <p><b>3-4pm HVN</b></p>	<p><b>9:30-10:30am Phoenix Yoga &amp; Meditation</b></p> <p><b>3-4:30pm Peer Gathering Space</b></p>	<p><b>6:30-8pm Sound Meditation</b></p>	<p><b>9:30-11am Valley Qigong and Tea (In-Person &amp; Virtual)</b></p> <p><b>2-4pm Sage Circle</b></p>
8	<p><b>9:30-10:30am Move!</b></p> <p><b>2-3pm Meditation Meets Art (On Zoom)</b></p> <p><b>3:30-4:30pm Caring Connections (On Zoom)</b></p>	<p><b>10-11am Phoenix Yoga &amp; Meditation</b></p> <p><b>3-4:30pm Alt2Su</b></p> <p><b>6-7pm Qigong &amp; Sound</b></p>	<p><b>2-3pm Building Connections Through the Pages</b></p> <p><b>3-4pm HVN</b></p>	<p><b>3-4:30pm Peer Gathering Space</b></p>	<p><b>3-4pm Guided Meditative Sound Bath</b></p>	<p><b>9:15-11am Y12SR with Phoenix CT</b></p> <p><b>9:30-11am Valley Qigong and Tea (In-Person &amp; Virtual)</b></p> <p><b>1-2:30pm The Nourished Mama - A Motherhood Circle</b></p>
15	<p><b>Closed in observance of President's Day</b></p>	<p><b>12-1pm Breathwork for Recovery (In-Person &amp; Virtual)</b></p> <p><b>3-4:30pm Alt2Su</b></p>	<p><b>10-11am Mindful Movement (In Person &amp; Virtual)</b></p> <p><b>3-4pm HVN</b></p>	<p><b>9:30-10:30am Phoenix Yoga &amp; Meditation</b></p> <p><b>3-4:30pm Peer Gathering Space</b></p>	<p><b>12-1pm Yoga &amp; Meditation</b></p> <p><b>3-4:30pm Intentional Writing and Art *</b></p>	<p><b>9:30-11am Valley Qigong and Tea (In-Person &amp; Virtual)</b></p> <p><b>11:30am-12:30pm Zumba *</b></p>
22	<p><b>9:30-10:30am Move!</b></p> <p><b>12:30-1:30pm Meditative Coloring: Love &amp; Kindness</b></p> <p><b>3:30-4:30pm Caring Connections (On Zoom)</b></p>	<p><b>10-11am Phoenix Yoga &amp; Meditation</b></p> <p><b>3-4:30pm Alt2Su</b></p> <p><b>6-7pm Qigong &amp; Sound</b></p>	<p><b>2-3pm Healing Through the Arts</b></p> <p><b>3-4pm HVN</b></p>	<p><b>9:30-10:30am Come As You Are Yoga</b></p> <p><b>1-2:30pm Mixed Media Art *</b></p> <p><b>3-4:30pm Peer Gathering Space</b></p>	<p><b>Closed for Professional Development</b></p>	<p><b>9:15-10:30am Phoenix Community Yoga</b></p> <p><b>9:30-11am Valley Qigong and Tea (In-Person &amp; Virtual)</b></p> <p><b>12-2pm Makers with Pride</b></p>