



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 allow us to share mind-body practices with accessibility, awareness, and understanding.

Toivo offers a sacred, sober space to explore holistic healing practices and intentional living. We believe these spaces act as a catalyst to healing the whole self, and the collective community.

Our offerings are donation based. Your presence is enough, and any contributions are appreciated.

(860) 296-2338

connect@toivocenter.org

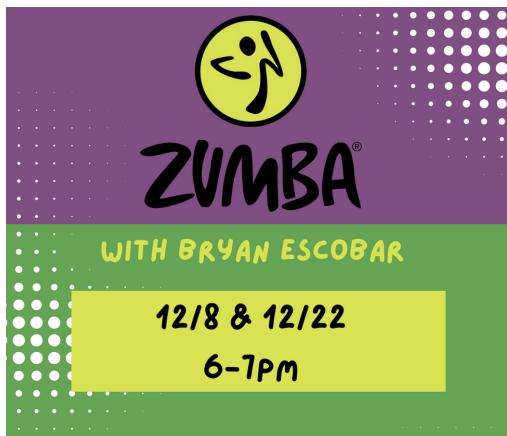
Toivo is an initiative of Advocacy Unlimited

Toivo Offerings December 2022



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

COME AS YOU ARE



DECEMBER 2022

Key Code

Alt2Su= Alternatives to Suicide

*In person offerings are **purple**

*Online offerings are **green & underlined**

VISIT TOIVOCENTER.ORG/CALENDAR/
FOR MORE INFO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><u>Scan here to RSVP!</u></p> 			<p>10-11:15am Inspo Yoga <u>6-7pm Zumba</u></p>		<p>9:30-11am Valley Qigong & Tea</p>
4	<p>12:30-1:30pm Walk & Talk <u>3:30-5pm Alt2Su</u></p>	5	6	<p>2-3pm Chair Yoga 5-6:30pm Alt2Su</p>	8	<p>12:30-1:30pm Laughter Yoga 2-4pm Circle of Remembrance</p>
11	12	<p>10-11am Yoga <u>3:30-5pm Alt2Su</u></p>	13	<p>2-3pm Chair Yoga 5-6:30pm Alt2Su</p>	15	<p>9:30-11am Valley Qigong & Tea 1:30-3pm Forest Bathing</p>
18	19	<p>10-11am Yoga <u>3:30-5pm Alt2Su</u></p>	20	<p>12:30-1:30pm Creative Expressions 2-3pm Chair Yoga 5-6:30pm Alt2Su</p>	22	<p>10-11:15am Inspo Yoga 1-2:30pm Intuitive Watercolor Painting <u>6-7pm Zumba</u></p>
25	26	<p>CLOSED <u>3:30-5pm Alt2Su</u></p>	27	<p>10am-11am Yoga 6-7pm Qigong & Sound</p>	28	<p>2-3pm Chair Yoga 5-6:30pm Alt2Su</p>
					29	<p>10-11:15am Inspo Yoga</p>
					30	
					31	