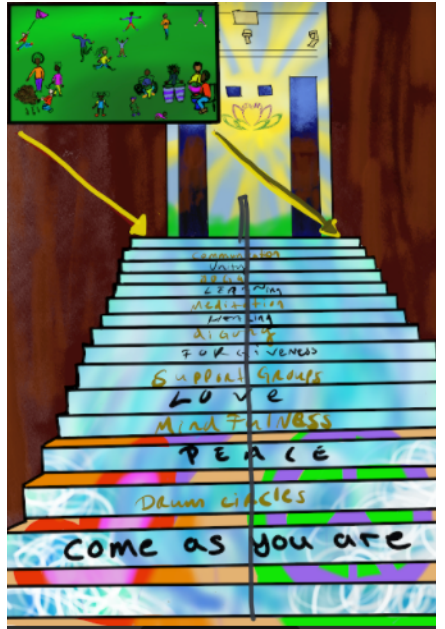




New Mural Coming Soon!



By Anne:Gogh

**New Support Groups
Starting in May
Cancer Connection
Decluttering 101
Men's Group**

**Toivo is a Center for Holistic Healing
and Stress Management.**

**Toivo means "HOPE" in the Finnish
language - we aim to be an anchor of
hope to the collective community.**

**Our lived experience overcoming
struggles related to mental health,
substance use, and trauma allows us
to share mind-body practices and
other holistic approaches with
accessibility, awareness and
understanding.**

**Toivo is a place where individuals
can explore ways of healing and
intentional living. We believe these
practices are amplified among a
safe, supportive community.**

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

**(860) 296-2338
info@toivocenter.org**

**Toivo is an initiative of
Advocacy Unlimited**

**Toivo Offerings
May 2022**



**1477 Park St
Hartford CT, 06106
Suite 102**

COME AS YOU ARE



MAY 2022

KEY CODE
ATS= Alternatives to Suicide
WG= Women's Group

***In person offerings are purple & underlined**
**Chair Yoga is in person & streams on Zoom*

Visit toivocenter.org/calendar/ for more info

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <u>2-3pm Laughter Yoga</u>	2 12-1pm Yoga Español 3:30-4:30pm ATS 6:30-7:30pm WG	3 <u>10-11am Yoga</u> 6-7pm Qigong	4 <u>2-3pm Chair Yoga</u> <u>3:30-4:30pm Cancer Connection</u> <u>5-6pm Decluttering 101</u> 6:30-7:30pm WG	5	6 <u>12:30-2pm Cupcake Decorating Workshop</u>	7 9:30-11am Valley Qigong & Tea <u>6-9pm Open Floor</u>
8 11-12:30pm Men's Group	9 3:30-4:30pm ATS 5-6pm Writing Group 6:30-7:30pm WG	10 <u>10-11am Yoga</u> <u>6-7pm Tai Chi</u>	11 <u>2-3pm Chair Yoga</u> 6:30-7:30pm WG	12 6-7pm Zumba	13 <u>6-9pm Authentic Relating Games</u>	14 <u>9:30-11am Valley Qigong & Tea</u>
15	16 12-1pm Yoga Bilingüe 3:30-4:30pm ATS 6:30-7:30pm WG	17 <u>10-11am Yoga</u> 6-7pm Qigong	18 <u>12:30-1:30pm Creative Expressions</u> <u>2-3pm Chair Yoga</u> <u>3:30-4:30pm Health & Nutrition</u> 6:30-7:30pm WG	19	20	21 9:30-11am Valley Qigong & Tea
22 11-12:30pm Men's Group	23 3:30-4:30pm ATS 5-6pm Writing Group 6:30-7:30pm WG	24 <u>10-11am Yoga</u> <u>6-7pm Tai Chi</u>	25 <u>2-3pm Chair Yoga</u> 6:30-7:30pm WG	26 6-7pm Zumba	27	28 <u>9:30-11am Valley Qigong & Tea</u>
29	30 3:30-4:30pm ATS 6:30-7:30pm WG	31 <u>10-11am Yoga</u>			<u>Scan here to register for in person offerings</u> 	