

# MyTime

## Division of Substance Use Programs, March 2026

MyTime is a community-based program developed for women who are at risk of developing a substance use disorder. It follows a 10-session curriculum that frames substance use in four major domains – substance use for women’s health, substance use and relationships, the effects of substance use in the family, and substance use influence for life problems and life management. The program provides childcare and a light meal for participants and their children. There is no cost to participants.



If you need help accessing or understanding this information, contact [AHS.VDHDSU@vermont.gov](mailto:AHS.VDHDSU@vermont.gov).

### MyTime Rebrand

The MyTime Program (formerly known as Rocking Horse Circles of Support) originated in Vermont in 1991 and is designed to provide a substance use prevention and early intervention program to women who are pregnant or parenting and who have also been affected by substance use. Based on identified areas for improvement, the program has recently been updated to meet the needs of the participants as well as provide guidance to the facilitators.

### Upcoming MyTime Sessions

There are currently 5 organizations across the state that host the MyTime program. Sessions and calls to sign up are posted on [HealthVermont.gov/MyTime](https://HealthVermont.gov/MyTime).

Area	Organization
Bennington	United Counseling Services
Burlington	Howard Center
Middlebury	Turning Point of Addison County
Morrisville	Lamoille Family Center
Newport, St. Johnsbury & Canaan	Northeast Kingdom Human Services



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