

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Omni Centre Business Park 300 West Broadway Suite 108 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org	Walk-in hours: Mon: 10am-6pm Tues: 10am-6pm Wed: 8am-4pm Thurs: 8am-4pm Fri: 10am-6pm	View our calendar online:	1 11am-12pm SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	2 11:30am-12:30pm Kratom and 7-Hydroxy: A Strong Warning WS 1-3:30pm NAMI ReConnect 3-4pm Crafts and Conversations	3 Closed in observance of Independence Day	4
5	6 4-5pm All Recovery 5-6pm WRAP	7 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	8 11am-12pm SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	9 1-3:30pm NAMI ReConnect 2-3pm Volunteer Orientation 3-4pm Crafts and Conversations	10 3-4pm Community Planning Committee 3-4pm SMART Recovery 6-7pm Narcotics Anonymous	11
12 	13 4-5pm All Recovery 5-6pm WRAP	14 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	15 11am-12pm SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	16 11:30am-12:30pm Understanding Addiction and Recovery 3-4pm Crafts and Conversations	17 3-4pm SMART Recovery 6-7pm Narcotics Anonymous	18
19	20 4-5pm All Recovery 5-6pm WRAP	21 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	22 11am-12pm SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	23 2-3pm Group Facilitator Training 3-4pm Crafts and Conversations	24 3-4pm SMART Recovery 6-7pm Narcotics Anonymous	25
26 	27 4-5pm All Recovery 5-6pm WRAP	28 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	29 11am-12pm SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	30 3-4pm Crafts and Conversations	31 3-4pm SMART Recovery 6-7pm Narcotics Anonymous	

Description of Full Circle's Activities and Events

All Recovery Meeting – A topic discussion recovery meeting inclusive of all kinds of addiction and all pathways of recovery. Family members and allies are welcome to attend.

Cage Your Rage – A class where participants develop skills to recognize their feelings and learn strategies to effectively cope with those feelings. Offered in person and hybrid. Use this QR code to join remotely:



Coffee and Conversations – A time to drop by and chat over a cup of coffee.

Community Planning Committee – A collaborative meeting to team-build, brainstorm, and plan activities and services at Full Circle.

Crafts and Conversations – A casual, fun time for scrapbooking, journaling, origami, crocheting, coloring, and other crafty activities. Supplies are provided.

Crystal Meth Anonymous – A registered CMA meeting that provides support to those recovering from addiction to crystal meth. Learn more at crystalmeth.org.

Group Facilitator Training- A training course for current volunteers who have reached Level 2 in the Volunteer Program, and who are already facilitating a group or need a refresher course on facilitating a group. Contact our Volunteer Coordinator, Stephanie Bauersachs, at sbauersachs@recoverfullcircle.org for more information.

Housing Peer Support – A time for people to gather for conversation and mutual support about housing challenges and renting.

Kratom and 7-Hydroxy: A Strong Warning Workshop – Join us to find out what's really in those colorful pills, drinks, and candy at your local gas stations! Presented by Christy Hagen, MSW, Prevention Specialist at Heartland Family Service. Participants will develop awareness of Kratom and 7-OH availability, legality, and usage, identify side effects of Kratom and 7-OH, recognize addiction potential for Kratom and 7-OH, and learn about future implications. Feel free to bring your lunch.

NAMI ReConnect Dual Diagnosis Recovery Education - This class has dual diagnosis recovery education, ReConnect helps you understand the science behind mental illness and substance use disorder and will explore the impact of trauma and strategies for healing and resilience and learn new communication skills, using "I" statements to express feelings and needs effectively. We will build skills for advocating for yourself and making informed decisions.

Nar-Anon – A registered Nar-Anon Family Groups Meeting for family and friends of those who struggle with addiction to narcotics. Learn more at nar-anon.org.

Narcotics Anonymous – A registered NA meeting that provides support for those recovering from addiction to narcotics. Learn more at na.org.

SMART Recovery – A registered recovery meeting that takes an evidence-based approach to support people with substance dependencies or addictive behaviors. Learn more at smartrecovery.org.

SMART Recovery Friends and Family - When a loved one struggles with addictive behaviors, family members and friends often want to offer support but aren't sure how. SMART Recovery's Friends and Family meeting offers practical, easy-to-use tools that help individuals develop effective coping and self-care skills for themselves, as well as strategies for interacting effectively with their loved ones. For more information, contact Jaymie Rowe at jrowe@recoverfullcircle.org or 712-560-6360.

Understanding Addiction and Recovery: Information for Family, Friends, and Caregivers - This training takes place on the third Thursday of the month and is provided by Christy Hagen, MSW, Prevention Specialist with Heartland Family Service. Participants will learn and discuss the science of addiction, understand and discuss how opioids and stimulants affect the brain and body, visualize and discuss the recovery process, identify what to expect on the road to recovery, and identify and discuss the roles that families, friends, and caregivers play in the support and recovery journey, and self-care for themselves.

Volunteer Orientation - Volunteer Orientation will focus on orienting volunteers to serve others through the programming available at Full Circle Recovery Community Center. This time is open for anyone wanting to learn more about how to become a volunteer. For more information contact our volunteer coordinator Stephanie Bauersachs at sbauersachs@recoverfullcircle.org.

WRAP – The WRAP group helps you create a wellness plan for any area of your life. It supports you in recognizing when things are going well and when they are not. The group also helps you better understand yourself and identify ways others can support you during times of struggle. This is an 8-week class designed to help you develop a personalized plan that works for you. For any questions, please contact Jaymie Rowe at jrowe@recoverfullcircle.org or (712) 560-6296.

***All activities are free of charge and open to all unless otherwise noted.**