

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>View our calendar online:</p> 	<p>Omni Centre Business Park 300 West Broadway Suite 108 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org</p>	<p>Walk-in hours: Mon: 10am-6pm Tues: 10am-6pm Wed: 8am-4pm Thurs: 8am-4pm Fri: 10am-6pm</p>			<p>1 4:30-5:30pm SMART Recovery 6-7pm Narcotics Anonymous</p>	<p>2 </p>
<p>3</p>	<p>4 4-5pm All Recovery 5-6pm WRAP</p>	<p>5 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon</p>	<p>6 1:30pm Coffee and Conversations 4-6pm Housing Peer Support</p>	<p>7 3-4pm Crafts and Conversations</p> 	<p>8 3-4pm Community Planning Committee 4:30-5:30pm SMART Recovery 6-7pm Narcotics Anonymous</p>	<p>9</p>
<p>10 <i>Mother's Day</i> </p>	<p>11 4-5pm All Recovery 5-6pm WRAP</p>	<p>12 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon</p>	<p>13 1:30pm Coffee and Conversations 4-6pm Housing Peer Support</p>	<p>14 11:30am-12:30pm Kratom and 7-Hydroxy: A Strong Warning Workshop 2-3pm Volunteer Orientation 3-4pm Crafts and Conversations</p>	<p>15 4:30-5:30pm SMART Recovery 6-7pm Narcotics Anonymous</p>	<p>16</p>
<p>17</p>	<p>18 4-5pm All Recovery 5-6pm WRAP</p>	<p>19 11:30am Human Trafficking 101 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon</p>	<p>20 1:30pm Coffee and Conversations 4-6pm Housing Peer Support</p>	<p>21 11:30am-12:30pm Understanding Addiction and Recovery 3-4pm Crafts and Conversations</p>	<p>22 4:30-5:30pm SMART Recovery 6-7pm Narcotics Anonymous</p>	<p>23 </p>
<p>24</p>	<p>25 Closed </p>	<p>26 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon</p>	<p>27 1:30pm Coffee and Conversations 4-6pm Housing Peer Support</p>	<p>28 2-3pm Group Facilitator Training 3-4pm Crafts and Conversations</p>	<p>29 4:30-5:30pm SMART Recovery 6-7pm Narcotics Anonymous</p>	<p>30</p>
<p>31</p>						

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 (she/her), at sbauersachs@recoverfullcircle.org.

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

Human Trafficking 101 - Sanctuary House is a shelter, advocacy and housing program for survivors of trafficking and exploitation. Human Trafficking 101, provided by Heartland Family Service, seeks to spread awareness of human trafficking so that people in the community may be more aware of the breadth of this problem, within the Council Bluffs/Omaha communities. Come and join us for a one-hour training and discussion.

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.

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.

Understanding Addiction and Recovery: Information for Family, Friends, and Caregivers – This training takes place on the 3rd 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. Contact our Volunteer Coordinator, Stephanie Bauersachs (she/her), 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.**