AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FULL CIRCLE RECOVERY COMMUNITY CENTER DES MOINES	**Full Circle RCC** 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515.783.6382 recoverfullcircle.org	**WALK-IN HOURS** Monday: 11a-7p Tuesday: 11a-7p Wednesday: 8a-4p Thursday: 11a-7p Friday: 11a-7p	VIEW OUR CALENDAR ONLINE:		1 **3p** Fitness Fridays **5-7p** Friday Fun Night **7p** Freedom Train AA	2
3 **9-10:30a** SMART Recovery	4 **5:30p** Recovery Dharma **6:30p** Bad Company NA	5 **12-1:30p** Creative Club **6p** SMART Recovery **7p Crystal Clean + Sober (CMA)** **NEW DATE + TIME**	6 **6:30-8p** SMART Recovery	7 **12p** Lunch + Learn: *Recovery Cafe* **1:15p** Meditation **6p** SMART Recovery	8 **3p** Fitness Fridays **5-7p** Friday Fun Night **7p** Freedom Train AA	9 **9-11a 12-Step Silent Meditation** NEW
10 **9-10:30a** SMART Recovery	11 **5:30p** Recovery Dharma **6:30p** Bad Company NA	12 **12-1:30p Tie Dye Day** **3-4:30p Volunteer Orientation** **6p** SMART Recovery **7p** Parenting in Recovery All Recovery Meeting	13	14 **12p** Lunch + Learn: *Unlocking Creative Thinking* **1:15p** Meditation **6p** SMART Recovery	15 **3pm Sound Bath** **4:30p Community Conversations** **5-7p** Friday Fun Night **7p** Freedom Train AA	16
17 **9-10:30a** SMART Recovery	18 **5:30p** Recovery Dharma **6:30p** Bad Company NA	19 **12-1:30p** Creative Club **6p** SMART Recovery **7p Crystal Clean + Sober**	20 **6:30-8p** SMART Recovery	21 **12p** Lunch + Learn: *Change Course* **1:15p** Meditation **6p** SMART Recovery	22 **3p** Fitness Fridays **5-7p** Friday Fun Night **7p** Freedom Train AA	
24 **9-10:30a** SMART Recovery 31 **Overdose Awareness Day** **9-10:30a** SMART Recovery	25 **5:30p** Recovery Dharma **6:30p** Bad Company NA	26 **12-1:30p** Creative Club **6p** SMART Recovery **7p** Parenting in Recovery All Recovery Meeting	27	28 **12p** Lunch + Learn: *Overdose Awareness* **1:15p** Meditation **6p** SMART Recovery	29 **3p** Fitness Fridays **5-7p** Friday Fun Night **7p** Freedom Train AA	

LUNCH + LEARN SPEAKERS

8/7: Recovery Cafe, Patrick Dahlen

8/14: Jordan Jenkins, Employee & Family Resources

8/21: Change Course Program, Jjuan Hakeem

8/28: Ann Breeding, Steps of Hope Iowa

Descriptions of Full Circle's Activities and Events

12-Step Silent Meditation Gathering – Join us on the second Saturday of each month for a 12-Step Silent Meditation Gathering. We will engage in three consecutive silent meditation sessions with brief breaks, followed by a time for sharing. Everyone is welcome. For more information contact Paul Witmer at paulwitmer@msn.com or 515-240-1653.

Bad Company – A registered Narcotics Anonymous (NA) meeting. Learn more at iowa-na.org.

Community Conversations – A collaborative meeting to team-build, brainstorm, and plan activities and services at Full Circle. All are welcome to join.

Creative Club – A weekly arts and crafts group. Supplies are provided for painting, coloring, drawing, and more. All are welcome.

Crystal Clean + Sober – A registered Crystal Meth Anonymous (CMA) meeting. Learn more at crystalmeth.org.

Fitness Fridays – A weekly group exploring various physical wellness activities. Activities may include yoga, outdoor walks, or other gentle movements.

Freedom Train – A registered AA (Alcoholics Anonymous) meeting. Learn more at aa.org.

Friday Fun Night – Join us each Friday night for free, sober fun! Activities vary each week.

Lunch + Learns – An educational workshop on recovery-related topics and/or community resources. Lunch is provided. All are welcome.

Meditation – A brief 20–30-minute group that includes silent meditation and mindfulness teachings.

Parenting in Recovery All Recovery Meeting – A topic discussion meeting for parents in recovery who are committed to sharing experiences, finding strength, and supporting one another. Discussions include perspectives of all family makeups and circumstances.

Recovery Dharma – A registered recovery meeting based on Buddhist principles and practices. Learn more at recoverydharma.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.

Sound Bath – A meditative experience of being bathed in sound waves to help you relax and let go of stress and anxiety.

Volunteer Orientation – Attend this session to learn about volunteer opportunities with Full Circle RCC. Contact our Center Manager, Katey Rascon, at krascon@recoverfullcircle.org or 515.348.5113 for more information.

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