




# JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>RECOVERY COMMUNITY CENTER</b> <small>COUNCIL BLUFFS</small>	<b>Omni Centre Business Park</b> 300 West Broadway, Suite 108 Council Bluffs, IA 51503 712.560.6360 <a href="http://recoverfullcircle.org">recoverfullcircle.org</a>	<b>1</b> <b>1:30p</b> Coffee + Conversations <b>5p</b> Cage Your Rage (hybrid) <b>6p</b> Nar-Anon <b>7p</b> Crystal Meth Anonymous	<b>2</b> <b>1:30p</b> Coffee + Conversations <b>4-6p</b> Housing Peer Support	<b>3</b> <b>10a-12p</b> Focus Group Workshop <b>2:30p</b> Crafts + Conversations	<b>4</b>  <b>CLOSED FOR INDEPENDENCE DAY</b>	<b>5</b>
<b>WALK-IN HOURS</b> <b>Monday: 10a-6p</b> <b>Tuesday: 10a-6p</b> <b>Wednesday: 8a-4p</b> <b>Thursday: 8a-4p</b> <b>Friday: 10a-6p</b>	<b>7</b> <b>11:30a-1p</b> Understanding Addiction & Recovery <b>4p</b> All Recovery Meeting <b>5p</b> Motivating Monday	<b>8</b> <b>1:30p</b> Coffee + Conversations <b>5p</b> Cage Your Rage (hybrid) <b>6p</b> Nar-Anon <b>7p</b> Crystal Meth Anonymous	<b>9</b> <b>1:30p</b> Coffee + Conversations <b>3p</b> Volunteer Orientation <b>4-6p</b> Housing Peer Support	<b>10</b> <b>2:30p</b> Crafts + Conversations	<b>11</b> <b>3p</b> Community Planning Committee <b>4:30p</b> SMART Recovery <b>6p</b> Narcotics Anonymous	<b>12</b> <b>2-6p</b> 4th of July Celebration
<i>Understanding Addiction &amp; Recovery: Information for Families, Friends, &amp; Caregivers, &amp; Community Member</i>	<b>14</b> <b>4p</b> All Recovery Meeting	<b>15</b> <b>11:30a-12:30p</b> Human Trafficking 101 <b>1:30p</b> Coffee + Conversations <b>5p</b> Cage Your Rage (hybrid) <b>6p</b> Nar-Anon <b>7p</b> Crystal Meth Anonymous	<b>16</b> <b>1:30p</b> Coffee + Conversations <b>4-6p</b> Housing Peer Support	<b>17</b> <b>2:30p</b> Crafts + Conversations	<b>18</b> <b>4:30p</b> SMART Recovery <b>6p</b> Narcotics Anonymous	<b>19</b>
<b>Monday, July 7</b> <b>11:30a-1p</b> & <b>Thursday, July 24</b> <b>11:30a-1p</b>	<b>21</b> <b>4p</b> All Recovery Meeting <b>5p</b> Motivating Monday	<b>22</b> <b>1:30p</b> Coffee + Conversations <b>5p</b> Cage Your Rage (hybrid) <b>6p</b> Nar-Anon <b>7p</b> Crystal Meth Anonymous	<b>23</b> <b>1:30p</b> Coffee + Conversations <b>3p</b> Telephone Recovery Support (TRS) Training (Level 2 Volunteers) <b>4-6p</b> Housing Peer Support	<b>24</b> <b>11:30a-1p</b> Understanding Addiction & Recovery <b>2:30p</b> Crafts + Conversations	<b>25</b> <b>4:30p</b> SMART Recovery <b>6p</b> Narcotics Anonymous	<b>26</b>
Training provided by Christy Hagen, MSW, Heartland Family Service	<b>28</b> <b>4p</b> All Recovery Meeting	<b>29</b> <b>1:30p</b> Coffee + Conversations <b>5p</b> Cage Your Rage (hybrid) <b>6p</b> Nar-Anon <b>7p</b> Crystal Meth Anonymous	<b>30</b> <b>1:30p</b> Coffee + Conversations <b>4-6p</b> Housing Peer Support	<b>31</b> <b>2:30p</b> Crafts + Conversations	<div> <b>VIEW OUR CALENDAR ONLINE:</b>  </div>	

## Descriptions of Full Circle's Activities and Events

**4th of July Celebration** – A 4th of July Celebration. We will have a potluck for anyone who would like to come and celebrate with us. There will be a sign-up sheet in the center for anyone who would like to bring snacks to share. Please contact Jaymie Rowe at [jrowe@recoverfullcircle.org](mailto:jrowe@recoverfullcircle.org) or 712-560-6296 with any questions.

**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.



**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. All are welcome to join.

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

**Crystal Meth Anonymous** – A registered CMA meeting that provides support to those recovering from addiction to crystal meth. Learn more at [crystallmeth.org](http://crystallmeth.org).

**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.

**Focus Group Workshop** – There are multiple pathways of recovery, and each person's journey is unique. During this workshop, you will: reflect on key moments in your recovery journey, create a visual map that tells your recovery story, and help other recoverees by sharing suggestions for how to improve recovery services in Iowa.

**TRS Training** – This training is for active volunteers who have reached Level 2 in the Volunteer Program, that are preparing to make Telephone Recovery Support calls or need a refresher course on making calls. Contact our Volunteer Coordinator, Stephanie Bauersachs, at [sbauersachs@recoverfullcircle.org](mailto:sbauersachs@recoverfullcircle.org) or 712.560.5666 for more information.

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

**Lunch + Learn: "Understanding Addiction and Recovery - Taking Action: Information for Families, Friends, Caregivers, and Community Members"** – Feel free to bring your own lunch. Participants will learn and discuss the science of addiction, visualize the recovery process, and identify and discuss the roles that families, friends, caregivers, and community members play in supporting others on their recovery journey. Includes Naloxone training and one free kit. Please RSVP to Lora Lemus at [llemus@recoverfullcircle.org](mailto:llemus@recoverfullcircle.org).

**Motivating Monday** – Come join us on the 1st and 3rd Monday of the month when we come together for support and physical movement. We will work as a group to form personal goals and discuss successes and challenges, as we empower each other to embrace our full potential.

**Narcotics Anonymous** – A registered NA meeting that provides support for those recovering from addiction to narcotics. Learn more at [na.org](http://na.org).

**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](http://nar-anon.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](http://smartrecovery.org).

**Volunteer Orientation** – Attend this session to learn about volunteer opportunities with Full Circle RCC. Contact our Volunteer Coordinator, Stephanie Bauersachs, at [sbauersachs@recoverfullcircle.org](mailto:sbauersachs@recoverfullcircle.org) or 712.560.5666 for more information.

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