



# JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>RECOVERY COMMUNITY CENTER</b> COUNCIL BLUFFS</p>	<p><b>VIEW OUR CALENDAR ONLINE:</b></p> 	<p><b>1</b></p> <p><b>CLOSED FOR NEW YEAR'S DAY</b></p>	<p><b>2</b></p> <p><b>11:30a-1p Workshop</b> <b>2:30p</b> Crafts + Conversations</p>	<p><b>3</b></p> <p><b>4:30-6p</b> SMART Recovery <b>6p</b> Narcotics Anonymous</p>	<p><b>WORKSHOPS</b> Thursday, January 2 and Thursday, January 16</p>	
<p><b>6</b></p> <p><b>4p</b> All Recovery Meeting <b>5p</b> Creative Recovery</p>	<p><b>7</b></p> <p><b>1:30p</b> Coffee + Conversations <b>5p</b> Cage Your Rage <b>6p</b> Nar-Anon <b>7p</b> CMA</p>	<p><b>8</b></p> <p><b>1:30p</b> Coffee + Conversations <b>3p</b> Codependency Recovery Group <b>4-6p</b> Housing Peer Support</p>	<p><b>9</b></p> <p><b>2:30p</b> Crafts + Conversations</p>	<p><b>10</b></p> <p><b>3p Community Planning Committee</b> <b>4:30-6p</b> SMART Recovery <b>6p</b> Narcotics Anonymous</p>	<p>Understanding Addiction &amp; Recovery - Info for Families, Friends, &amp; Caregivers</p>	
<p><b>13</b></p> <p><b>4p</b> All Recovery Meeting <b>5p</b> Creative Recovery</p>	<p><b>14</b></p> <p><b>11:30a-12:30p</b> Human Trafficking 101 Training <b>1:30p</b> Coffee + Conversations <b>4p</b> Volunteer Orientation <b>5p</b> Cage Your Rage <b>6p</b> Nar-Anon <b>7p</b> CMA</p>	<p><b>15</b></p> <p><b>1:30p</b> Coffee + Conversations <b>3p</b> Codependency Recovery Group <b>4-6p</b> Housing Peer Support</p>	<p><b>16</b></p> <p><b>11:30a-1p Workshop</b> <b>2:30p</b> Crafts + Conversations <b>3:30-6p OPEN HOUSE: New Year, New Space</b></p>	<p><b>17</b></p> <p><b>4:30-6p</b> SMART Recovery <b>6p</b> Narcotics Anonymous</p>	<p>Training provided by Christy Hagen, MSW, Crisis Prevention of Heartland Family Service</p>	
<p><b>19</b></p>	<p><b>20</b></p> <p><b>CLOSED FOR MARTIN LUTHER KING JR. DAY</b></p>	<p><b>21</b></p> <p><b>1:30p</b> Coffee + Conversations <b>5p</b> Cage Your Rage <b>6p</b> Nar-Anon <b>7p</b> CMA</p>	<p><b>22</b></p> <p><b>1:30p</b> Coffee + Conversations <b>3p</b> Codependency Recovery Group <b>4-6p</b> Housing Peer Support</p>	<p><b>23</b></p> <p><b>2:30p</b> Crafts + Conversations</p>	<p><b>24</b></p> <p><b>4:30-6p</b> SMART Recovery <b>6p</b> Narcotics Anonymous</p>	
<p><b>26</b></p> <p><b>CMA =</b> Crystal Meth Anonymous</p>	<p><b>27</b></p> <p><b>4p</b> All Recovery Meeting <b>5p</b> Creative Recovery</p>	<p><b>28</b></p> <p><b>1:30p</b> Coffee + Conversations <b>4p</b> Volunteer Orientation <b>5p</b> Cage Your Rage <b>6p</b> Nar-Anon <b>7p</b> CMA</p>	<p><b>29</b></p> <p><b>1:30p</b> Coffee + Conversations <b>3p</b> Codependency Recovery Group <b>4-6p</b> Housing Peer Support</p>	<p><b>30</b></p> <p><b>2:30p</b> Crafts + Conversations</p>	<p><b>31</b></p> <p><b>4:30-6p</b> SMART Recovery <b>6p</b> Narcotics Anonymous</p>	

## Descriptions 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.

**Codependency Recovery Group** – Alongside peers, participants will examine their behaviors and learn together how to break the cycle of unhappiness. In this group, participants will explore ways to free themselves from codependency, while moving into a life of happiness that is not dependent on the actions of others.

**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.

**Creative Recovery** – A weekly group that provides an environment for participants to use art as a therapeutic tool to develop a healthy and balanced life. Supplies provided.

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

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

**Human Trafficking 101 Training** – An educational workshop provided by Heartland Family Service to raise awareness about human trafficking.

**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).

**Open House** – Join Full Circle RCC for an Open House at our new location in the Omni Centre, Suite 108. All are welcome. Snacks, coffee, and water will be provided. Remarks will begin at 4:30pm. Come visit and tour the new RCC. For more information, contact Jaymie Rowe at 712.560.6360 or [jrowe@recoverfullcircle.org](mailto:jrowe@recoverfullcircle.org).

**SMART Recovery** – A registered recovery meeting that takes an evidence-based approach to support people with substance dependencies or problem behaviors. Learn more at [smartrecovery.org](http://smartrecovery.org).

**Understanding Addiction and Recovery** – Information for Families, Friends, and Caregivers – Facilitated by Heartland Family Service, this workshop is available at no cost. The goal of the workshop is to help families, friends, and caregivers better understand the physiological effects of substance misuse on the brain, and to support families, friends, and caregivers with their goal of supporting their loved ones. Cookies will be served. Including Naloxone training and one free kit [RSVP@recoverfullcircle.org](mailto:RSVP@recoverfullcircle.org).

**Volunteer Orientation** – Attend this session to learn about volunteer opportunities with Full Circle. Contact our Volunteer Coordinator, Stephanie, at [sbauersachs@recoverfullcircle.org](mailto:sbauersachs@recoverfullcircle.org) or 712.560.6360 for more information.

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