




# JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>RECOVERY COMMUNITY CENTER</b> <small>DES MOINES</small>	<b>Full Circle RCC</b> 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515.783.6382 <a href="http://recoverfullcircle.org">recoverfullcircle.org</a>	<b>1</b> <b>12-1:30p</b> Creative Club <b>6p</b> SMART Recovery	<b>2</b> <b>6:30-8p</b> SMART Recovery	<b>3</b> <b>12p</b> Lunch + Learn: <i>Holistic Wellness</i> <b>1:15p</b> Meditation <b>6p</b> SMART Recovery	<b>4</b> <b>CLOSED FOR INDEPENDENCE DAY</b>  <b>7p</b> Freedom Train AA	<b>WALK-IN HOURS</b> <b>Monday: 11a-7p</b> <b>Tuesday: 11a-7p</b> <b>Wednesday: 8a-4p</b> <b>Thursday: 11a-7p</b> <b>Friday: 11a-7p</b>
<b>6</b> <b>9-10:30a</b> SMART Recovery <b>6p</b> Crystal Meth Anonymous	<b>7</b> <b>5:30p</b> Recovery Dharma <b>6:30p</b> Bad Company NA	<b>8</b> <b>12-1:30p Recovery in Bloom</b> <b>3-4:30p Volunteer Orientation</b> <b>6p</b> SMART Recovery <b>7p</b> Parenting in Recovery All Recovery Meeting	<b>9</b>	<b>10</b> <b>12p</b> Lunch + Learn: <i>Topic TBD</i> <b>1:15p</b> Meditation <b>6p</b> SMART Recovery	<b>11</b> <b>3p</b> Fitness Fridays <b>5-7p</b> Hire Phoenix <b>5-7p</b> Friday Fun Night <b>7p</b> Freedom Train AA	<b>LUNCH + LEARN SPEAKERS</b> <b>7/3:</b> William, Blades Wellness Coalition <b>7/10:</b> Jordan Jenkins, Employee & Family Resources <b>7/17:</b> Ashley Mori, EveryStep <b>7/24:</b> Michelle Gonnering, Dupaco <b>7/31:</b> Tracy Gryp, FCR Director of Corrections Recovery Coaching Program
<b>13</b> <b>9-10:30a</b> SMART Recovery	<b>14</b> <b>5:30p</b> Recovery Dharma <b>6:30p</b> Bad Company NA	<b>15</b> <b>12-1:30p</b> Creative Club <b>6p</b> SMART Recovery	<b>16</b> <b>6:30-8p</b> SMART Recovery	<b>17</b> <b>12p</b> Lunch + Learn: <i>Grief &amp; Loss</i> <b>1:15p</b> Meditation <b>6p</b> SMART Recovery	<b>18</b> <b>3p</b> Fitness Fridays <b>4:30p Community Conversations</b> <b>5-7p</b> Friday Fun Night <b>7p</b> Freedom Train AA	
<b>20</b> <b>9-10:30a</b> SMART Recovery <b>6p</b> Crystal Meth Anonymous	<b>21</b> <b>5:30p</b> Recovery Dharma <b>6:30p</b> Bad Company NA	<b>22</b> <b>12-1:30p</b> Creative Club <b>6p</b> SMART Recovery <b>7p</b> Parenting in Recovery All Recovery Meeting	<b>23</b>	<b>24</b> <b>12p</b> Lunch + Learn: <i>Debt Repayment</i> <b>1:15p</b> Meditation <b>2:30-4p Corrections Recovery Coaching Training</b> <b>6p</b> SMART Recovery	<b>25</b> <b>3pm Sound Bath</b> <b>5-7p</b> Hire Phoenix <b>5-7p</b> Friday Fun Night <b>7p</b> Freedom Train AA	
<b>27</b> <b>9-10:30a</b> SMART Recovery	<b>28</b> <b>5:30p</b> Recovery Dharma <b>6:30p</b> Bad Company NA	<b>29</b> <b>12-1:30p</b> Creative Club <b>6p</b> SMART Recovery	<b>30</b> <b>6:30-8p</b> SMART Recovery	<b>31</b> <b>12p</b> Lunch + Learn: <i>Tracy's Personal Story</i> <b>1:15p</b> Meditation <b>6p</b> SMART Recovery	 <b>VIEW OUR CALENDAR ONLINE:</b>	

## Descriptions of Full Circle's Activities and Events

**Bad Company** – A registered Narcotics Anonymous (NA) meeting. Learn more at [iowa-na.org](http://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.

**Corrections Recovery Coaching Training** – A training for current volunteers who are seeking to expand their impact to incarcerated individuals. Gain insight into the corrections environment, learn culturally responsive approaches, and develop the tools needed to walk alongside individuals navigating substance use and incarceration.

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

**Crystal Meth Anonymous** – A registered Crystal Meth Anonymous (CMA) meeting. Learn more at [crystalmeth.org](http://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](http://aa.org).

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

**Hire Phoenix: Job Seeker Success Series** – An employment workshop series to learn about overcoming barriers to employment, improving your resume and application skills, job search strategies, improving your interviewing skills, workplace readiness, professional etiquette, job retention, and career growth.

**Lunch + Learn** – An educational workshop on recovery-related topics. 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](http://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](http://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 Volunteer Coordinator, Katey Rascon, at [krascon@recoverfullcircle.org](mailto:krascon@recoverfullcircle.org) or 515.348.5113 for more information.

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