FULL CIRCLE | RECOVERY COMMUNITY CENTER COUNCIL BLUFFS

November Council Bluffs 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 **4-5pm** All Recovery Meeting **5-6pm** WRAP	3 **1:30pm** Coffee and Conversations **4-5pm** Crystal Meth Anonymous **5-6pm** Cage Your Rage **6-7pm** Nar-Anon	4 **11:30am** SMART Friends & Family **1:30pm** Coffee and Conversations **4-6pm** Housing Peer Support	5 **11:30am-12:30pm** Kratom, 7-Hydroxy, and Cychlorphine: A Strong Warning WS **3-4pm** Crafts and Conversations	6 **3-4pm** SMART Recovery **5-6pm** All Recovery Meeting	7
8	9 **4-5pm** All Recovery Meeting **5-6pm** WRAP	10 **11:30am** Behavioral Health/ Resource Group **1:30pm** Coffee & Convos **4-5pm** Crystal Meth Anon. **5-6pm** Cage Your Rage **6-7pm** Nar-Anon	11 **11:30am** SMART Friends & Family **1:30pm** Coffee and Conversations **4-6pm** Housing Peer Support	12 **11:30am-1pm** Lunch & Learn: NRT **2-3pm** Volunteer Orientation **3-4pm** Crafts and Conversations	13 **3-4pm** SMART Recovery **5-6pm** All Recovery Meeting	14 
15	16 **4-5pm** All Recovery Meeting **5-6pm** WRAP 	17 **1:30pm** Coffee and Conversations **4-5pm** Crystal Meth Anonymous **5-6pm** Cage Your Rage **6-7pm** Nar-Anon	18 **11:30am** SMART Friends & Family **1:30pm** Coffee and Conversations **4-6pm** Housing Peer Support	19 **11:30am-12:30pm** Understanding Addiction and Recovery **3-4pm** Crafts and Conversations	20 **2-3pm** Community Planning Committee **3-4pm** SMART Recovery **5-6pm** All Recovery Meeting	21
22	23 **4-5pm** All Recovery Meeting **5-6pm** WRAP	24 **11:30am** Behavioral Health/ Resource Group **1:30pm** Coffee & Convos **4-5pm** Crystal Meth Anon. **5-6pm** Cage Your Rage **6-7pm** Nar-Anon	25 **11:30am** SMART Friends & Family **1:30pm** Coffee and Conversations **4-6pm** Housing Peer Support	26 Closed for Thanksgiving	27 Closed for Day After Thanksgiving	28
29	30 **4-5pm** All Recovery Meeting **5-6pm** WRAP			**View our calendar online:**	Omni Centre Business Park 300 West Broadway Suite 108 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org	**Walk-in hours:** Mon: 10am-6pm Tues: 10am-6pm Wed: 8am-4pm Thurs: 8am-4pm Fri: 10am-6pm

5th Kratom, 7-Hydroxy, and Cychlorphine: A Strong Warning Workshop

19th Understanding Addiction and Recovery

Trainings provided by Christy Hagen, MSW, Prevention Specialist with Heartland Family Service and the Iowa HHS State Opioid and Stimulant Response Project

Description of Full Circle's Activities and Events

All Recovery Meeting – Join the recovery community for an open discussion on all things recovery. Connect with others, share experiences, and enjoy fellowship in a welcoming and supportive environment.

Behavioral Health/Community Resource Group - provided by the HFS Peer Center, is a supportive space focused on connecting individuals with behavioral health services, community resources, and other available supports. The group encourages peer connection, resource sharing, and collaboration while helping participants access services that promote mental health, well-being, stability, and community involvement. The group will meet on the 2nd and 4th Tuesday of every month. Contact Lora Lemus at llemus@recoverfullcircle.org or (712) 560-6137.

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.

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

Kratom, 7-Hydroxy, and Cychlorphine: A Strong Warning Workshop – Federal DEA & Department of HHS are working together to take aggressive action dealing with the emerging threat of these dangerous substances to the health and safety of our country. Join us to learn more about these threats and what to look for in your local gas stations, vape shops, and convenience stores! Feel free to bring your lunch.

Lunch & Learn: Nicotine Replacement Therapy - Please join us to learn about Nicotine Replacement Therapy during our lunch and learn. We will be going over how NRT will help you on your journey to quitting tobacco use. We will also be providing resources for the Iowa Quitline and how they can help you. Lunch will be provided.

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.

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.

SMART Recovery Friends and Family - When a loved one struggles with addictive behaviors, family members and friends often want to offer support but aren't sure how. SMART Recovery's Friends and Family meeting offers practical, easy-to-use tools that help individuals develop effective coping and self-care skills for themselves, as well as strategies for interacting effectively with their loved ones. For more information, contact Jaymie Rowe at jrowe@recoverfullcircle.org or 712-560-6360.

Understanding Addiction and Recovery: Information for Family, Friends, and Caregivers - Participants will learn and discuss the science of addiction, understand how opioids and stimulants affect the brain and body, explore the recovery process, and identify what to expect on the road to recovery. Participants will also discuss the roles that families, friends, and caregivers play in supporting individuals experiencing substance use disorders, as well as the importance of caring for their own well-being.

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. For more information, contact our Senior Volunteer Coordinator, Stephanie Bentley, at sbentley@recoverfullcircle.org or 712-560-5666.

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.**