

FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>FULL CIRCLE RECOVERY COMMUNITY CENTER COUNCIL BLUFFS</p>	<p>VIEW OUR CALENDAR ONLINE:</p> 					1
<p>WALK-IN HOURS Monday: 10a-6p Tuesday: 10a-6p Wednesday: 8a-4p Thursday: 8a-4p Friday: 10a-6p</p> <p>Omni Centre Business Park 300 West Broadway, Suite 108 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org</p>	<p>3 4p All Recovery Meeting 5p Creative Recovery</p>	<p>4 1:30p Coffee + Conversations 5p Cage Your Rage 6p Nar-Anon 7p CMA</p>	<p>5 1:30p Coffee + Conversations 4-6p Housing Peer Support</p>	<p>6 11:30a-1p Lunch + Learn 2:30p Crafts + Conversations</p>	<p>7 4:30-6p SMART Recovery 6p Narcotics Anonymous</p>	<p>LUNCH + LEARN</p> <p>Thursday, February 6 and Thursday, February 20</p> <p><i>Opioids & Stimulants: A Deadly Combination</i></p> <p>Training provided by Christy Hagen, MSW, Heartland Family Service</p>
	<p>10 4p All Recovery Meeting 5p Creative Recovery</p>	<p>11 1:30p Coffee + Conversations 4p Volunteer Orientation 5p Cage Your Rage 6p Nar-Anon 7p CMA</p>	<p>12 1:30p Coffee + Conversations 3p Group Facilitator Training (Level 2 Volunteers) 4-6p Housing Peer Support</p>	<p>13 1-4p Valentine's Potluck 2:30p Crafts + Conversations</p>	<p>14  Valentine's Day 3p Community Planning Committee 4:30-6p SMART Recovery 6p Narcotics Anonymous</p>	
<p>16</p>	<p>17 4p All Recovery Meeting 5p Creative Recovery</p>	<p>18 11:30a-12:30p Human Trafficking 101 Training 1:30p Coffee + Conversations 5p Cage Your Rage 6p Nar-Anon 7p CMA</p>	<p>19 1:30p Coffee + Conversations 4-6p Housing Peer Support</p>	<p>20 11:30a-1p Lunch + Learn 2:30p Crafts + Conversations</p>	<p>21 4:30-6p SMART Recovery 6p Narcotics Anonymous</p>	
<p>23</p>	<p>24 4p All Recovery Meeting 5p Creative Recovery</p>	<p>25 1:30p Coffee + Conversations 5p Cage Your Rage 6p Nar-Anon 7p CMA</p>	<p>26 1:30p Coffee + Conversations 4-6p Housing Peer Support</p>	<p>27 2:30p Crafts + Conversations</p>	<p>28 4:30-6p SMART Recovery 6p Narcotics Anonymous</p>	<p>CMA = Crystal Meth 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.

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

Group Facilitator Training – A training for current volunteers who have reached Level 2 in the Volunteer Program, and who are already facilitating a group or need a refresher course on facilitating a group. Contact our Volunteer Coordinator, Stephanie, at sbauersachs@recoveryfullcircle.org or 712.560.6360 for more information.

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

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

Lunch + Learn – Opioids and Stimulants: A Deadly Combination Training– A workshop providing educational awareness and an overview of the science of addiction to stimulants (e.g., methamphetamine, cocaine) and the effects on the brain and body, as well as the effects of opioids on the brain and body. Includes Naloxone training and one free kit. Please RSVP to Lora Lemus at llemus@recoveryfullcircle.org.

Narcotics Anonymous – A registered NA meeting that provides support for those recovering from addiction to narcotics. Learn more at 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.

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.

Valentine's Potluck – A social event, bringing the community together for a potluck. Join us for food, fun, and fellowship. If you would like to bring a dish to the potluck, please sign-up at Full Circle RCC.

Volunteer Orientation – Attend this session to learn about volunteer opportunities with Full Circle. Contact our Volunteer Coordinator, Stephanie, at sbauersachs@recoveryfullcircle.org or 712.560.6360 for more information.

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