

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  <div> RECOVERY COMMUNITY CENTER DES MOINES </div> </div>	1 5:30p Recovery Dharma 6:30p Bad Company NA	2  12-1:30p Ornament Creations 5p Crystal Clean + Sober 6p SMART Recovery	3 6:30-8p SMART Recovery	4 12p Lunch + Learn: <i>Resources & Programming at Evelyn K. Davis Center</i> 1:15p Meditation 6p SMART Recovery	5 3p Fitness Fridays 5-7p Friday Fun Night 6p Crochet Creations 7p Freedom Train AA	<div> VIEW OUR CALENDAR ONLINE:  </div>
7 9-10:30a SMART Recovery	8 5:30p Recovery Dharma 6:30p Bad Company NA	9 12-1:30p Creative Club  3-4:30p Volunteer Orientation 5p Parenting in Recovery All Recovery Meeting 6p SMART Recovery	10	11 12p Lunch + Learn: <i>Emotional Survival Guide to the Holidays</i> 2:30-4p Corrections Recovery Coaching Training  1:15p Meditation 6p SMART Recovery	12  3p Fitness Fridays 4-6:30p Winter Holiday Party 7p Freedom Train AA	13  9-11a 12-Step Silent Meditation Gathering
14 9-10:30a SMART Recovery	15 5:30p Recovery Dharma 6:30p Bad Company NA	16 12-1:30p Creative Club 5p Crystal Clean + Sober 6p SMART Recovery	17 6:30-8p SMART Recovery	18 12p Lunch + Learn: <i>Parent Partner Program</i> 1:15p Meditation 6p SMART Recovery	19 3p Fitness Fridays  4:30p Community Conversations 5-7p Friday Fun Night 6p Crochet Creations 7p Freedom Train AA	<div> LUNCH + LEARN SPEAKERS 12/4: Robert Bibens, Evelyn K. Davis Center For Working Families 12/11: Barb Ranck, Employee & Family Resources 12/18: Daphanie Martin & Adam Andre, Children & Families of Iowa </div>
21 9-10:30a SMART Recovery	22 5:30p Recovery Dharma 6:30p Bad Company NA	23 12-1:30p Creative Club 5p Parenting in Recovery All Recovery Meeting 6p SMART Recovery	24  CLOSED FOR CHRISTMAS	25  CLOSED FOR CHRISTMAS 6p SMART Recovery	26 3p Fitness Fridays 5-7p Friday Fun Night 7p Freedom Train AA	
28 9-10:30a SMART Recovery	29 5:30p Recovery Dharma 6:30p Bad Company NA	30 12-1:30p Creative Club 6p SMART Recovery	31 6:30-8p SMART Recovery	<div> Full Circle RCC 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515.783.6382 recoverfullcircle.org </div>	<div> WALK-IN HOURS Monday: 11a-7p Tuesday: 11a-7p Wednesday: 8a-4p Thursday: 11a-7p Friday: 11a-7p </div>	

Descriptions of Full Circle's Activities and Events

12-Step Silent Meditation Gathering – Join us on the second Saturday of each month for a 12-Step Silent Meditation Gathering. We will engage in three consecutive silent meditation sessions with brief breaks, followed by a time for sharing. Everyone is welcome. For more information contact Paul Witmer at paulwitmer@msn.com or 515-240-1653.

Bad Company – A registered Narcotics Anonymous (NA) meeting. Learn more at iowa-na.org.

Community Conversation – A collaborative meeting to team-build, brainstorm, and plan activities and services at Full Circle. All are welcome to join.

Corrections Recovery Coaching Training – This training provides a foundation for supporting people in prison by covering the realities of incarceration, institutional structure, parole processes, CorrLinks communication, trauma, and boundaries.

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

Crochet Creations – A relaxing and creative space to connect, unwind, and learn crochet. All skill levels are welcome as we craft fun projects together. Materials will be provided!

Crystal Clean & Sober – A registered Crystal Meth Anonymous (CMA) meeting. Learn more at 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.

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

Lunch + Learn – An educational workshop on recovery-related topics and/or community resources. Lunch is provided. All are welcome.

Meditation – A brief 20–30-minute group that includes silent meditation and mindfulness teachings.

Ornament Creations – Come decorate an ornament to display on our fundraising tree, helping support our community programs while spreading joy!

Recovery Dharma – A registered recovery meeting based on Buddhist principles and practices. Learn more at recoverydharma.org.

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.

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.

Volunteer Orientation – Attend this session to learn about volunteer opportunities with Full Circle. Contact our Volunteer Coordinator, Becky, at bsidebottom@recoverfullcircle.org for more information.

Winter Holiday Party – Join us for a festive celebration filled with joy, connection, and holiday cheer! Enjoy food, music, games, and community as we come together to celebrate the season in recovery. We will have a potluck style meal, if you are able to bring a side dish or dessert to share. All are welcome!

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