




AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 RECOVERY COMMUNITY CENTER <small>COUNCIL BLUFFS</small>	Omni Centre Business Park 300 West Broadway, Suite 108 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org	VIEW OUR CALENDAR ONLINE: 			1 4:30p SMART Recovery 6p Narcotics Anonymous	2
WALK-IN HOURS Monday: 10a-6p Tuesday: 10a-6p Wednesday: 8a-4p Thursday: 8a-4p Friday: 10a-6p	4 4p All Recovery Meeting 5p Motivating Monday	5 1:30p Coffee + Conversations 5p Cage Your Rage (hybrid) 6p Nar-Anon 7p Crystal Meth Anonymous	6 1:30p Coffee + Conversations 4-6p Housing Peer Support	7 11:30a-1p Lunch + Learn Opioid and Stimulants: A Deadly Combination 2:30p Crafts + Conversations	8 3p Community Planning Committee 4:30p SMART Recovery 6p Narcotics Anonymous	9
10	11 4p All Recovery Meeting	12 1:30p Coffee + Conversations 5p Cage Your Rage (hybrid) 6p Nar-Anon 7p Crystal Meth Anonymous	13 1:30p Coffee + Conversations 3p Volunteer Orientation 4-6p Housing Peer Support	14 2:30p Crafts + Conversations	15 4:30p SMART Recovery 6p Narcotics Anonymous	<i>Opioids and Stimulants: A Deadly Combination</i> Thursday, August 7 11:30a-1p & Thursday, August 21 11:30a-1p Training provided by Christy Hagen, MSW, Heartland Family Service Includes Naloxone training and one FREE kit!
17	18 4p All Recovery Meeting 5p Motivating Monday	19 1:30p Coffee + Conversations 5p Cage Your Rage (hybrid) 6p Nar-Anon 7p Crystal Meth Anonymous	20 1:30p Coffee + Conversations 4-6p Housing Peer Support	21 11:30a-1p Lunch + Learn Opioid and Stimulants: A Deadly Combination 2:30p Crafts + Conversations	22 4:30p SMART Recovery 6p Narcotics Anonymous	
24	25 4p All Recovery Meeting	26 1:30p Coffee + Conversations 5p Cage Your Rage (hybrid) 6p Nar-Anon 7p Crystal Meth Anonymous	27 1:30p Coffee + Conversations 3p Group Facilitator Training (Level 2 Volunteers) 4-6p Housing Peer Support	28 2:30p Crafts + Conversations	29	
31  Overdose Awareness Day				4-7p Overdose Awareness Event		

Descriptions of Full Circle's Activities and Events

3rd Annual Overdose Awareness Event – Please come and help spread awareness and share stories. We are coming together to honor the ones we have lost to overdose. We will have rocks to paint and pin wheels, and hotdogs and water will be served while supplies last. This is a free event, and everyone is welcome to attend.

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. Offered in person and hybrid.



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.

Crystal Meth Anonymous – A registered CMA meeting that provides support to those recovering from addiction to crystal meth. Learn more at crystallmeth.org.

Group Facilitator Training – A training course 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 Bauersachs, at sbauersachs@recoverfullcircle.org or 712-560-5666 for more information.

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

Lunch and Learn: Opioids and Stimulants: A Deadly Combination – Provided by Christy Hagen, MSW, Heartland Family Services. A Workshop to help families, friends and caregivers better understand the physiological effects of substance misuse and to support families, friends and caregivers. Includes Naloxone training and one free kit. RSVP llemus@recoverfullcircle.org.

Motivating Monday – Come join us on the 1st and 3rd Monday of the month when we come together for support and physical movement. We will work as a group to form personal goals and discuss successes and challenges, as we empower each other to embrace our full potential.

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.

Volunteer Orientation – Attend this session to learn about volunteer opportunities with Full Circle RCC. Contact our Volunteer Coordinator, Stephanie Bauersachs, at sbauersachs@recoverfullcircle.org or 712.560.5666 for more information.

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