







SEPTEMBER 2025 - RECOVERY MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7  RECOVERY COMMUNITY CENTER <small>COUNCIL BLUFFS</small>	1 CLOSED FOR LABOR DAY 	2 1:30p Coffee + Conversations 4p Crystal Meth Anonymous <small>NEW TIME</small> 5p Cage Your Rage (hybrid) 6p Nar-Anon	3 CLOSED TODAY 4-6p Housing Peer Support	4 LIMITED HOURS: OPEN 11:30A-1P 11:30a-1p Lunch + Learn Opioid and Stimulants: A Deadly Combination	5 4:30p SMART Recovery 6p Narcotics Anonymous	
14	8 4p All Recovery Meeting 5p Motivating Monday	9 1:30p Coffee + Conversations 4p Crystal Meth Anonymous 5p Cage Your Rage (hybrid) 6p Nar-Anon	10 1:30p Coffee + Conversations 3p Volunteer Orientation 4-6p Housing Peer Support	11 2:30p Crafts + Conversations	12  3p Community Planning Committee 4:30p SMART Recovery 6p Narcotics Anonymous	13 8-11a 3rd Annual Multiple Pathways 2 Recovery Walk <small>(start at Salvation Army)</small>
22 4p All Recovery Meeting 5p Motivating Monday	15 4p All Recovery Meeting	16 1:30p Coffee + Conversations 4p Crystal Meth Anonymous 5p Cage Your Rage (hybrid) 6p Nar-Anon	17 1:30p Coffee + Conversations 4-6p Housing Peer Support	18 2:30p Crafts + Conversations	19 4:30p SMART Recovery 6p Narcotics Anonymous	Opioids and Stimulants: A Deadly Combination Thursday, September 4 11:30a-1p & Thursday, September 25 11:30a-1p Training provided by Christy Hagen, MSW, Heartland Family Service Includes Naloxone training and one FREE kit!
29 4p All Recovery Meeting	22 4p All Recovery Meeting 5p Motivating Monday	23 1:30p Coffee + Conversations 4p Crystal Meth Anonymous 5p Cage Your Rage (hybrid) 6p Nar-Anon	24 1:30p Coffee + Conversations 3p TRS Training (Level 2 Volunteers) 4-6p Housing Peer Support	25 11:30a-1p Lunch + Learn Opioid and Stimulants: A Deadly Combination 2:30p Crafts + Conversations 5-7p 3rd Annual Mobilize Recovery Day of Service  (at Bayliss Park)	26 4:30p SMART Recovery 6p Narcotics Anonymous	
Omni Centre Business Park 300 West Broadway, Suite 108 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org	WALK-IN HOURS Monday: 10a-6p Tuesday: 10a-6p Wednesday: 8a-4p Thursday: 8a-4p Friday: 10a-6p	30 1:30p Coffee + Conversations 4p Crystal Meth Anonymous 5p Cage Your Rage (hybrid) 6p Nar-Anon		VIEW OUR CALENDAR ONLINE: 		

Descriptions of Full Circle's Activities and Events

3rd Annual Mobilize Recovery Day of Service: Community Clean-Up – A community clean-up day at Bayliss Park. Bring water and gloves. Trash bags will be provided. We will meet at the fountain at 5pm on September 25.

3rd Annual Multiple Pathways 2 Recovery Walk – We will meet at the Salvation Army at 7:45am on September 13 and start walking at 8am. We will walk down Avenue G to the Pedestrian Bridge. If you choose to, we will also be attending Hands Across the Bridge after the walk from 10am-11am.

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.

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

Opioids & Stimulants: A Deadly Combination – Current & Emerging Drug Trends – Provided by Christy Hagen, MSW, with Heartland Family Service. Participants will learn and discuss the effects of opioids and stimulants on the brain and body, the brain science of addiction, and current drug trends and their impact on the individual, family, and community. Includes NARCAN administration training and one free kit. RSVP: llemus@recoverfullcircle.org.

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

Motivating Monday – Come join us on the 2nd and 4th Monday in September 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.

TRS Training – This training is for active volunteers that have reached Level 2 in the volunteer program, who are preparing to make Telephone Recovery Support (TRS) calls or need a refresher course on making calls. Contact our Volunteer Coordinator, Stephanie Bauersachs, at sbauersachs@recoverfullcircle.org or 712.560.5666 for more information.

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.**