

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 RECOVERY COMMUNITY CENTER <small>DES MOINES</small>	Full Circle RCC 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515.783.6382 recoverfullcircle.org	VIEW OUR CALENDAR ONLINE: 	1 12p Lunch + Learn: <i>Jessi's Personal Story</i> 1:15p Meditation 6p SMART Recovery	2 3p Fitness Fridays 4:30p Community Conversations 5-8p Friday Fun Night 6p Courage to Grow: <i>Atomic Habits</i> 7p Freedom Train AA 7p Courage to Change Al-Anon	3 Fitness Fridays 4:30p Community Conversations 5-8p Friday Fun Night 6p Courage to Grow: <i>Atomic Habits</i> 7p Freedom Train AA 7p Courage to Change Al-Anon	WALK-IN HOURS Monday: 12p-8p Tuesday: 12p-8p Wednesday: 8a-4p Thursday: 12p-8p Friday: 12p-8p
4 9-10:30a SMART Recovery 6p Crystal Meth Anonymous 	5 5:30p Recovery Dharma 6:30p Bad Company NA	6 12-1:30p Creative Club 6p SMART Recovery	7 6:30-8p SMART Recovery	8 12p Lunch + Learn: <i>Learning to Trust</i> 1:15p Meditation 6p SMART Recovery	9 3p Fitness Fridays 5-7p Hire Phoenix: Job Seeker Success Series  5-8p Friday Fun Night 6p Courage to Grow: <i>Atomic Habits</i> 7p Freedom Train AA 7p Courage to Change Al-Anon	LUNCH + LEARN SPEAKERS 5/1: Jessi Cabanaw, FCRC Volunteer 5/8: Jordan Jenkins, Employee & Family Resources 5/15: Michelle Gonnering, Dupaco 5/22: Charlee Gathercole, Recoveree 5/29: Dave Ultrata, FCRC Volunteer
11 9-10:30a SMART Recovery	12 5:30p Recovery Dharma 6:30p Bad Company NA	13 12-1:30p Creative Club 3-4:30p Volunteer Orientation 6p SMART Recovery 7p Parenting in Recovery All Recovery Meeting 	14 12p Lunch + Learn: <i>Budgeting & Saving</i> 1:15p Meditation 6p SMART Recovery	15 12p Lunch + Learn: <i>Learning to Trust</i> 1:15p Meditation 6p SMART Recovery	16 3p Fitness Fridays 4:30p Community Conversations 5-8p Friday Fun Night 6p Courage to Grow: <i>Atomic Habits</i> 7p Freedom Train AA 7p Courage to Change Al-Anon	
18 9-10:30a SMART Recovery 6p Crystal Meth Anonymous	19 5:30p Recovery Dharma 6:30p Bad Company NA	20 12-1:30p Creative Club 6p SMART Recovery 6p Steps of Hope Overdose Awareness Walk (DMACC Pond in Ankeny)	21 6:30-8p SMART Recovery	22 12p Lunch + Learn: <i>Charlee's Personal Story</i> 1:15p Meditation 2:30-4p Corrections Recovery Coaching Training 6p SMART Recovery	23 3p Fitness Fridays 5-7p Hire Phoenix 5-8p Friday Fun Night 6p Courage to Grow: <i>Atomic Habits</i> 7p Freedom Train AA 7p Courage to Change Al-Anon	
25 9-10:30a SMART Recovery	26 CLOSED FOR MEMORIAL DAY	27 12-1:30p Creative Club 6p SMART Recovery 7p Parenting in Recovery All Recovery Meeting	28	29 12p Lunch + Learn: <i>Common Threads in Recovery & Life</i> 1:15p Meditation 6p SMART Recovery	30 3p Sound Bath 4:30p Community Conversations 5-8p Friday Fun Night 6p Courage to Grow: <i>Atomic Habits</i> 7p Freedom Train AA 7p Courage to Change Al-Anon	

Descriptions of Full Circle's Activities and Events

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

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

Corrections Recovery Coaching Training – A training for current volunteers who are interested in providing recovery coaching for individuals who are incarcerated or returning from incarceration. For more information, contact Tracy at tgryp@recoverfullcircle.org.

Courage to Change – A registered Al-Anon meeting for family and friends of those who struggle with alcoholism. Learn more at al-anon.org.

Courage to Grow – A book club developed and led by our volunteer, Dominic. Each month we will read and discuss a book that is centered around growth and self-improvement. Books for the following months will be selected by the group.

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

Crystal Meth Anonymous – 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.

Hire Phoenix: Job Seeker Success Series – An employment workshop series focusing on a variety of topics including building professional skills, resume writing, job searching, professional etiquette, and more.

Lunch + Learn – An educational workshop on recovery-related topic. Lunch is provided. All are welcome.

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

Parenting in Recovery All Recovery Meeting – Join a supportive community of parents committed to recovery to share experiences, find strength, and support one another.

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

Sound Bath – A meditative experience of being bathed in sound waves to help you relax and let go of stress and anxiety.

Steps of Hope Overdose Awareness Walk – Join us for this annual walk and be part of a powerful movement to bring hope and support to individuals and families impacted by substance use disorder. Learn more at www.stepsofhopeiowa.org/annual-walk/.

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

Volunteer Recognition Potluck – A celebration of the invaluable contributions of our volunteers. Please bring a dish or desert to share.

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