



# APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>RECOVERY COMMUNITY CENTER</b> DES MOINES</p>	<p><b>Full Circle RCC</b> 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515.783.6382 recoverfullcircle.org</p>	<p><b>1</b> 12-1:30p Creative Club 6p SMART Recovery</p>	<p><b>2</b> 6:30-8p SMART Recovery</p>	<p><b>3</b> 12p Lunch + Learn: <i>Trauma Sensitive Mindfulness</i> 1:15p Meditation 6p SMART Recovery</p>	<p><b>4</b> 3p Fitness Fridays 4:30p Community Conversation 5-8p Friday Fun Night 6p Courage to Grow: <i>The Voice of Knowledge</i> 7p Freedom Train AA 7p Courage to Change Al-Anon</p>	<p><b>5</b> 4-6p Restorative Justice Workshop</p>
<p><b>6</b> 9-10:30a SMART Recovery</p>	<p><b>7</b> 5:30p Recovery Dharma 6:30p Bad Company NA</p>	<p><b>8</b> 12-1:30p Creative Club 3-4:30p Volunteer Orientation 6p SMART Recovery</p>	<p><b>9</b></p>	<p><b>10</b> 12p Lunch + Learn: <i>Harnessing a Positive Mindset</i> 1:15p Meditation 6p SMART Recovery</p>	<p><b>11</b> 3p Sound Bath 5-8p Friday Fun Night 6p Courage to Grow: <i>The Voice of Knowledge</i> 7p Freedom Train AA 7p Courage to Change Al-Anon</p>	
<p><b>13</b> 9-10:30a SMART Recovery</p>	<p><b>14</b> 5:30p Recovery Dharma 6:30p Bad Company NA</p>	<p><b>15</b> 12-1:30p Creative Club 6p SMART Recovery</p>	<p><b>16</b> 6:30-8p SMART Recovery</p>	<p><b>17</b> 12p Lunch + Learn: <i>Dress for Success</i> 1:15p Meditation 6p SMART Recovery</p>	<p><b>18</b> 3p Mindfulness Meditation 4:30p Community Conversation 5-8p Friday Fun Night 6p Courage to Grow: <i>The Voice of Knowledge</i> 7p Freedom Train AA 7p Courage to Change Al-Anon</p>	<p><b>LUNCH + LEARN SPEAKERS</b> 4/3: Paul Witmer, Women at the Well 4/10: Jordan Jenkins, Employee &amp; Family Resources 4/17: Nicole Sickels, Dress for Success 4/24: Chris Bertrand, Ivory Plains</p>
<p><b>20</b> 9-10:30a SMART Recovery</p>	<p><b>21</b> 5:30p Recovery Dharma 6:30p Bad Company NA</p>	<p><b>22</b> 12-1:30p Creative Club 6p SMART Recovery</p>	<p><b>23</b></p>	<p><b>24</b> 12p Lunch + Learn: <i>Treatment Services - Ivory Plains</i> 1:15p Meditation 2:30-4p Corrections Recovery Coaching Training 6p SMART Recovery</p>	<p><b>25</b> 3p Fitness Fridays 5-8p Friday Fun Night 6p Courage to Grow: <i>The Voice of Knowledge</i> 7p Freedom Train AA 7p Courage to Change Al-Anon</p>	
<p><b>27</b> 9-10:30a SMART Recovery</p>	<p><b>28</b> 5:30p Recovery Dharma 6:30p Bad Company NA</p>	<p><b>29</b> 12-1:30p Creative Club 6p SMART Recovery</p>	<p><b>30</b> 6:30-8p SMART Recovery</p>	<p><b>VIEW OUR CALENDAR ONLINE:</b></p> 		<p><b>WALK-IN HOURS</b> Monday: 12p-8p Tuesday: 12p-8p Wednesday: 8a-4p Thursday: 12p-8p Friday: 12p-8p</p>

## Descriptions of Full Circle's Activities and Events

**Bad Company** – A registered Narcotics Anonymous (NA) meeting. Learn more at [iowa-na.org](http://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 Coach Training** – Attend this session to learn about volunteer opportunities with Full Circle's Corrections Recovery Coaching Program. Contact the Director of Corrections, Tracy, at [tgryp@recoverfullcircle.org](mailto:tgryp@recoverfullcircle.org), for more information.

**Courage to Change** – A registered Al-Anon meeting for family and friends of those who struggle with alcoholism. Learn more at [al-anon.org](http://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.

**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](http://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 topic. Lunch is provided. All are welcome.

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

**Recovery Dharma** – A registered recovery meeting based on Buddhist principles and practices. Learn more at [recoverydharma.org](http://recoverydharma.org).

**Restorative Justice Workshop** – An opportunity to learn about Indigenous principles of restorative justice and participate in practices to work toward healing in relationships. This workshop is especially geared toward individuals and families impacted by incarceration and/or substance use.

**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](http://smartrecovery.org).

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

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

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