



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9-10:30am SMART Recovery 	2 12pm All Recovery Meeting 1pm Recovery Connections 4:30-5:30pm Redeemed Living 5pm Recovery Dharma 6pm Bad Company NA	3 12-1:30pm Creative Club 6pm SMART Friends & Family 6pm SMART Recovery	4 9am Mindfulness Meditation 12pm Healthy Living 6:30-8pm SMART Recovery	5 12pm Peer Series: Personal Journey - Lorisha  1:15pm Meditation 6pm SMART Recovery	6 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA	7
8 9-10:30am SMART Recovery	9 12pm All Recovery Meeting 1pm Recovery Connections 4:30-5:30pm Redeemed Living 5pm Recovery Dharma 6pm Bad Company NA	10 12-1:30pm Creative Club 3-4:30pm Volunteer Orientation 6pm SMART Friends & Family 6pm SMART Recovery	11 9am Mindfulness Meditation 12pm Skills for Life 	12 12pm Lunch & Learn: Stress Management  1:15pm Meditation 6pm SMART Recovery	13 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA	14 9am 12-Step Silent Meditation Gathering
15 9-10:30am SMART Recovery	16 12pm All Recovery Meeting 1pm Recovery Connections 4:30-5:30pm Redeemed Living 5pm Recovery Dharma 6pm Bad Company NA	17 12-1:30pm Creative Club 6pm SMART Friends & Family 6pm SMART Recovery	18 9am Mindfulness Meditation 12pm Healthy Living 6:30-8pm SMART Recovery	19 12pm Peer Series: Living with a Disability - Blake  1:15pm Meditation 6pm SMART Recovery	20 3pm Fitness Fridays 4:30-5:30pm Comm. Conversations 5-7pm Gratitude Potluck  7pm Freedom Train AA	21 
22 9-10:30am SMART Recovery	23 12pm All Recovery Meeting 1pm Recovery Connections 4:30-5:30pm Redeemed Living 5pm Recovery Dharma 6pm Bad Company NA	24 12-1:30pm Creative Club 6pm SMART Friends & Family 6pm SMART Recovery	25 9am Mindfulness Meditation 12pm Skills for Life	26 Closed for Thanksgiving  6pm SMART Recovery	27 Closed for Day After Thanksgiving  7pm Freedom Train AA	28
29 9-10:30am SMART Recovery	30 12pm All Recovery Meeting 1pm Recovery Connections 4:30-5:30pm Redeemed Living 5pm Recovery Dharma 6pm Bad Company NA		Mondays: 4:30pm Redeemed Living Wednesdays: 9am Mindfulness Meditation 12pm Healthy Living (4 th & 18 th) 12pm Skills for Life (11 th & 25 th) Thursdays: 12pm Peer Series (5 th & 19 th)	View our calendar online: 	Full Circle RCC: 5601 Douglas Avenue Des Moines, IA 50310 515.783.6382 recoverfullcircle.org	Walk-in hours: Mon: 11am-7pm Tues: 11am-7pm Wed: 8am-4pm Thurs: 11am-7pm Fri: 11am-7pm

Description 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.

All Recovery Meeting – A weekly open meeting that supports recovery from all addictions and welcomes people at any stage of their recovery. All pathways and experiences are welcome.

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.

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 Alcoholics Anonymous (AA) meeting. Learn more at aa.org.

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

Gratitude Potluck – Join us for a potluck as we come together to celebrate recovery, connection, and the many things we are thankful for. Enjoy good food, meaningful conversations, and time with our recovery community. Bring a dish to share if you are able, but it is not required. Everyone is welcome!

Healthy Living – Healthy Living is a supportive space to explore your relationship with nicotine and tobacco, learn how they affect your health, and discover options for making healthier choices. Every step toward healthier living matters. Whether you're thinking about making a change, cutting back, or quitting, you are welcome here.

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.

Mindfulness Meditation – Take time to slow down, be present, and reconnect with yourself through guided mindfulness meditation. Learn simple practices that can help reduce stress, increase self-awareness, and support overall wellness and recovery.

Peer Series – Turning lived experience into leadership. Peers are encouraged to share their stories, lead group discussions, build confidence, and develop skills that empower them to become leaders in the recovery community.

Recovery Connections – Connect. Discover. Grow. A welcoming space to connect with recovery coaches, learn about recovery resources, ask questions, and build supportive connections within the recovery community.

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

Redeemed Living – The 12 Spiritual Steps offer a pathway to recovery through honesty, self-reflection, faith, and connection with others. They encourage personal growth, healing, and freedom from addiction, one step at a time.

Skills for Life – A practical, skills-based group focused on building tools that support long-term recovery. Participants will learn strategies for mindfulness, managing difficult emotions, coping with high-risk situations and triggers, and strengthening communication and relationships.

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.

SMART Recovery Friends & Family – A registered support meeting for people affected by a loved one's substance use or addictive behaviors. Using evidence-based tools, participants learn strategies for coping, setting healthy boundaries, improving communication, and supporting both their own well-being and their loved one's recovery. Learn more at smartrecovery.org.

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

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