



**RECOVERY  
COMMUNITY  
CENTER**  
DES MOINES

# April 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <b>1:45p Community Conversation</b> 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>2 12-1:30p Creative Club 5p All Recovery Meeting <b>5:30p CoDA Meeting</b> 6p SMART Recovery</p>	<p>3 1:30-3p Art and Music Group</p>	<p>4 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery</p>	<p>5 <b>3p CaBrie's Yoga</b> 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>8 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>9 12-1:30p Creative Club 5p All Recovery Meeting <b>5:30p CoDA Meeting</b> 6p SMART Recovery</p>	<p>10 1:30-3p Art and Music Group</p>	<p>11 12p Lunch + Learn 1:15p Meditation <b>4p Volunteer Orientation</b> 6p SMART Recovery</p>	<p>12 <b>3p CaBrie's Yoga</b> 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>15 <b>1:45p Community Conversation</b> 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>16 <b>11a Good Grief Group</b> 12-1:30p Creative Club 5p All Recovery Meeting <b>5:30p CoDA Meeting</b> 6p SMART Recovery</p>	<p>17 1:30-3p Art and Music Group</p>	<p>18 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery</p>	<p>19 <b>3p CaBrie's Yoga</b> 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>22 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>23 12-1:30p Creative Club 5p All Recovery Meeting <b>5:30p CoDA Meeting</b> 6p SMART Recovery</p>	<p>24 1:30-3p Art and Music Group</p>	<p>25 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery</p>	<p>26 <b>5-8p Bingo with the Bros</b> 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>29 <b>1:45p Community Conversation</b> 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>30 12-1:30p Creative Club 5p All Recovery Meeting <b>5:30p CoDA Meeting</b> 6p SMART Recovery</p>	<p><b>View our calendar online:</b></p> 		
<p><b>WALK-IN HOURS:</b> Monday: 12pm-8pm Tuesday: 12pm-8pm Wednesday: 8am-4pm Thursday: 12pm-8pm Friday: 12pm-8pm</p>		<p><b>*LUNCH + LEARN TOPICS:</b> 4/4: <b>Credit Scores</b> (Michelle Gonnering, Dupaco) 4/11: <b>Decision Making</b> (Jordan Jenkins, EFR) 4/18: <b>Budgeting</b> (Missy Harken, Community State Bank) 4/25: <b>MAT Educational Series</b> (Mel Laws &amp; Lindsey Vietz, BHG)</p>		

## Descriptions of Full Circle's Activities and Events

**All Recovery Meeting** – An open discussion recovery meeting inclusive of all kinds of addiction and pathways of recovery. Family members and allies welcome.

**Art & Music Group** – Celebrate your recovery by participating in artistic and musical activities every week. Katie will lead a variety of expressive activities involving art and music.

**Brilliant Lotus Yoga** – Join Polly for a yoga class at Full Circle. Polly will lead us through gentle movement and reflection to encourage us on our recovery journeys. Dress comfortably. No registration required. Limited supplies available; bring a mat and blanket if you are able. Donations encouraged.

**CaBrie's Come-As-You-Are Yoga** – This is a beginner restorative and/or yin-like class that also incorporates meditation. The goal of this class, led by CaBrie, is to help you to explore the physical, mental, and spiritual benefits of yoga and find a practice that works for you. Limited supplies available; bring a mat if you are able.

**CoDA** – Co-Dependents Anonymous is a 12-step program with a fellowship of people whose common purpose is to develop healthy and loving relationships. Learn more at [coda.org](http://coda.org).

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

**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).

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

**Freedom Train** – A registered AA (Alcoholics Anonymous) meeting. Learn more at [aa.org](http://aa.org).

**Godless Recovery** – A recovery meeting that is designed to be a safe place for people to connect on the basis of recovery without faith-based principles. Join in person or online via Zoom using the QR code:



**Good Grief Group** – A peer-based education and support group for those experiencing grief of all kinds.

**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.

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

**SMART Recovery** – A registered recovery meeting that takes an evidence-based approach to support people with substance dependencies or problem behaviors. Learn more at [smartrecovery.org](http://smartrecovery.org).

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