

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 RECOVERY COMMUNITY CENTER <small>COUNCIL BLUFFS</small>	2 CLOSED FOR LABOR DAY	3 1:30p Coffee + Conversations 5p Cage Your Rage 6p Nar-Anon 7p CMA	4 1:30p Coffee + Conversations 3p Codependency Recovery Group 4-6p Housing Peer Support	5 2:30p Crafts + Conversations	6 4:30-6p SMART Recovery 6p Narcotics Anonymous	7 8a-12p Pathways Walk 2 Recovery (Start at Salvation Army of Council Bluffs)
WALK-IN HOURS Monday: 10a-6p Tuesday: 10p-6p Wednesday: 8a-4p Thursday: 8a-4p Friday: 10p-6p	9 4p All Recovery Meeting 5p Creative Recovery	10 1:30p Coffee + Conversations 4p Volunteer Orientation 5p Cage Your Rage 5-6:30p Workshop* 6p Nar-Anon 7p CMA	11 1:30p Coffee + Conversations 3p Codependency Recovery Group 4-6p Housing Peer Support 5p Community Planning Committee	12 2:30p Crafts + Conversations	13 4:30-6p SMART Recovery 6p Narcotics Anonymous	14
Omni Centre Business Park 300 West Broadway, Suite 112 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org	16 4p All Recovery Meeting 5p Creative Recovery	17 1:30p Coffee + Conversations 5p Cage Your Rage 6p Nar-Anon 7p CMA	18 1:30p Coffee + Conversations 3p Codependency Recovery Group 4-6p Housing Peer Support	19 2:30p Crafts + Conversations	20 4:30-6p SMART Recovery 6p Narcotics Anonymous	21 10-11a Pavement Pounderz (River's Edge Pavilion)
22	23 4p All Recovery Meeting 5p Creative Recovery	24 11:30a-1p Lunch + Learn** 1:30p Coffee + Conversations 4p Volunteer Orientation 5p Cage Your Rage 6p Nar-Anon 7p CMA	25 1:30p Coffee + Conversations 3p Codependency Recovery Group 4-6p Housing Peer Support	26 2:30p Crafts + Conversations	27 4:30-6p SMART Recovery 6p Narcotics Anonymous	28 12-3p Mobilize Recovery Day of Service (Bayliss Park)
29 CMA = Crystal Meth Anonymous	30 4p All Recovery Meeting 5p Creative Recovery	WORKSHOP* 9/10: Understanding Addiction and Recovery - Information for Families, Friends, and Caregivers LUNCH + LEARN** 9/24: Stigma Associated with Substance Use Disorder			VIEW OUR CALENDAR ONLINE: 	

SEPTEMBER IS NATIONAL RECOVERY MONTH

Descriptions of Full Circle's Activities and Events

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.

Codependency Recovery Group – Alongside peers, participants will examine their behaviors and learn together how to break the cycle of unhappiness. In this group, participants will explore ways to free themselves from codependency, while moving into a life of happiness that is not dependent on the actions of others.

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. All are welcome to join.

Crafts and Conversations – A casual, fun time for scrapbooking, journaling, origami, crocheting, coloring, and other crafty activities. Supplies provided.

Creative Recovery – A weekly group that provides an environment for participants to use art as a therapeutic tool to develop a healthy and balanced life. Supplies provided.

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

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

Mobilize Recovery Day of Service – A community clean-up day at Bayliss Park. Bring water and gloves. Trash bags will be provided.

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

Pathways Walk 2 Recovery – A community walk to support the ones who are still struggling with substance use and honor the loved ones we've lost to this disease. Start at Salvation Army of Council Bluffs.

Pavement Pounderz – A relaxing time to walk the beautiful trails in the community, join Jo Schroer with the Nebraska AIDS Project as she introduces walking trails and the natural opportunities they provide for fellowship, observing nature, and enjoying the company of family and friends. The September meeting spot will be River's Edge Pavilion, 4250 Rivers Edge Pkwy.

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.

Lunch + Learn: Stigma Associated with Substance Use Disorder – Facilitated by Heartland Family Service, this hour-and-a-half workshop is available at no cost for anyone who wants to talk openly about the stigma associated with substance misuse as well as strategies for reducing stigma in our community and beyond. Feel free to bring your own lunch.

Volunteer Orientation – Attend this session to learn about volunteer opportunities with Full Circle. Contact our Interim Center Manager, Lora, at llemus@recoverfullcircle.org, or 712.560.6137 for more information.

Workshop: Understanding Addiction and Recovery – Information for Families, Friends, and Caregivers – Facilitated by Heartland Family Service, this workshop is available at no cost. The goal of the workshop is to help families, friends, and caregivers better understand the physiological effects of substance misuse on the brain, and to support families, friends, and caregivers with their goal of supporting their loved ones. Cookies will be served.

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