




**RECOVERY
COMMUNITY
CENTER**
DES MOINES

May 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>View our calendar online:</p> 		1	2 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery	3 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
6 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga	7 12-1:30p Creative Club 5:30p Co-Dependents Anonymous 6p SMART Recovery	8	9 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery	10 3p Cabrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
13 1:45p Community Conversation 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga	14 12-1:30p Creative Club 5:30p Co-Dependents Anonymous 6p SMART Recovery	15	16 12p Lunch + Learn 1:15p Meditation 4p Volunteer Orientation 6p SMART Recovery	17 3p Cabrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
20 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga	21 12-1:30p Creative Club 5:30p Co-Dependents Anonymous 6p SMART Recovery	22	23 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery	24 3p Cabrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
27 CLOSED – Memorial Day	28 12-1:30p Creative Club 5:30p Co-Dependents Anonymous 6p SMART Recovery	29	30 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery	31 3p Cabrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
<p>WALK-IN HOURS: Monday: 12pm-8pm Tuesday: 12pm-8pm Wednesday: 8am-4pm Thursday: 12pm-8pm Friday: 12pm-8pm</p>		<p>*LUNCH + LEARN TOPICS: 5/2: Domestic Violence Education & Resources (Lori Jensen, CFR) 5/9: Managing Stress (Jordan Jenkins, EFR) 5/16: Accessing Housing & Supportive Services (Erin Hussman, PHC) 5/23: Derek's Personal Journey (Derek) 5/30: Career Development (Dani Magulado, Change Course)</p>		

Descriptions of Full Circle's Activities and Events

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 – A registered Co-Dependents Anonymous meeting that 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.

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.

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.

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.

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.

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.

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