

Lunch & Learn

Every Thursday | Noon–1 pm
Lunch is provided!

**JOIN A WEEKLY WORKSHOP
ON A TOPIC RELATED TO
RECOVERY INCLUDING:**

- Multiple pathways of recovery
- Reducing stigma
- Harm reduction
- Time management
- Making connections
- Supporting loved ones
- Managing stress
- Community resources
- And more!

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Presented by:



RECOVERY
COMMUNIT'
CENTER
DES MOINES



in partnership with guest presenters from local organizations!

VISIT recoverfullcircle.org for more information.