

SEPTEMBER 2025 - RECOVERY MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 RECOVERY COMMUNITY CENTER DES MOINES	1 CLOSED for LABOR DAY 	2 12-1:30p Creative Club 6p SMART Recovery 7p Crystal Clean + Sober	3 CLOSED TODAY 6:30-8p SMART Recovery	4 LIMITED HOURS: OPEN 11A-2P 12p Lunch + Learn: <i>Suicide Prevention</i> 1:15p Meditation 6p SMART Recovery	5 3p Fitness Fridays 5-7p Friday Fun Night 6p SHE RECOVERS Women's Sharing Circle 7p Freedom Train AA	
7 9-10:30a SMART Recovery	8 5:30p Recovery Dharma 6:30p Bad Company NA	9 12-1:30p Creative Club 3-4:30p Volunteer Orientation 6p SMART Recovery 7p Parenting in Recovery All Recovery Meeting	10 12p Lunch + Learn: <i>Topic TBD</i> 1:15p Meditation 6p SMART Recovery	11 12p Lunch + Learn: <i>Peer Support Workshop</i> 1:15p Meditation 6p SMART Recovery	12 3p Fitness Fridays 5-7p Friday Fun Night 7p Freedom Train AA	13  9-11a 12-Step Silent Meditation Gathering
14 9-10:30a SMART Recovery	15 5:30p Recovery Dharma 6:30p Bad Company NA	16 12-1:30p Creative Club 6p SMART Recovery 7p Crystal Clean + Sober	17 6:30-8p SMART Recovery	18 12p Lunch + Learn: <i>Peer Support Workshop</i> 1:15p Meditation 6p SMART Recovery	19 3p Fitness Fridays 4-6:30p Recovery Celebration 5-7p Friday Fun Night 7p Freedom Train AA	Full Circle RCC 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515.783.6382 recoverfullcircle.org
21 9-10:30a SMART Recovery	22 5:30p Recovery Dharma 6:30p Bad Company NA	23 12-1:30p Creative Club 6p SMART Recovery 7p Parenting in Recovery All Recovery Meeting	24	25 12p Lunch + Learn: <i>Parent Partner Program</i> 1:15p Meditation 6p SMART Recovery	26 3p Fitness Fridays 4:30p Community Conversations 5-7p Friday Fun Night 7p Freedom Train AA	LUNCH + LEARN SPEAKERS 9/4: Hayl Bergeland, Employee & Family Resources 9/11: Jordan Jenkins, Employee & Family Resources 9/18: Mary Beth O'Connor, <i>From Junkie to Judge</i> 9/25: Adam Andre, Children & Families of Iowa
28 9-10:30a SMART Recovery	29 5:30p Recovery Dharma 6:30p Bad Company NA	30 12-1:30p Creative Club 6p SMART Recovery	 VIEW OUR CALENDAR ONLINE:		WALK-IN HOURS Monday: 11a-7p Tuesday: 11a-7p Wednesday: 8a-4p Thursday: 11a-7p Friday: 11a-7p	

Descriptions 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. For more information contact Paul Witmer at paulwitmer@msn.com or 515-240-1653.

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.

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

Crystal Clean & Sober – A registered Crystal Meth Anonymous (CMA) meeting. Learn more at crystalmeth.org.

Fitness Fridays – A weekly group exploring various physical wellness activities. Activities may include yoga, outdoor walks, or other gentle movements.

Freedom Train – A registered AA (Alcoholics Anonymous) meeting. Learn more at aa.org.

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

Lunch + Learn – An educational workshop on recovery-related topics and/or community resources. Lunch is provided.

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.

SHE RECOVERS Women's Sharing Circle – Sharing Circles are intended for women and non-binary individuals who are in or seeking recovery to connect, learn, heal, and share within a group of like-hearted individuals. Learn more at sherecovers.org.

Parenting in Recovery: All Recovery Meeting – A topic discussion meeting for parents in recovery who are committed to sharing experiences, finding strength, and supporting one another. Discussions include perspectives of all family makeups and circumstances.

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.

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

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