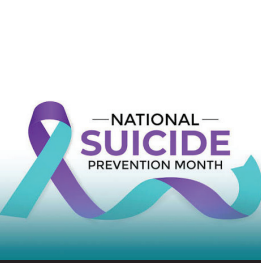


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	2 11:30am SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	3 11:30am-12:30pm Kratom and 7-Hydroxy: A Strong Warning WS 3-4pm Crafts and	4 2-3pm Community Planning Committee 3-4pm SMART Recovery 5-6pm Recovery Meeting	5 
6	7 Closed for 	8 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	9 11:30am SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	10 2-3pm Volunteer Orientation 3-4pm Crafts and Conversations	11 3-4pm SMART Recovery 5-6pm Recovery Meeting	12
13 	14 4-5pm All Recovery 5-6pm WRAP	15 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	16 11:30am SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	17 11:30am-12:30pm Understanding Addiction and Recovery 3-4pm Crafts and Conversations	18 3-4pm SMART Recovery 5-6pm Recovery Meeting	19 7:30-10am Pathways Walk 2 Recovery
20	21  Our RCC is closed today as our staff attend Iowa's 4th Annual Recovery Conference	22 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	23 11:30am SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	24 2-3pm Group Facilitator Training 3-4pm Crafts and Conversations	25 3-4pm SMART Recovery 5-6pm Recovery Meeting	26 
27 	28 4-5pm All Recovery 5-6pm WRAP	29 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	30 11:30am SMART Friends & Family 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	View our calendar online: 	Omni Centre Business Park 300 West Broadway Suite 108 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org	Walk-in hours: Mon: 10am-6pm Tues: 10am-6pm Wed: 8am-4pm Thurs: 8am-4pm Fri: 10am-6pm

Description 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. Offered in person and hybrid. Use this QR code to join remotely:



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.

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

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

Group Facilitator Training – A training course for current volunteers who have reached Level 2 in the Volunteer Program, and who are already facilitating a group or need a refresher course on facilitating a group. Contact our Volunteer Coordinator, Stephanie Bentley, at sbentley@recoveryfullcircle.org or (712) 560-5666.

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

Kratom and 7-Hydroxy: A Strong Warning Workshop – Federal DEA & Department of HHS are working together to take aggressive action dealing with the opposing threat of these dangerous substances to the health and safety of our country. Join us to explore an awareness of these threats and what to look for in your local gas stations, vape shops, and convenience stores! Feel free to bring your lunch.

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 – We will meet at the Salvation Army at 7:30am on September 19th and start walking at 8am. We will walk down Avenue G to the Pedestrian Bridge. If you choose to, we will also be attending Hands Across the Bridge after the walk from 10-11am.

Recovery Meeting – Come together as a recovery community for a topic discussion meeting on anything recovery related. Enjoy unity and fellowship in a welcoming environment with others in recovery.

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.

SMART Recovery Friends and Family – When a loved one struggles with addictive behaviors, family members and friends often want to offer support but aren't sure how. SMART Recovery's Friends and Family meeting offers practical, easy-to-use tools that help individuals develop effective coping and self-care skills for themselves, as well as strategies for interacting effectively with their loved ones. For more information, contact Jaymie Rowe at jrowe@recoveryfullcircle.org or 712-560-6360.

Understanding Addiction and Recovery: Information for Family, Friends, and Caregivers – This training takes place on the third Thursday of the month and is provided by Christy Hagen, MSW, Prevention Specialist with Heartland Family Service. Participants will learn and discuss the science of addiction, understand and discuss how opioids and stimulants affect the brain and body, visualize and discuss the recovery process, identify what to expect on the road to recovery, and identify and discuss the roles that families, friends, and caregivers play in the support and recovery journey, and self-care for themselves.

Volunteer Orientation – Volunteer Orientation will focus on orienting volunteers to serve others through the programming available at Full Circle Recovery Community Center. This time is open for anyone wanting to learn more about how to become a volunteer. For more information contact our volunteer coordinator, Stephanie Bentley, at sbentley@recoveryfullcircle.org or 712-560-5666.

WRAP – The WRAP group helps you create a wellness plan for any area of your life. It supports you in recognizing when things are going well and when they are not. The group also helps you better understand yourself and identify ways others can support you during times of struggle. This is an 8-week class designed to help you develop a personalized plan that works for you. For any questions, please contact Jaymie Rowe at jrowe@recoveryfullcircle.org or (712) 560-6296.

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