










Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>View our calendar online:</b></p> 			<p><b>1</b> 6:30-8pm SMART Recovery</p>	<p><b>2</b> 12pm Lunch &amp; Learn:  Recovery Story - <b>Marlena</b> 1:15pm Meditation 6pm SMART Recovery</p>	<p><b>3</b> 3pm Fitness Fridays 5-7pm Friday Fun Night 6pm Crochet Creations 7pm Freedom Train AA</p>	<p><b>4</b></p>
<p><b>5</b>  9-10:30am SMART Recovery</p> 	<p><b>6</b> 5:30pm Recovery Dharma 6:30pm Bad Company NA</p>	<p><b>7</b> 12-1:30pm Creative Club 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery</p>	<p><b>8</b></p>	<p><b>9</b> 12pm Lunch &amp; Learn:  Setting Boundaries 1:15pm Meditation 6pm SMART Recovery</p>	<p><b>10</b> 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA</p>	<p><b>11</b> 9am 12-Step Silent Meditation Gathering</p>
<p><b>12</b> 9-10:30am SMART Recovery</p>	<p><b>13</b> 5:30pm Recovery Dharma 6:30pm Bad Company NA</p>	<p><b>14</b> 12-1:30pm Spring Forward Vision Boards 3-4:30pm Volunteer Orientation 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery</p>	<p><b>15</b> 6:30-8pm SMART Recovery</p>	<p><b>16</b> 12pm Lunch &amp; Learn:  Personal Story - <b>Antonio</b> 1:15pm Meditation 6pm SMART Recovery</p>	<p><b>17</b> 3pm Fitness Fridays 4:30-5:30pm Comm. Conversations 5-7pm Friday Fun Night 6pm Crochet Creations 7pm Freedom Train AA</p>	
<p><b>19</b> 9-10:30am SMART Recovery</p>	<p><b>20</b> 5:30pm Recovery Dharma 6:30pm Bad Company NA</p>	<p><b>21</b> 12-1:30pm Creative Club 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery</p>	<p><b>22</b></p> 	<p><b>23</b> 12pm Lunch &amp; Learn:  Budgeting 1:15pm Meditation 6pm SMART Recovery</p>	<p><b>24</b> 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA</p>	<p><b>25</b></p>
<p><b>26</b> 9-10:30am SMART Recovery</p> 	<p><b>27</b> 5:30pm Recovery Dharma 6:30pm Bad Company NA</p>	<p><b>28</b> 12-1:30pm Creative Club 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery</p>	<p><b>29</b> 6:30-8pm SMART Recovery</p>	<p><b>30</b> 12pm Lunch &amp; Learn:  Mindspring Mental Health Alliance 1:15pm Meditation 6pm SMART Recovery</p>	<p><b>Full Circle RCC:</b> 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515-783-6382 recoverfullcircle.org</p>	<p><b>Walk-in hours:</b> Mon: 11am-7pm Tues: 11am-7pm Wed: 8am-4pm Thurs: 11am-7pm Fri: 11am-7pm</p>

## Description 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. Everyone is welcome. For more information contact Paul Witmer at [paulwitmer@msn.com](mailto:paulwitmer@msn.com) or 515-240-1653.

**Bad Company** – A registered Narcotics Anonymous (NA) meeting. Learn more at [iowa-na.org](http://iowa-na.org).

**Community Conversation** – A collaborative meeting to team-build, brainstorm, and plan activities and services at Full Circle. All are welcome to join.

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

**Crochet Creations** – A relaxing and creative space to connect, unwind, and learn crochet. All skill levels are welcome as we craft fun projects together. Materials provided.

**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](http://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. All are welcome.

**Meditation** – A brief 20–30-minute group that includes silent meditation and mindfulness teachings.

**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.

**Recovery Dharma** – A registered recovery meeting based on Buddhist principles and practices. Learn more at [recoverydharma.org](http://recoverydharma.org).

**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](http://smartrecovery.org).

**Spring Forward Vision Boards** – Create a vision board focused on goals, growth, and personal wellness. Participants will use images, words, and art materials to design a visual reminder of what they are working toward in recovery and in life. All supplies provided. No artistic experience needed.

**Volunteer Orientation** – Attend this session to learn about volunteer opportunities with Full Circle. Contact our Volunteer Coordinator, Hannah Baumgarten, at [hbaumgarten@recoverfullcircle.org](mailto:hbaumgarten@recoverfullcircle.org) for more information.

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