

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 RECOVERY COMMUNITY CENTER <small>COUNCIL BLUFFS</small>	VIEW OUR CALENDAR ONLINE: 				1 4:30-6p SMART Recovery 6p Narcotics Anonymous <div> MOVING DAY! The RCC will remain open today. </div>	WORKSHOP* 11/12: Stigma Associated with Substance Use Disorder 11/26: Understanding Addiction and Recovery - Information for Families, Friends, and Caregivers
WALK-IN HOURS Monday: 10a-6p Tuesday: 10a-6p Wednesday: 8a-4p Thursday: 8a-4p Friday: 10a-6p	4 4p All Recovery Meeting 5p Creative Recovery <div> WE MOVED! You can now find us in Suite 108. </div>	5 1:30p Coffee + Conversations 5p Cage Your Rage 6p Nar-Anon 7p CMA	6 1:30p Coffee + Conversations 3p Codependency Recovery Group 4-6p Housing Peer Support	7 2:30p Crafts + Conversations	8 4:30-6p SMART Recovery 6p Narcotics Anonymous	
Omni Centre Business Park 300 West Broadway, Suite 112 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org	11 4p All Recovery Meeting 5p Creative Recovery	12 1:30p Coffee + Conversations 4p Volunteer Orientation 5p Cage Your Rage 5-6:30p Workshop* 6p Nar-Anon 7p CMA	13 1:30p Coffee + Conversations 3p Codependency Recovery Group 4-6p Housing Peer Support 5p Community Planning Committee	14 2:30p Crafts + Conversations	15 4:30-6p SMART Recovery 6p Narcotics Anonymous	16
17 5-7p Thanksgiving Party	18 4p All Recovery Meeting 5p Creative Recovery	19 1:30p Coffee + Conversations 5p Cage Your Rage 11:30a-12:30p Human Trafficking 101 Training 6p Nar-Anon 7p CMA	20 1:30p Coffee + Conversations 3p Codependency Recovery Group 4-6p Housing Peer Support	21 2:30p Crafts + Conversations	22 4:30-6p SMART Recovery 6p Narcotics Anonymous	23
24	25 4p All Recovery Meeting 5p Creative Recovery	26 11:30a-1p Workshop* 1:30p Coffee + Conversations 4p Volunteer Orientation 5p Cage Your Rage 6p Nar-Anon 7p CMA	27 1:30p Coffee + Conversations 3p Codependency Recovery Group	28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING	CMA = Crystal Meth Anonymous

Descriptions 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.

Codependency Recovery Group – Alongside peers, participants will examine their behaviors and learn together how to break the cycle of unhappiness. In this group, participants will explore ways to free themselves from codependency, while moving into a life of happiness that is not dependent on the actions of others.

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. All are welcome to join.

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

Creative Recovery – A weekly group that provides an environment for participants to use art as a therapeutic tool to develop a healthy and balanced life. Supplies provided.

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

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

Human Trafficking 101 Training – An educational workshop provided by Heartland Family Service to raise awareness about human trafficking.

Narcotics Anonymous – A registered NA meeting that provides support for those recovering from addiction to narcotics. Learn more at na.org.

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.

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.

Thanksgiving Party – Full Circle RCC's 2nd Annual Thanksgiving Party. Games, coffee, water, and food will be provided (while supplies last). Bring a side to share if you would like. RSVP to jaymie@recoverfullcircle.org or 712.560.6360. All are welcome!

Volunteer Orientation – Attend this session to learn about volunteer opportunities with Full Circle. Contact our Volunteer Coordinator, Stephanie, at sbauersachs@recoverfullcircle.org or 712.560.6137 for more information.

Workshop: Stigma Associated with Substance Use Disorder – Facilitated by Heartland Family Service, this hour-and-a-half workshop is available at no cost for anyone who wants to talk openly about the stigma associated with substance misuse as well as strategies for reducing stigma in our community and beyond. Feel free to bring your own lunch. Includes Naloxone training and one free kit. RSVP to Lora Lemus at llemus@recoverfullcircle.org.

Workshop: Understanding Addiction and Recovery – Information for Families, Friends, and Caregivers – Facilitated by Heartland Family Service, this workshop is available at no cost. The goal of the workshop is to help families, friends, and caregivers better understand the physiological effects of substance misuse on the brain, and to support families, friends, and caregivers with their goal of supporting their loved ones. Cookies will be served. Includes Naloxone training and one free kit. RSVP to Lora Lemus at llemus@recoverfullcircle.org.

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