

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 4-5pm All Recovery 5-6pm WRAP	3 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	4 11:30am-12:30pm Lunch & Learn: Nicotine Replacement Therapy 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	5 11:30am-12:30pm Kratom and 7-Hydroxy: A Strong Warning Workshop 3-4pm Crafts and Conversations	6 4:30-5:30pm SMART Recovery 6-7pm Narcotics Anonymous	7
8	9 4-5pm All Recovery 5-6pm WRAP	10 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	11 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	12 2-4pm St. Patty's Day Bash 3-4pm Crafts and Conversations	13 3-4pm Community Planning Committee 4:30-5:30pm SMART Recovery 6-7pm Narcotics Anonymous	14
15	16 4-5pm All Recovery 5-6pm WRAP	17 11:30am-12:30pm Human Trafficking 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	18 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	19 11:30am-12:30pm Understanding Addiction and Recovery 3-4pm Crafts and Conversations	20 4:30-5:30pm SMART Recovery 6-7pm Narcotics Anonymous	21
22	23 4-5pm All Recovery 5-6pm WRAP	24 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon	25 1:30pm Coffee and Conversations 4-6pm Housing Peer Support	26 2-3pm Group Facilitators Training 3-4pm Crafts and Conversations 4-6pm Volunteer Appreciation	27 4:30-5:30pm SMART Recovery 6-7pm Narcotics Anonymous	28
29	30 Our office will be closed today!	31 1:30pm Coffee and Conversations 4-5pm Crystal Meth Anonymous 5-6pm Cage Your Rage 6-7pm Nar-Anon		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

5th Kratom and 7-Hydroxy: A Strong Warning Workshop

19th Understanding Addiction and Recovery

Trainings provided by Christy Hagen, MSW, Prevention Specialist with Heartland Family Service and the Iowa HHS State Opioid and Stimulant Response Project

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 Bauersachs, at sbauersachs@recoverfullcircle.org or (712) 560-5666 for more information.

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

Human Trafficking 101 – Sanctuary House is a shelter, advocacy, and housing program for survivors of trafficking and exploitation. Human Trafficking 101, provided by Heartland Family Service, seeks to spread awareness of human trafficking so that people in the community may be more aware of the breadth of this problem, within the Council Bluffs/Omaha communities. Come and join us for a one-hour training and discussion.

Kratom and 7-Hydroxy: A Strong Warning Workshop – Join us to find out what's really in those colorful pills, drinks, and candy at your local gas stations! Presented by Christy Hagen, MSW, Prevention Specialist at Heartland Family Service.

Participants will develop awareness of Kratom and 7-OH availability, legality, and usage, identify side effects of Kratom and 7-OH, recognize addiction potential for Kratom and 7-OH, and learn about future implications. Feel free to bring your lunch.

Lunch and Learn: Nicotine Replacement Therapy – Please join us to learn about Nicotine Replacement Therapy during our lunch and learn. We will be going over how NRT will help you on your journey to quitting tobacco use. We will also be providing resources for the Iowa Quitline and how they can help you. Lunch will be provided.

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.

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

St. Patty's Day Bash – Please join us for a St. Patrick's Day Community Celebration, as we come together in fellowship, connection, and recovery. We'll be enjoying a festive attire contest with a prize for the best St. Patrick's Day themed outfit, along with light snacks, punch, and interactive games. This will be a welcoming space to connect, laugh, and celebrate the strength of our recovery community. We look forward to spending this time together. For any questions, please contact Jaymie Rowe at jrowe@recoverfullcircle.org or (712) 560-6296.

Understanding Addiction and Recovery: Information for Family, Friends, and Caregivers – This training takes place on the 3rd Thursday of the month 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 Appreciation – Full Circle extends a heartfelt thank you to our dedicated volunteers. Please join us for a pizza party as a small token of our appreciation for the time, commitment, and compassion our volunteers bring to our community. Enjoy good food, meaningful connection, and well-deserved recognition as we celebrate our volunteers. For any questions, please contact Stephanie Bauersachs at sbauersachs@recoverfullcircle.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@recoverfullcircle.org or (712) 560-6296.

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