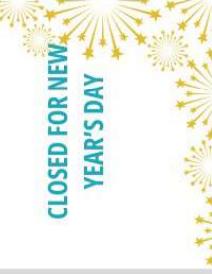


January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>FULL CIRCLE RECOVERY COMMUNITY CENTER COUNCIL BLUFFS</p>	<p>Omni Centre Business Park 300 West Broadway, Suite 108 Council Bluffs, IA 51503 712.560.6360 recoverfullcircle.org</p>	<p>WALK-IN HOURS Monday: 10a-6p Tuesday: 10a-6p Wednesday: 8a-4p Thursday: 8a-4p Friday: 10a-6p</p>	<p>VIEW OUR CALENDAR ONLINE: CALENDAR ONLINE</p> 	<p>CLOSED FOR NEW YEAR'S DAY</p> 	<p>2 4:30p SMART Recovery 6p Narcotics Anonymous</p>	<p>3</p>
4	5	6	7	8	9	11:30a Kratom & 7-Hydroxy Workshop
	4p All Recovery Meeting	1:30p Coffee + Conversations 4p Crystal Meth Anonymous	11:30p NAMI SW Iowa's Peer Immersion Reconnect	2:30p Crafts + Conversations 3p Volunteer Orientation	3p Community Planning Committee	Thursday, January 8 11:30am-12:30pm
	5p Motivating Monday	5p Cage Your Rage (hybrid) 6p Nar-Anon	1:30p Coffee + Conversations 4-6p Housing Peer Support	4:30p SMART Recovery 6p Narcotics Anonymous	and	<i>Understanding Addiction & Recovery</i>
11	12	13	14	15	16	11:30a Understanding Addiction & Recovery
	4p All Recovery Meeting	1:30p Coffee + Conversations 4p Crystal Meth Anonymous	1-3:30p Peer Immersion Reconnect	2:30p Crafts + Conversations	4:30p SMART Recovery 6p Narcotics Anonymous	Thursday, January 15 11:30am-12:30pm
		5p Cage Your Rage (hybrid) 6p Nar-Anon	1:30p Coffee + Conversations 4-6p Housing Peer Support	11:30a Understanding Addiction & Recovery	11:30p SMART Recovery 6p Narcotics Anonymous	Trainings provided by Christy Hagen, MSW, Prevention Specialist with Heartland Family Service and the Iowa HSS State Opioid and Stimulant Response Project
18	19	20	21	22	23	11:30p Group Facilitator Training (Level 2 Volunteers)
	CLOSED FOR MARTIN LUTHER KING, JR. DAY	11:30p Human Trafficking 101	1-3:30p Peer Immersion Reconnect	2:30p Crafts + Conversations	4:30p SMART Recovery 6p Narcotics Anonymous	
		1:30p Coffee + Conversations 4p Crystal Meth Anonymous	1:30p Coffee + Conversations 4-6p Housing Peer Support	3p Group Facilitator Training (Level 2 Volunteers)	29	
25	26	27	28	29	30	4:30p SMART Recovery 6p Narcotics Anonymous
	4p All Recovery Meeting	1:30p Coffee + Conversations 4p Crystal Meth Anonymous	1-3:30p Peer Immersion Reconnect	2:30p Crafts + Conversations	4:30p SMART Recovery 6p Narcotics Anonymous	
		5p Cage Your Rage (hybrid) 6p Nar-Anon	1:30p Coffee + Conversations 4-6p Housing Peer Support			

Descriptions of Full Circle's Activities and Events

All Recovery Meeting – A topic discussion of 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 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.

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 – 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.

Motivating Monday – Come join us on the 2nd and 4th Mondays when we come together for support and physical movement. We will work as a group to form personal goals and discuss successes and challenges as we empower each other to embrace our full potential.

NAMI SW Iowa's Peer Immersion Reconnect – Reconnect helps you understand the science behind mental illness and substance use disorder, explore the impact of trauma and strategies for healing and resilience, learn new communication skills using I- statements to express feelings and needs effectively, build skills for advocating for yourself, and make informed decisions. Contact our Center Manager, Lora Lemus, at llemus@recoverfullcircle.org for more information.

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.

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 Orientation – The Volunteer Orientation focuses on orienting volunteers to serve others through the programming available at Full Circle Recovery Community Center. This time is open to anyone wanting to learn more about Full Circle and/or how to become a volunteer. Contact our volunteer coordinator Stephanie Bauersachs, sbauersachs@recoverfullcircle.org.

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