



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9-10:30am SMART Recovery	2 5:30pm Recovery Dharma 6:30pm Bad Company NA 	3 12-1:30pm Creative Club 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery	4 6:30-8pm SMART Recovery	5 12pm Lunch & Learn:  WeLift 1:15pm Meditation 6pm SMART Recovery	6 3pm Fitness Fridays 5-7pm Friday Night Fun 6pm Crochet Creations 7pm Freedom Train AA	7 
8 9-10:30am SMART Recovery 	9 5:30pm Recovery Dharma 6:30pm Bad Company NA	10 12-1:30pm  Expression of the Heart 3-4:30pm Volunteer Orientation 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery	11 	12 12pm Lunch & Learn:  Anger & How to Manage It 1:15pm Meditation 6pm SMART Recovery	13 3pm Fitness Fridays 5-7pm Friday Night Fun 7pm Freedom Train AA	14 9am 12-Step Silent Meditation Gathering 
15 9-10:30am SMART Recovery	16 5:30pm Recovery Dharma 6:30pm Bad Company NA	17 12-1:30pm Creative Club 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery	18 6:30-8pm SMART Recovery	19 12pm Lunch & Learn:  Personal Story - Melissa 1:15pm Meditation 6pm SMART Recovery	20 3pm Fitness Fridays 4:30pm Comm. Conversations 5-7pm Friday Night Fun 6pm Crochet Creations 7pm Freedom Train AA	21
22 9-10:30am SMART Recovery	23 5:30pm Recovery Dharma 6:30pm Bad Company NA	24 12-1:30pm Creative Club 5pm Parenting in Recovery: All Recovery Meeting 6pm SMART Recovery	25 	26 12pm Lunch & Learn:  Grace for Addictions 1:15pm Meditation 6pm SMART Recovery	27 3pm Fitness Fridays 5-7pm Friday Night Fun 7pm Freedom Train AA	28 
Full Circle RCC: 4725 Merle Hay Rd. Suite 107 Des Moines, IA 50322 515-783-6382 recoverfullcircle.org	Walk-in hours: Mon: 11am-7pm Tues: 11am-7pm Wed: 8am-4pm Thurs: 11am-7pm Fri: 11am-7pm	View our calendar online: 				

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 or 515-240-1653.

Bad Company – A registered Narcotics Anonymous (NA) meeting. Learn more at iowa-na.org.

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

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. Supplies provided.

Expression of the Heart – Participants create artwork that represents what connection, compassion, or self-love means to them. All are welcome. Supplies 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.

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.

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.

Volunteer Orientation – Attend this session to learn about volunteer opportunities with Full Circle. Contact our Center Manager, Katey Rascon, krascon@recoverfullcircle.org for more information.

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