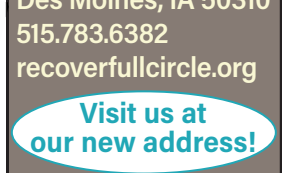


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Circle RCC: 5601 Douglas Avenue Des Moines, IA 50310 515.783.6382 recoverfullcircle.org 	Walk-in hours: Mon: 11am-7pm Tues: 11am-7pm Wed: 8am-4pm Thurs: 11am-7pm Fri: 11am-7pm	View our calendar online: 				
2 9-10:30am SMART Recovery	3 5pm Recovery Dharma 6pm Bad Company NA	4 12-1:30pm Creative Club 6pm SMART Recovery	5 6:30-8pm SMART Recovery	6 12pm Lunch & Learn:  Heartland Christian Counseling 1:15pm Meditation 6pm SMART Recovery	7 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA	8 9am 12-Step Silent Meditation Gathering
9 9-10:30am SMART Recovery	10 5pm Recovery Dharma 6pm Bad Company NA	11 12-1:30pm Creative Club 3-4:30pm Volunteer Orientation 6pm SMART Recovery	12 	13 12pm Lunch & Learn:  Habits and Routines 1:15pm Meditation 6pm SMART Recovery	14 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA	15
16 9-10:30am  SMART Recovery	17 5pm Recovery Dharma 6pm Bad Company NA	18 12-1:30pm Creative Club 6pm SMART Recovery	19 6:30-8pm SMART Recovery	20 12pm Lunch & Learn:  Personal Story - Blake 1:15pm Meditation 6pm SMART Recovery	21 3pm Fitness Fridays 4:30-5:30pm Comm. Conversations 5-7pm Friday Fun Night 6pm Crochet Creations 7pm Freedom Train AA	22
23 9-10:30am SMART Recovery	24 5pm Recovery Dharma 6pm Bad Company NA	25 12-1:30pm Creative Club 6pm SMART Recovery	26	27 12pm Lunch & Learn:  Personal Story - Lyndsi 1:15pm Meditation 6pm SMART Recovery	28 3pm Fitness Fridays 5-7pm Friday Fun Night 7pm Freedom Train AA	29 
30 9-10:30am SMART Recovery	31  Overdose Awareness Day 5pm Recovery Dharma 6pm Bad Company NA					

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. 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 Alcoholics Anonymous (AA) 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.

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 Volunteer Coordinator, Loe Choplick, at loehoplick@recoverfullcircle.org for more information.

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