



# OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>RECOVERY COMMUNITY CENTER</b> <small>COUNCIL BLUFFS</small>	<b>VIEW OUR CALENDAR ONLINE:</b> 	<b>WALK-IN HOURS</b> <b>Monday: 10a-6p</b> <b>Tuesday: 10a-6p</b> <b>Wednesday: 8a-4p</b> <b>Thursday: 8a-4p</b> <b>Friday: 10a-6p</b>	<b>1</b> <b>1:30p</b> Coffee + Conversations <b>4-6p</b> Housing Peer Support	<b>2</b> <b>2:30p</b> Crafts + Conversations	<b>3</b> <b>4:30p</b> SMART Recovery <b>6p</b> Narcotics Anonymous	<b>4</b>
<b>Omni Centre Business Park</b> <b>300 West Broadway, Suite 108</b> <b>Council Bluffs, IA 51503</b> <b>712.560.6360</b> <a href="http://recoverfullcircle.org">recoverfullcircle.org</a>	<b>6</b> <b>4p</b> All Recovery Meeting <b>5p</b> Motivating Monday	<b>7</b> <b>1:30p</b> Coffee + Conversations <b>4p</b> Crystal Meth Anonymous <b>5p</b> Cage Your Rage (hybrid) <b>6p</b> Nar-Anon	<b>8</b> <b>1:30p</b> Coffee + Conversations <b>4-6p</b> Housing Peer Support	<b>9</b> <b>11:30a Lunch + Learn</b> <b>Opioid Overdose Education &amp; Naloxone Training</b> ✨ <b>2:30p</b> Crafts + Conversations	<b>10</b> ↘ <b>3p Community Planning Committee</b> <b>4:30p</b> SMART Recovery <b>6p</b> Narcotics Anonymous	<b>11</b>
<b>12</b>	<b>13</b> <b>4p</b> All Recovery Meeting	<b>14</b> <b>1:30p</b> Coffee + Conversations <b>4p</b> Crystal Meth Anonymous <b>5p</b> Cage Your Rage (hybrid) <b>6p</b> Nar-Anon	<b>15</b> <b>1:30p</b> Coffee + Conversations <b>3p Volunteer Orientation</b> ✨ <b>4-6p</b> Housing Peer Support	<b>16</b> <b>2:30p</b> Crafts + Conversations	<b>17</b> <b>4:30p</b> SMART Recovery <b>6p</b> Narcotics Anonymous	<b>Opioid Overdose Education &amp; Naloxone Administration Training</b>  <b>Thursday, October 9</b> <b>11:30a-12:30p</b> <b>&amp;</b> <b>Thursday, October 23</b> <b>11:30a-12:30p</b>  Training provided by Christy Hagen, MSW, Heartland Family Service  <b>Includes Naloxone training and one FREE kit for Iowa residents!</b>
<b>19</b>	<b>20</b> <b>4p</b> All Recovery Meeting <b>5p</b> Motivating Monday	<b>21</b> <b>1:30p</b> Coffee + Conversations <b>4p</b> Crystal Meth Anonymous <b>5p</b> Cage Your Rage (hybrid) <b>6p</b> Nar-Anon	<b>22</b> <b>1:30p</b> Coffee + Conversations <b>4-6p</b> Housing Peer Support	<b>23</b> ✨ <b>11:30a Lunch + Learn</b> <b>Opioid Overdose Education &amp; Naloxone Training</b> <b>2:30p</b> Crafts + Conversations	<b>24</b> <b>4:30p</b> SMART Recovery <b>6p</b> Narcotics Anonymous	
<b>26</b>	<b>27</b> <b>4p</b> All Recovery Meeting	<b>28</b> <b>1:30p</b> Coffee + Conversations <b>4p</b> Crystal Meth Anonymous <b>5p</b> Cage Your Rage (hybrid) <b>6p</b> Nar-Anon	<b>29</b> <b>1:30p</b> Coffee + Conversations <b>3p Group Facilitator Training</b> ✨ (Level 2 Volunteers) <b>4-6p</b> Housing Peer Support	<b>30</b> <b>2:30p</b> Crafts + Conversations	<b>31</b> 🎃 <b>4-6p Halloween Celebration</b> <b>4:30p</b> SMART Recovery <b>6p</b> Narcotics 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. 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](http://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](mailto:sbauersachs@recoverfullcircle.org).

**Halloween Celebration** – Come join us for our Halloween Celebration! We will be painting pumpkins! We will also provide snacks. Appropriate costumes optional. Any questions please contact Jaymie Rowe at [jrowe@recoverfullcircle.org](mailto:jrowe@recoverfullcircle.org).

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

**Lunch + Learn: Opioid Overdose Education & Naloxone Administration Training** – Christy Hagen, MSW, Prevention Specialist with Heartland Family Service and Iowa HHS State Opioid and Stimulant Response Project, will be presenting on how opioids effect the brain and body, how to administer naloxone, emerging opioid related drug trends, and more. Iowa residents will be provided with a free NARCAN Kit. Please RSVP to Lora at [llemus@recoverfullcircle.org](mailto:llemus@recoverfullcircle.org).

**Motivating Monday** – Come join us on the 2nd and 4th Mondays in October 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.

**Narcotics Anonymous** – A registered NA meeting that provides support for those recovering from addiction to narcotics. Learn more at [na.org](http://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](http://nar-anon.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](http://smartrecovery.org).

**Volunteer Orientation** – Attend this session to learn about volunteer opportunities with Full Circle RCC. Contact our Volunteer Coordinator, Stephanie Bauersachs, at [sbauersachs@recoverfullcircle.org](mailto:sbauersachs@recoverfullcircle.org) or 712.560.5666 for more information.

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