



**RECOVERY
COMMUNITY
CENTER**
DES MOINES

April 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 1:45p Community Conversation 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>2 12-1:30p Creative Club 5p All Recovery Meeting 5:30p CoDA Meeting 6p SMART Recovery</p>	<p>3 1:30-3p Art and Music Group</p>	<p>4 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery</p>	<p>5 3p CaBrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>8 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>9 12-1:30p Creative Club 5p All Recovery Meeting 5:30p CoDA Meeting 6p SMART Recovery</p>	<p>10 1:30-3p Art and Music Group</p>	<p>11 12p Lunch + Learn 1:15p Meditation 4p Volunteer Orientation 6p SMART Recovery</p>	<p>12 3p CaBrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>15 1:45p Community Conversation 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>16 11a Good Grief Group 12-1:30p Creative Club 5p All Recovery Meeting 5:30p CoDA Meeting 6p SMART Recovery</p>	<p>17 1:30-3p Art and Music Group</p>	<p>18 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery</p>	<p>19 3p CaBrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>22 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>23 12-1:30p Creative Club 5p All Recovery Meeting 5:30p CoDA Meeting 6p SMART Recovery</p>	<p>24 1:30-3p Art and Music Group</p>	<p>25 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery</p>	<p>26 5-8p Bingo with the Bros 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>29 1:45p Community Conversation 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>30 12-1:30p Creative Club 5p All Recovery Meeting 5:30p CoDA Meeting 6p SMART Recovery</p>	<p>View our calendar online:</p> 		
<p>WALK-IN HOURS: Monday: 12pm-8pm Tuesday: 12pm-8pm Wednesday: 8am-4pm Thursday: 12pm-8pm Friday: 12pm-8pm</p>		<p>*LUNCH + LEARN TOPICS: 4/4: Credit Scores (Michelle Gonnering, Dupaco) 4/11: Decision Making (Jordan Jenkins, EFR) 4/18: Budgeting (Missy Harken, Community State Bank) 4/25: MAT Educational Series (Mel Laws & Lindsey Vietz, BHG)</p>		

Descriptions of Full Circle's Activities and Events

All Recovery Meeting – An open discussion recovery meeting inclusive of all kinds of addiction and pathways of recovery. Family members and allies welcome.

Art & Music Group – Celebrate your recovery by participating in artistic and musical activities every week. Katie will lead a variety of expressive activities involving art and music.

Brilliant Lotus Yoga – Join Polly for a yoga class at Full Circle. Polly will lead us through gentle movement and reflection to encourage us on our recovery journeys. Dress comfortably. No registration required. Limited supplies available; bring a mat and blanket if you are able. Donations encouraged.

CaBrie's Come-As-You-Are Yoga – This is a beginner restorative and/or yin-like class that also incorporates meditation. The goal of this class, led by Cambrie, is to help you to explore the physical, mental, and spiritual benefits of yoga and find a practice that works for you. Limited supplies available; bring a mat if you are able.

CoDA – Co-Dependents Anonymous is a 12-step program with a fellowship of people whose common purpose is to develop healthy and loving relationships. Learn more at coda.org.

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

Courage to Change – A registered Al-Anon meeting for family and friends of those who struggle with alcoholism. Learn more at al-anon.org.

Creative Club – A weekly arts and crafts group. Supplies are provided for painting, coloring, drawing, and more. All are welcome.

Freedom Train – A registered AA (Alcoholics Anonymous) meeting. Learn more at aa.org.

Godless Recovery – A recovery meeting that is designed to be a safe place for people to connect on the basis of recovery without faith-based principles. Join in person or online via Zoom using the QR code:



Good Grief Group – A peer-based education and support group for those experiencing grief of all kinds.

Lunch + Learn – An educational workshop on recovery-related topic. 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 problem behaviors. Learn more at smartrecovery.org.

Volunteer Orientation – Attend this session to learn about volunteer opportunities with Full Circle. Contact our Volunteer Coordinator, Jodie, at jhuju@recoverfullcircle.org, for more information.