



**RECOVERY
COMMUNITY
CENTER**
DES MOINES

OCTOBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 12:30p All Recovery Meeting 1:45p RCC Meeting 6p Writing Group	3 12-1:30p Creative Club 6p SMART Recovery 6-7:30p Relax + Reset Yoga	4	5 12p Lunch + Learn 1:15p Meditation to Support Recovery 6p All Women SMART Recovery 6p SMART Recovery 6p Sound Bath	6 5:30p Godless Recovery Meeting 6:30p Crochet Class 7p Freedom Train AA 7p Courage to Change Al-Anon
9 12:30p All Recovery Meeting 1:45p RCC Meeting 6p Writing Group	10 12-1:30p Creative Club 4p-5:30p Volunteer Orientation 6p SMART Recovery 6-7:30p Relax + Reset Yoga	11	12 12p Lunch + Learn 1:15p Meditation to Support Recovery 6p All Women SMART Recovery 6p SMART Recovery	13 5:30p Godless Recovery Meeting 6:30p Crochet Class 7p Freedom Train AA 7p Courage to Change Al-Anon
16 12:30p All Recovery Meeting 1:45p RCC Meeting 6p Writing Group	17 11a Good Grief Group 12-1:30p Creative Club 6p SMART Recovery 6-7:30p Relax + Reset Yoga	18	19 12p Lunch + Learn 1:15p Meditation to Support Recovery 6p All Women SMART Recovery 6p SMART Recovery	20 5:30p Godless Recovery Meeting 6:30p Trauma Informed Yoga 7p Freedom Train AA 7p Courage to Change Al-Anon
23 12:30p All Recovery Meeting 1:45p RCC Meeting 6p Writing Group	24 12-1:30p Creative Club 6p SMART Recovery 6-7:30p Relax + Reset Yoga	25	26 12p Lunch + Learn 1:15p Meditation to Support Recovery 6p All Women SMART Recovery 6p SMART Recovery	27 5:30p Godless Recovery Meeting 6:30p Crochet Class 7p Freedom Train AA 7p Courage to Change Al-Anon
30 12:30p All Recovery Meeting 1:45p RCC Meeting 3:30p-5p Volunteer Orientation 6p Writing Group	31 12-1:30p Creative Club 6p SMART Recovery 6-7:30p Relax + Reset Yoga	View our calendar online:		
WALK-IN HOURS: Monday: 12pm-8pm Tuesday: 12pm-8pm Wednesday: 8am-4pm Thursday: 12pm-8pm Friday: 12pm-8pm		*LUNCH + LEARN TOPICS: 10/5: Financial Literacy (<i>Michelle Gonnering, Dupaco</i>) 10/12: Opioid Overdose (<i>Jordan Jenkins, EFR</i>) 10/19: Scams/Fraud (<i>Missy Harken, CSB</i>) 10/26: Trauma Sensitive Mindfulness (<i>Paul Witmer</i>)		

