



**RECOVERY
COMMUNITY
CENTER**
DES MOINES

September 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>View our calendar online:</p> 			<p>1 5:30p Godless Recovery Meeting 6:30p Crochet Class 7p Freedom Train AA 7p Courage to Change Al-Anon</p>	
<p>4 Closed: Labor Day</p>	<p>5 12-1:30p Creative Club 4p Volunteer Orientation 6p SMART Recovery</p>	<p>6</p>	<p>7 12p Lunch + Learn 1:15p Meditation to Support Recovery 6p SMART Recovery</p>	<p>8 5:30p Godless Recovery Meeting 6:30p Crochet Class 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>11 12:30p All Recovery Meeting 1:45p RCC Meeting</p>	<p>12 12-1:30p Creative Club 6p SMART Recovery 6-7:30p Relax + Reset Yoga</p>	<p>13</p>	<p>14 9a-12p Reentry Resource Navigation Fair 12p Lunch + Learn 1:15p Meditation to Support Recovery 6p SMART Recovery</p>	<p>15 5:30p Godless Recovery Meeting 6:30p Crochet Class 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>18 12:30p All Recovery Meeting 1:45p RCC Meeting</p>	<p>19 11a Good Grief Group 12-1:30p Creative Club 6p SMART Recovery 6-7:30p Relax + Reset Yoga</p>	<p>20</p>	<p>21 12p Lunch + Learn 1:15p Meditation to Support Recovery 6p SMART Recovery</p>	<p>22 5:30p Godless Recovery Meeting 6:30p Crochet Class 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>25 9:30a Volunteer Orientation 12:30p All Recovery Meeting 1:45p RCC Meeting</p>	<p>26 12-1:30p Creative Club 6p SMART Recovery 6-7:30p Relax + Reset Yoga</p>	<p>27</p>	<p>28 12p Lunch + Learn 1:15p Meditation to Support Recovery 6p SMART Recovery</p>	<p>29 5-7p Recovery Month BBQ 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>WALK-IN HOURS: Monday: 8am-4pm Tuesday: 12pm-8pm Wednesday: 8am-4pm Thursday: 11am-7pm Friday: 12pm-8pm</p>		<p>*LUNCH + LEARN TOPICS: 9/7: Career Skills (Bradford Johnson, Change Course) 9/14: Overdose Prevention 9/21: Problem Gambling (Aric Bishop, Community Youth Concepts) 9/28: Relapse Prevention (Haley Stoll, Unity Point)</p>		