




**RECOVERY  
COMMUNITY  
CENTER**  
DES MOINES

# FEBRUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>View our calendar online:</b></p> 			<p>1 <b>12p</b> Lunch + Learn <b>1:15p</b> Meditation</p> <p><b>6p</b> Women's SMART <b>6p</b> SMART Recovery</p>	<p>2 <b>5-8p Friday Fun Night</b> <b>5:30p</b> Godless Recovery Meeting <b>7p</b> Freedom Train AA <b>7p</b> Courage to Change Al-Anon</p>
<p>5 <b>1:45p Community Conversation</b> <b>6p</b> Recovery Dharma</p>	<p>6 <b>12-1:30p</b> Creative Club  <b>5p</b> All Recovery Meeting <b>6p</b> SMART Recovery</p>	<p>7</p>	<p>8 <b>12p</b> Lunch + Learn <b>1:15p</b> Meditation</p> <p><b>6p</b> Women's SMART <b>6p</b> SMART Recovery</p>	<p>9 <b>5-8p</b> Friday Fun Night <b>5:30p</b> Godless Recovery Meeting <b>7p</b> Freedom Train AA <b>7p</b> Courage to Change Al-Anon</p>
<p>12  <b>6p</b> Recovery Dharma</p>	<p>13 <b>12-1:30p</b> Creative Club  <b>5p</b> All Recovery Meeting <b>6p</b> SMART Recovery</p>	<p>14 <b>12-1p Oral Health Education for the Recovery Community and Medicaid Recipients</b></p>	<p>15 <b>12p</b> Lunch + Learn <b>1:15p</b> Meditation <b>4p Volunteer Orientation</b> <b>6p</b> Women's SMART <b>6p</b> SMART Recovery</p>	<p>16 <b>5-8p</b> Friday Fun Night <b>5:30p</b> Godless Recovery Meeting <b>7p</b> Freedom Train AA <b>7p</b> Courage to Change Al-Anon</p>
<p>19 <b>1:45p Community Conversation</b> <b>6p</b> Recovery Dharma</p>	<p>20 <b>11a Good Grief Group</b> <b>12-1:30p</b> Creative Club  <b>5p</b> All Recovery Meeting <b>6p</b> SMART Recovery</p>	<p>21</p>	<p>22 <b>12p</b> Lunch + Learn <b>1:15p</b> Meditation</p> <p><b>6p</b> Women's SMART <b>6p</b> SMART Recovery</p>	<p>23 <b>5-8p</b> Friday Fun Night <b>5:30p</b> Godless Recovery Meeting <b>7p</b> Freedom Train AA <b>7p</b> Courage to Change Al-Anon</p>
<p>26  <b>6p</b> Recovery Dharma</p>	<p>27 <b>12-1:30p</b> Creative Club  <b>5p</b> All Recovery Meeting <b>6p</b> SMART Recovery</p>	<p>28</p>	<p>29 <b>12p</b> Lunch + Learn <b>1:15p</b> Meditation</p> <p><b>6p</b> Women's SMART <b>6p</b> SMART Recovery</p>	
<p><b>WALK-IN HOURS:</b> Monday: 12pm-8pm Tuesday: 12pm-8pm Wednesday: 8am-4pm Thursday: 12pm-8pm Friday: 12pm-8pm</p>		<p><b>*LUNCH + LEARN TOPICS:</b> <b>2/1: Trauma Resources</b> (Julie Lefler, Central Iowa Trauma Recovery) <b>2/8: Healthy Communication</b> (Jordan Jenkins, EFR) <b>2/15: Credit Scores</b> (Missy Harken, CSB) <b>2/22: Navigating SSI &amp; SSDI</b> (Representative Services) <b>2/29: MAT Educational Series</b> (Behavioral Health Group)</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.

**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](http://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](http://aa.org).

**Friday Fun Night** – Join us each Friday night for free, sober fun! Activities will vary each week.

**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.

**Oral Health Education for the Recovery Community and Medicaid Recipients** – DMACC dental student, Nikki Kyllonen, will provide education on oral health. She will provide valuable information for those who use Medicaid and focus her presentation specifically to those who are in or seeking recovery. We will learn about how substance and alcohol use affects our oral health and how oral health impacts overall health. Information will be presented for those who practice harm reduction and how they can maintain good oral health.

**Recovery Dharma** – A registered recovery meeting based on Buddhist principles and practices. Learn more at [recoverydharma.org](http://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](http://smartrecovery.org).

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

**Women's SMART** – A SMART Recovery meeting for women. See “SMART Recovery” above.