




**RECOVERY
COMMUNITY
CENTER**
DES MOINES

JANUARY

2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED <i>for New Year's Day</i>	2 12-1:30p Creative Club 5p All Recovery Meeting 6p SMART Recovery	3	4 12p Lunch + Learn 1:15p Meditation 6p Women's SMART 6p SMART Recovery 6p Sound Bath	5 5:30p Godless Recovery Meeting <i>*New virtual option, see details on back!</i> 7p Freedom Train AA 7p Courage to Change Al-Anon
8 1:45p Community Conversation 6p Recovery Dharma	9 12-1:30p Creative Club: Vision Board Workshop! 5p All Recovery Meeting 6p SMART Recovery	10	11 12p Lunch + Learn 1:15p Meditation 4p Volunteer Orientation 6p Women's SMART 6p SMART Recovery	12 5:30p Godless Recovery Meeting <i>*New virtual option!</i> 7p Freedom Train AA 7p Courage to Change Al-Anon
15 6p Recovery Dharma	16 11a Good Grief Group 12-1:30p Creative Club 5p All Recovery Meeting 6p SMART Recovery	17	18 12p Lunch + Learn 1:15p Meditation 6p Women's SMART 6p SMART Recovery	19 5-7p Soup Cook-Off + Community Dinner 7p Freedom Train AA 7p Courage to Change Al-Anon
22 1:45p Community Conversation 3p Volunteer Orientation 6p Recovery Dharma	23 12-1:30p Creative Club 5p All Recovery Meeting 6p SMART Recovery	24 10a-1p Community Resource Fair <i>Hosted in partnership with United Way and St. Vincent de Paul</i>	25 12p Lunch + Learn 1:15p Meditation 6p Women's SMART 6p SMART Recovery	26 5:30p Godless Recovery Meeting <i>*New virtual option!</i> 7p Freedom Train AA 7p Courage to Change Al-Anon
29 6p Recovery Dharma	30 12-1:30p Creative Club 5p All Recovery Meeting 6p SMART Recovery	31	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: 1/4: Debt Consolidation (<i>Michelle Gonnering, Dupaco</i>) 1/11: Opioid Overdose (<i>Jordan Jenkins, EFR</i>) 1/18: Bank Accounts (<i>Missy Harken, CSB</i>) 1/25: Navigating Public Transportation (<i>Catlin Curry, DART</i>)		

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.

Community Resource Fair – Hosted in partnership with United Way and St. Vincent de Paul, local providers will be available to help attendees sign up for a variety of services in one place.

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.

MARA – A registered Medication-Assisted Recovery Anonymous meeting that is welcoming of people who use medication to support their recovery. Learn more at mara-international.org.

Massages to Promote Self-Care in Recovery – Free 15-minute chair massages provided by a local massage therapist for people in recovery. Advance sign-up is required in person at Full Circle.

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.

Sound Bath – A guided meditative experience where participants are “bathed” in sound waves.

Soup Cook-Off and Community Dinner – Come enjoy a free soup dinner and some friendly competition!

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.

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