



**RECOVERY
COMMUNITY
CENTER**
DES MOINES

MARCH

2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>View our calendar online:</p> 			<p>1 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>	
<p>4 1:45p Community Conversation 5:30p Recovery Dharma (New time)</p>	<p>5 12-1:30p Creative Club 5p All Recovery Meeting 6p SMART Recovery</p>	<p>6 1:30-3p Art & Music Group</p>	<p>7 12p Lunch + Learn 1:15p Meditation 6p Women's SMART 6p SMART Recovery</p>	<p>8 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>11 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>12 12-1:30p Creative Club 5p All Recovery Meeting 6p SMART Recovery</p>	<p>13 1:30-3p Art & Music Group</p>	<p>14 12p Lunch + Learn 1:15p Meditation 4p Volunteer Orientation 6p Women's SMART 6p SMART Recovery</p>	<p>15 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>18 1:45p Overdose Prevention & Naloxone Training 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>19 11a Good Grief Group 12-1:30p Creative Club 5p All Recovery Meeting 6p SMART Recovery</p>	<p>20 1:30-3p Art & Music Group</p>	<p>21 12p Lunch + Learn 1:15p Meditation 6p Women's SMART 6p SMART Recovery</p>	<p>22 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</p>
<p>25 5:30p Recovery Dharma 6:30p Brilliant Lotus Yoga</p>	<p>26 12-1:30p Creative Club 5p All Recovery Meeting 6p SMART Recovery</p>	<p>27 1:30-3p Art & Music Group</p>	<p>28 12p Lunch + Learn 1:15p Meditation 6p Women's SMART 6p SMART Recovery</p>	<p>29 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon</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: 3/7: Advocacy for Iowans on the Registry (Nancy Miller, Iowans Unafraid) 3/14: Managing Emotions (Jordan Jenkins, EFR) 3/21: Human Trafficking Awareness (Brenda Rose, Changing the End of the Story Ministry) 3/28: 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 Prodberg 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.

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.

Music & Art Group – Celebrate your recovery by participating in artistic and musical activities every week. Join in recovery and feel the healing benefit of community through sound and creation.

Overdose Prevention & Naloxone Training – Elizabeth Crimmins from EFR will present at our Community Conversation about overdose prevention and how to administer Naloxone. Free Naloxone will be available following the training for personal use

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.

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