



**RECOVERY
COMMUNITY
CENTER**
DES MOINES

August 2024 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	View our calendar online: 			1 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery	2 3p CaBrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Young People in Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
4 10a-6p Raccoon River Park Picnic	5 1:45p Community Conversation 5:30p Recovery Dharma 7p Courage to Grow: The Four Agreements	6 12-1:30p Creative Club 6p SMART Recovery	7 2:30p Mental Health Matters Video: <i>Childhood Trauma & Secondary Traumatic Stress in Caregivers</i> 6:30-8p SMART Recovery	8 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery	9 12-5p CLOSED for Recovery Conference 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Young People in Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
11	12 5:30p Recovery Dharma 7p Courage to Grow: <i>The Four Agreements</i>	13 12-1:30p Creative Club 6p SMART Recovery	14 2:30p Mental Health Matters Video: <i>Understanding Bipolar Disorder</i>	15 12p Lunch + Learn 1:15p Meditation 4-5:30p Volunteer Orientation 6p SMART Recovery	16 3p Sound Bath 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Young People in Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
18	19 1:45p Community Conversation 5:30p Recovery Dharma 7p Courage to Grow: <i>The Four Agreements</i>	20 12-1:30p Creative Club 6p SMART Recovery	21 2:30p Mental Health Matters Video: <i>High Functioning Depression</i> 6:30-8p SMART Recovery	22 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery	23 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Young People in Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
25	26 5:30p Recovery Dharma 7p Courage to Grow: <i>The Four Agreements</i>	27 12-1:30p Creative Club 6p SMART Recovery	28 2:30p Mental Health Matters Video: <i>Cannabis & Mental Health</i>	29 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery	30 3p CaBrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Young People in Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al-Anon
	WALK-IN HOURS: Monday: 12pm-8pm Tuesday: 12pm-8pm Wednesday: 8am-4pm Thursday: 12pm-8pm Friday: 12pm-8pm		*LUNCH + LEARN TOPICS: 8/1: Navigating Family Treatment Court (Karla Lampman, FTC) 8/8: Xylazine Education (Jordan Jenkins, EFR) 8/15: Personal Recovery Journey (Alisha) 8/22: Supporting the Trans Community (David DePew, UCS) 8/29: Addiction in Family Systems & Family Recovery (Shana Boger)		

Descriptions of Full Circle's Activities and Events

CaBrie's Come-As-You-Are Yoga – This is a beginner restorative and/or yin-like class that also incorporates meditation. The goal of this class, led by CaBrie, is to help you to explore the physical, mental, and spiritual benefits of yoga and find a practice that works for you. Limited supplies available; bring a mat if you are able.

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.

Courage to Grow – A book club developed and led by our volunteer, Dominic. Each month we will read and discuss a book that is centered around growth and self-improvement. Books for the following months will be selected by the group.

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.

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

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.

Mental Health Matters Video Series – Join us for a mental health related video and discussion afterwards. This is a safe, stigma-free zone to talk about mental health and well-being.

Raccoon River Park Picnic – A day of adventure at Raccoon River Park in West Des Moines. We will have a potluck-style meal and an afternoon of canoeing, swimming, yard games, hiking, fishing, and more.

Recovery Dharma – A registered recovery meeting based on Buddhist principles and practices. Learn more at recoverydharma.org.

Sound Bath – A meditative experience of being bathed in sound waves to help you relax and let go of stress and anxiety.

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.

Young People in Recovery – A recovery meeting designed to give young people an opportunity to create community and feel supported.