




**RECOVERY
COMMUNITY
CENTER**
DES MOINES

July 2024 CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 1 5:30p Recovery Dharma | 2 12-1:30p Creative Club 6p SMART Recovery | 3 2:30p Mental Health Matters Video: <i>The Science Behind Mental Health</i> 6:30-8p SMART Recovery | 4 CLOSED FOR INDEPENDENCE DAY | 5 3p CaBrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al- Anon |
| 8 1:45p Community Conversation 5:30p Recovery Dharma | 9 12-1:30p Creative Club 6p SMART Recovery | 10 2:30p Mental Health Matters Video: <i>The Impact of Childhood Trauma</i> | 11 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery | 12 3p CaBrie's Yoga 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al- Anon |
| 15 5:30p Recovery Dharma | 16 12-1:30p Creative Club 6p SMART Recovery | 17 2:30p Mental Health Matters Video: <i>Childhood Trauma: The Stages of Healing</i> 6:30-8p SMART Recovery | 18 12p Lunch + Learn 1:15p Meditation 4p Volunteer Orientation 6p SMART Recovery | 19 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al- Anon |
| 22 1:45p Community Conversation 5:30p Recovery Dharma | 23 12-1:30p Creative Club 6p SMART Recovery | 24 2:30p Mental Health Matters Video: <i>Understanding Motivation and Procrastination</i> | 25 12p Lunch + Learn 1:15p Meditation 6p SMART Recovery | 26 5-8p Friday Fun Night 5:30p Godless Recovery Meeting 7p Freedom Train AA 7p Courage to Change Al- Anon |
| 29 5:30p Recovery Dharma | 30 12-1:30p Creative Club 6p SMART Recovery | 31 2:30p Mental Health Matters Video: <i>Understanding Stress Responses</i> 6:30-8p SMART Recovery | 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: 7/4: CLOSED for Independence Day 7/11: Critical Thinking (Jordan Jenkins, EFR) 7/18: Mental Health & Wellness (Melissa Vine, The Beacon) 7/25: Detecting & Preventing Fraud (Michelle Gonnering, DUPACO) | | |

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.

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.

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.

** All activities are free of charge and open to all unless otherwise noted.*