



Community Resources United to
Spread Hope

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 SMART Recovery 5:15 pm	2 All Recoveries 1:30 pm CMA 4:30 pm	3 BE BRave 4 pm – 9 pm NewBo City Market	4 New Address: 1260 2nd Ave SE www.crushofiowa.com
5 Pumpkin Parents in the Middle 1 pm AA 5:30 pm	6 Art Therapy 3:30 pm	7 Wellbriety 5 pm CRUSH Zoom 6 pm	8 SMART Recovery 5:15 pm	9 All Recoveries 1:30 pm CMA 4:30 pm	10	11
12 CLOSED for Columbus Day 12 Step Meetings Will Still Host	13 Art Therapy 3:30 pm	14 Wellbriety 5 pm	15 SMART Recovery 5:15 pm	16 OPEN HOUSE 11 am – 4 pm	17	18
19 Pumpkin Parents in the Middle 1 pm AA 5:30 pm	20 Art Therapy 3:30 pm	21 Wellbriety 5 pm CRUSH Zoom 6 pm	22 SMART Recovery 5:15 pm	23 All Recoveries 1:30 pm CMA 4:30 pm	24	25
26 Pumpkin Parents in the Middle 1 pm AA 5:30 pm	27 Art Therapy 3:30 pm	28 Wellbriety 5 pm	29 SMART Recovery 5:15 pm	30 All Recoveries 1:30 pm CMA 4:30 pm	31 TRUNK AND TREAT 11 am – 2 pm	



NA MEETINGS
Monday – Friday at 12:00 pm