

May 2024



CRUSH RCC is not affiliated with any 12 step group

317 7th ave SE suite 304 Cedar Rapids, IA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NA meeting 12pm SMART Recovery 2:30pm CRUSH family and friends group 6pm	2 NA meeting 12pm All recoveries 2:00pm AA Meeting 5:00pm	3 NA meeting 12pm Dual Diagnosis Anonymous 4:30pm	4 Talking Stick Meeting 10:00am
5 NA meeting 1:30pm -3:00pm *** 12 steps and Yoga 4:00pm-6:00pm	6 NA meeting 12pm Letters to the Past 4 pm	7 NA meeting 12pm Art 3-5pm	8 NA meeting 12pm SMART Recovery 2:30pm	9 NA meeting 12pm All recoveries 2:00pm AA Meeting 5:00pm	10 NA meeting 12pm Dual Diagnosis Anonymous 4:30pm	11 Talking Stick Meeting 10:00am
12 NA meeting 1:30pm -3:00pm	13 NA meeting 12pm Letters to the Past 4 pm **HEALTHY COMMUNICATION BOUNDARIES 4:30PM	14 NA meeting 12pm Art 3-5pm	15 NA meeting 12pm SMART Recovery 2:30pm CRUSH family and friends group 6pm	16 NA meeting 12pm All recoveries 2:00pm AA Meeting 5:00pm	17 NA meeting 12pm Dual Diagnosis Anonymous 4:30pm	18 Talking Stick Meeting 10:00am
19 NA meeting 1:30pm -3:00pm	20 NA meeting 12pm Letters to the Past 4 pm	21 NA meeting 12pm **FREE KRATOM TRAINING 1:15PM Art 3-5pm	22 NA meeting 12pm SMART Recovery 2:30pm	23 NA meeting 12pm All recoveries 2:00pm AA Meeting 5:00pm	24 NA meeting 12pm Dual Diagnosis Anonymous 4:30pm	25 Talking Stick Meeting 10:00am
26 NA meeting 1:30pm -3:00pm	27 NA meeting 12pm Letters to the Past 4 pm	28 NA meeting 12pm Art 3-5pm	29 NA meeting 12pm SMART Recovery 2:30pm	30 NA meeting 12pm All recoveries 2:00pm AA Meeting 5:00pm	31 NA meeting 12pm **VISION BOARD 1PM -5PM Dual Diagnosis Anonymous 4:30pm	