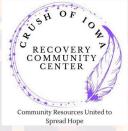
## May 2024

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## 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
			NA meeting 12pm SMART Recovery 2:30pm CRUSH family and friends group 6pm	All recoveries 2:00pm  AA Meeting 5:00pm	NA meeting 12pm Dual Diagnosis Anonymous 4:30pm	Talking Stick Meeting 10:00am
NA meeting 5 1:30pm -3:00pm *** 12 steps and Yoga 4:00pm- 6:00pm	NA meeting 12pm  Letters to the Past 4 pm	NA meeting 12pm <sup>7</sup> Art 3-5pm	NA meeting 12pm SMART Recovery 2:30pm	NA meeting 12pm 9  All recoveries 2:00pm  AA Meeting 5:00pm	NA meeting 12pm  Dual Diagnosis  Anonymous  4:30pm	Talking Stick Meeting 10:00am
NA meeting 1:30pm -3:00pm	NA meeting 12pm <sub>3</sub> Letters to the Past 4  pm  **HEALTHY  COMMUNITCATION BOUNDARIES 4:30PM	NA meeting 12pm  Art 3-5pm	NA meeting 12pm SMART Recovery 2:30pm CRUSH family and friends group 6pm	All recoveries 2:00pm  AA Meeting 5:00pm	NA meeting 12pm Dual Diagnosis Anonymous 4:30pm	Talking Stick Meeting 10:00am
NA meeting :30pm -3:00pm	NA meeting 12pm  Letters to the Past 4 pm	NA meeting 12pm **FREE KRATOM TRAINING 1:15PM Art 3-5pm	NA meeting 12pm SMART Recovery 2:30pm	All recoveries 2:00pm  AA Meeting 5:00pm	NA meeting 12pm Dual Diagnosis Anonymous 4:30pm	Talking Stick Meeting 10:00am
NA meeting 1:30pm -3:00pm	NA meeting 12pm  Letters to the Past 4 pm	NA meeting 12pm  Art 3-5pm	NA meeting 12pm SMART Recovery 2:30pm	NA meeting 12pm <sup>30</sup> All recoveries 2:00pm AA Meeting 5:00pm	NA meeting 12pm  **VISION BOARD  1PM -5PM  Dual Diagnosis  Anonymous  4:30pm	