

Looking to try something new?
 CRUSH has a ton of new groups
 starting this month!! Look for groups
 in green!

Join us for free Narcan Training on
 March 18th 2026 @ 2 pm
 Everyone is Welcome!

March

2026

317th Ave SE Suite 304
 Cedar Rapids, IA 52401
 www.crushofiowa.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Parents in the middle 1 pm Dharma Recovery 5 pm	3 Art Therapy 3:30 pm	4 Crochet 3 pm Wellbriety 5 pm CRUSH Zoom 6 pm	5 SMART Recovery 5:15 pm	6 Dharma 8 am All Recoveries 130 pm CMA 430 pm	 Community Resources United to Spread Hope
 International Women's Day	9 Parents in the middle 1 pm 11th Step 230 pm Dharma Recovery 5 pm	10 VCA 230 pm Art Therapy 3:30 pm Shamrocks & Snacks	11 Crochet 3 pm Wellbriety 5 pm	12 SMART Recovery 5:15 pm	13 Dharma 8 am All Recoveries 130 pm CMA 430 pm	14
15	16 Parents in the middle 1 pm 11th Step 230 pm Dharma Recovery 5 pm	17 Art Therapy 3:30 pm	18 Narcan Training 2 pm Crochet 3 pm Wellbriety 5 pm CRUSH Zoom 6 pm	19 SMART Recovery 5:15 pm	20 Dharma 8 am All Recoveries 130 pm CMA 430 pm	 St. Patty's Day Potluck
	23 Parents in the middle 1 pm 11th Step 230 pm Dharma Recovery 5 pm	24 MAT Mobile 130 pm Art Therapy 3:30 pm All Recoveries 5:00 pm	25 Crochet 3 pm Wellbriety 5 pm	26 SMART Recovery 5:15 pm	27 Dharma 8 am All Recoveries 130 pm CMA 430 pm	28 Together we Heal, Donate Today!
	30 Parents in the middle 1 pm 11th Step 230 pm Dharma Recovery 5 pm	31 Art Therapy 3:30 pm All Recoveries 5:00 pm	NA is held Mon-Fri at noon	CRUSH RCC is not affiliated with any 12-step group		 CRUSH RCC @crushrcc