

November 2025

317 7th Ave SE Suite 304

Cedar Rapids, IA 52401

crushofiowa.com

CRUSH RCC is not affiliated with any 12-step group



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	Together we heal, Donate today!	<i>IN ALL Things GIVE Thanks</i>				
2	5 NA 12PM Parents in the Middle 1 PM Al-Anon 5 PM	1 NA 12PM Art Therapy 3:30 pm	5 NA 12 PM Wellbriety 5 PM CRUSH Zoom 6PM	6 NA 12 PM SMART Recovery 5:15 PM	7 NA 12 PM All Recoveries 1:30 pm	8 Veteran's appreciation lunch 11 AM
9	10 NA 12PM Parents in the Middle 1 PM Pagans in Recovery 5:15 PM	11 NA 12PM CLOSED FOR VETERANS DAY	12 NA 12 PM Wellbriety 5 PM	15 NA 12 PM SMART Recovery 5:15 PM	14 NA 12 PM All Recoveries 1:30 pm	15
16 <i>BE THANKFUL BE Grateful & BE BLESSED</i>	17 NA 12PM Parents in the Middle 1 PM Pagans in Recovery 5:15 PM	18 NA 12PM VCA 2:30 PM Art Therapy 3:30 pm	19 NA 12 PM Narcan Training 2PM Wellbriety 5 PM CRUSH Zoom 6PM	20 NA 12 PM SMART Recovery 5:15 PM	21 NA 12 PM All Recoveries 1:30 pm	22
25	24 NA 12PM Parents in the Middle 1 PM Pagans in Recovery 5:15 PM	25 NA 12PM Art Therapy 3:30 pm	26 NA 12 PM Wellbriety 5 PM	27 NA 12 PM CLOSED FOR THNKASGIVING	28 NA 12 PM CLOSED FOR THNKASGIVING	29