

January 2020

Monday-Friday: 8:30AM-6PM Saturday: 8:30AM-2PM
(603)570-9444 865 Islington St. Portsmouth, NH



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed			1 9AM-10AM: Nicotine Anonymous 10AM-11AM: Alcoholics Anonymous 7PM-8:30PM: Families Hoping & Coping	2 12:15PM-1PM: All Recovery 5PM-6:30PM: SMART Recovery 7PM-8PM: Buddhist Meditation	3 9AM-10AM: AI-Anon 10:15AM-11:15AM: Alcoholics Anonymous 4:45PM-5:45PM: Buddhist Recovery 7:15PM-8:45PM: Parent Support Group for LGBTQ+	4 8:30AM-10:30AM: Art Class 11AM-12PM: Narcotics Anonymous 12:30PM-1:30PM: Women Sponsors in AA 1PM-2PM: Writing Class
5 Closed	6 10AM-11AM: Ashtanga Yoga 10:30AM-12:30PM: Acupuncture 6:30PM-7:30PM: Nar-Anon	7 10AM-11AM: Alcoholics Anonymous 2PM-3PM: CRSW Supervision (Call to sign up) 5:15PM-6:15PM: Art Therapy 6:30PM-8PM: SMART Recovery/SMART Family & Friends	8 9AM-10AM: Nicotine Anonymous 10AM-11AM: Alcoholics Anonymous	9 12:15PM-1PM: All Recovery 5PM-6:30PM: SMART Recovery 7PM-8PM: Buddhist Meditation	10 9AM-10AM: AI-Anon 10:15AM-11:15AM: Alcoholics Anonymous 4:45PM-5:45PM: Buddhist Recovery	11 8:30AM-10:30AM: Art Class 11AM-12PM: Narcotics Anonymous 1PM-2PM: Writing Class
12 Closed	13 10AM-11AM: Ashtanga Yoga 10:30AM-12:30PM: Acupuncture 6:30PM-7:30PM: Nar-Anon	14 10AM-11AM: Alcoholics Anonymous 5:15PM-6:15PM: Art Therapy 6:30PM-8PM: SMART Recovery/SMART Family & Friends	15 9AM-10AM: Nicotine Anonymous 10AM-11AM: Alcoholics Anonymous 7PM-8:30PM: Families Hoping & Coping	16 12:15PM-1PM: All Recovery 5PM-6:30PM: SMART Recovery 7PM-8PM: Buddhist Meditation	17 9AM-10AM: AI-Anon 10:15AM-11:15AM: Alcoholics Anonymous 4:45PM-5:45PM: Buddhist Recovery	18 8:30AM-10:30AM: Art Class 11AM-12PM: Narcotics Anonymous 1PM-2PM: Writing Class
19 Closed	20 Martin Luther King, Jr. Day	21 10AM-11AM: Alcoholics Anonymous 2PM-3PM: CRSW Supervision (Call to sign up) 5:15PM-6:15PM: Art Therapy 6:30PM-8PM: SMART Recovery/SMART Family & Friends	22 9AM-10AM: Nicotine Anonymous 10AM-11AM: Alcoholics Anonymous	23 12:15PM-1PM: All Recovery 5PM-6:30PM: SMART Recovery 7PM-8PM: Buddhist Meditation	24 9AM-10AM: AI-Anon 10:15AM-11:15AM: Alcoholics Anonymous 4:45PM-5:45PM: Buddhist Recovery	25 8:30AM-10:30AM: Art Class 11AM-12PM: Narcotics Anonymous 1PM-2PM: Writing Class
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