



**Safe Harbor Recovery Center**  
865 Islington St., Portsmouth NH 03801 603-570-9444

# October 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				<b>1</b> 12-1 All Recovery 2:30 AA Women (masks req) 5-6:30 SMART	<b>2</b> 10:15-11:15 AA 7PM LGBTQ+ Parent Support Group (Zoom)	<b>3</b> 8:30-10:30 Art 11-12 NA 12-1 Writing 1-2 MARA
<b>4</b>	<b>5</b> 6:30-7:30pm NarAnon	<b>6</b> 10-11 AA 5:15-6:15 Art Therapy 6:30-8 SMART & Friends & Family	<b>7</b> 10-11 AA 12-1 Lunch Bunch 7-8:30pm Families Hoping & Coping	<b>8</b> 12-1 All Recovery 2:30 AA Women (masks req) 5-6:30 SMART	<b>9</b> 10:15-11:15 AA	<b>10</b> 8:30-10:30 Art 11-12 NA 12-1 Writing 1-2 MARA
<b>11</b>	<b>12</b> 6:30-7:30pm NarAnon	<b>13</b> 10-11 AA 5:15-6:15 Art Therapy 6:30-8 SMART & Friends & Family	<b>14</b> 10-11 AA 12-1 Lunch Bunch	<b>15</b> 12-1 All Recovery 2:30 AA Women (masks req) 5-6:30 SMART	<b>16</b> 10:15-11:15 AA	<b>17</b> 8:30-10:30 Art 11-12 NA 12-1 Writing 1-2 MARA
<b>18</b>	<b>19</b> 6:30-7:30pm NarAnon	<b>20</b> 10-11 AA 5:15-6:15 Art Therapy 6:30-8 SMART & Friends & Family	<b>21</b> 10-11 AA 12-1 Lunch Bunch 7-8:30pm Families Hoping & Coping	<b>22</b> 12-1 All Recovery 2:30 AA Women (masks req) 5-6:30 SMART	<b>23</b> 10:15-11:15 AA	<b>24</b> 8:30-10:30 Art 11-12 NA 12-1 Writing 1-2 MARA
<b>25</b>	<b>26</b> 6:30-7:30pm NarAnon	<b>27</b> 10-11 AA 5:15-6:15 Art Therapy 6:30-8 SMART & Friends & Family	<b>28</b> 10-11 AA 12-1 Lunch Bunch	<b>29</b> 12-1 All Recovery 2:30 AA Women (masks req) 5-6:30 SMART	<b>30</b> 10:15-11:15 AA	<b>31</b> 8:30-10:30 Art 11-12 NA 12-1 Writing 1-2 MARA