



Safe Harbor Recovery Center

865 Islington St., Portsmouth NH 03801 603-570-9444

October 2021

Per agencywide COVID protocol, MASKS ARE REQUIRED at SHRC for all pr at this time for all programs/meetings until further notice.
Thank you for your cooperation in keeping our members & staff safe!!!

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<div style="border: 1px solid black; padding: 5px;"> <p>AA Meetings</p> <p>NA Meetings</p> <p>MARA Meetings</p> <p>(Medically Assisted Recovery Anonymous)</p> </div>				<p>1</p> <p>10-11 AA</p> <p>1:30-2:30 Recovery Habitudes</p> <p>5:30-6:30 Yoga in Recovery</p> <p>7-9pm LGBTQ+ Parent Support Group</p>	<p>2</p> <p>8:30-10:30 Art in Recovery</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>4</p> <p>10-11 AA</p> <p>3-4 Dual Recovery Support Group</p> <p>5:15-6:15 All Recovery</p>	<p>5</p> <p>9-9:45am Qi Gong for Recovery</p> <p>10-11 AA</p> <p>5:15-6:15 Art in Recovery</p> <p>6:30-8 SMART</p>	<p>6</p> <p>10-11 AA</p> <p>12:30-1:30 Dual Recovery Group</p> <p>2-4 PJIR</p> <p>7-8:30pm Families Hoping & Coping</p>	<p>7</p> <p>10-11 AA</p> <p>5-6:30 SMART</p>	<p>8</p> <p>10-11 AA</p> <p>1:30-2:30 Recovery Habitudes</p> <p>5:30-6:30 Yoga in Recovery</p>	<p>9</p> <p>8:30-10:30 Art in Recovery</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>11</p> <p>10-11 AA</p> <p>3-4 Dual Recovery Support Group</p> <p>5:15-6:15 All Recovery</p>	<p>12</p> <p>10-11 AA</p> <p>5:15-6:15 Art in Recovery</p> <p>6:30-8 SMART</p>	<p>13</p> <p>10-11 AA</p> <p>12:30-1:30 Dual Recovery Group</p> <p>2-4 PJIR</p>	<p>14</p> <p>10-11 AA</p> <p>5-6:30 SMART</p>	<p>15</p> <p>10-11 AA</p> <p>1:30-2:30 Recovery Habitudes</p> <p>5:30-6:30 Yoga in Recovery</p>	<p>16</p> <p>8:30-10:30 Art in Recovery</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>18</p> <p>10-11 AA</p> <p>3-4 Dual Recovery Support Group</p> <p>5:15-6:15 All Recovery</p> <p>6:30-8:30 GRASP</p>	<p>19</p> <p>9-9:45am Qi Gong for Recovery</p> <p>10-11 AA</p> <p>5:15-6:15 Art in Recovery</p> <p>6:30-8 SMART</p>	<p>20</p> <p>10-11 AA</p> <p>12:30-1:30 Dual Recovery Group</p> <p>2-4 PJIR</p> <p>7-8:30pm Families Hoping & Coping</p>	<p>21</p> <p>10-11 AA</p> <p>5-6:30 SMART</p>	<p>22</p> <p>10-11 AA</p> <p>1:30-2:30 Recovery Habitudes</p> <p>5:30-6:30 Yoga in Recovery</p>	<p>23</p> <p>8:30-10:30 Art in Recovery</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>25</p> <p>10-11 AA</p> <p>3-4 Dual Recovery Support Group</p> <p>5:15-6:15 All Recovery</p>	<p>26</p> <p>10-11 AA</p> <p>5:15-6:15 Art in Recovery</p> <p>6:30-8 SMART</p>	<p>27</p> <p>10-11 AA</p> <p>12:30-1:30 Dual Recovery Group</p> <p>2-4 PJIR</p> <p>5:30 pm IGB Board Mtg</p>	<p>28</p> <p>10-11 AA</p> <p>5-6:30 SMART</p>	<p>29</p> <p>10-11 AA</p> <p>1:30-2:30 Recovery Habitudes</p> <p>5:30-6:30 Yoga in Recovery</p>	<p>30</p> <p>8:30-10:30 Art in Recovery</p> <p>11-12 NA</p> <p>12-1 MARA</p>

Notes

Families Hoping & Coping can be reached at 603-315-9177 or 603-703-3948 for more information and held in person here at SHRC.

LGBTQ+ Family Support Group can be reached at christine.s@seacoastoutright.org and is held on Zoom/Hybrid

GRASP can be reached at nicolefgrasp123@gmail.com or 603-828-4176 for more information and is held on the 3rd Monday each month

Many of our groups here at Safe Harbor are also available via **hybrid** (both in person & online)
contact the center for the appropriate link & more information at **603-570-9444**