



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

# September 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.
		1 10-11 AA <b>2-4 Parenting Journey in Recovery (PJIR)</b> 7-8:30pm <b>Families Hoping &amp; Coping</b>	2 10-11 AA 5-6:30 SMART	3 10-11 AA 1:30-2:30 Recovery Habitudes <b>7-9pm LGBTQ+ Parent Support Group</b>	4 8:30-10:30 Art in Recovery  11-12 NA 12-1 MARA
6 10-11 AA  3-4 Dual Recovery Support Group  5:30-6:30 All Recovery	7 10-11 AA 9-9:45am Qi Gong for Recovery 5:15-6:15 Art in Recovery 6:30-8 SMART	8 10-11 AA  <b>2-4 PJIR</b>	9 10-11 AA  5-6:30 SMART	10 10-11 AA <b>1:30-2:30 Recovery Habitudes</b> 5:30-6:30 Yoga in Recovery	11 8:30-10:30 Art in Recovery 11-12 NA 12-1 MARA
13 10-11 AA  3-4 Dual Recovery Support Group  5:30-6:30 All Recovery	14 10-11 AA 5:15-6:15 Art in Recovery 6:30-8 SMART	15 10-11 AA <b>2-4 PJIR</b>  7-8:30pm <b>Families Hoping &amp; Coping</b>	16 10-11 AA  5-6:30 SMART	17 10-11 AA <b>1:30-2:30 Recovery Habitudes</b> 5:30-6:30 Yoga in Recovery	18 8:30-10:30 Art in Recovery 11-12 NA 12-1 MARA
20 10-11 AA  3-4 Dual Recovery Support Group  5:30-6:30 All Recovery	21 10-11 AA 9-9:45am Qi Gong for Recovery 5:15-6:15 Art in Recovery 6:30-8 SMART	22 10-11 AA  <b>2-4 PJIR</b>	23 10-11 AA 5-6:30 SMART	24 10-11 AA <b>1:30-2:30 Recovery Habitudes</b> 5:30-6:30 Yoga in Recovery	25 8:30-10:30 Art in Recovery 11-12 NA 12-1 MARA
27 10-11 AA  3-4 Dual Recovery Support Group  5:30-6:30 All Recovery	28 10-11 AA 5:15-6:15 Art in Recovery 6:30-8 SMART	29 10-11 AA  <b>2-4 PJIR</b>  <b>5:30 pm IGB Board Mtg</b>	30 10-11 AA 5-6:30 SMART		

## 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](mailto:christine.s@seacoastoutright.org) and is held on **Zoom/Hybrid**

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**