



Safe Harbor Recovery Center

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

December 2021

Per agencywide COVID protocol, MASKS ARE REQUIRED at SHRC for all visitors and members regardless of vaccination status. Thank you for your cooperation.

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>Families Hoping & Coping can be reached at 603-315-9177 or 603-703-3948</p> <p>GRASP Grief Recovery After a Substance Passing Pre-register 603-969-0349 or nicolegrasp123@gmail.com</p> <p>LGBTQ+ Family Support Group can be reached at christine.s@seacoastoutright.org Zoom/Hybrid</p>		<p>1 10-11 AA 12:30-2 All Recovery</p> <p>7-8:30 Families Hoping & Coping</p>	<p>2 10-11 AA</p> <p>12-1 Women's AA</p> <p>5-6:30 SMART</p>	<p>3 10-11 AA 1:30-2:30 Drop the Rock Ripple Effect</p> <p>5:30-6:30 Yoga 7-9pm LGBTQ+ Parent and Family</p>	<p>4 8:30-10:30 Art</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>6 10-11 AA</p> <p>2:15-3 Dual Recovery</p>	<p>7 9-9:45am Qi Gong</p> <p>10-11 AA</p> <p>5:15-6:15 Art 6:30-8 SMART</p>	<p>8 10-11 AA</p> <p>12:30-2 All Recovery</p>	<p>9 10-11 AA</p> <p>12-1 Women's AA</p> <p>5-6:30 SMART</p>	<p>10 10-11 AA</p> <p>1:30-2:30 Drop the Rock Ripple Effect</p>	<p>11 8:30-10:30 Art</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>13 10-11 AA 2:15-3 Dual Recovery</p> <p>6:30-8 GRASP</p>	<p>14 10-11 AA</p> <p>5:15-6:15 Art 6:30-8 SMART</p>	<p>15 10-11 AA</p> <p>12:30-2 All Recovery</p> <p>7-8:30 Families Hoping & Coping</p>	<p>16 10-11 AA</p> <p>12-1 Women's AA</p> <p>5-6:30 SMART</p>	<p>17 10-11 AA</p> <p>1:30-2:30 Drop the Rock Ripple Effect</p>	<p>18 8:30-10:30 Art</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>20 10-11 AA</p> <p>2:15-3 Dual Recovery</p>	<p>21 9-9:45am Qi Gong</p> <p>10-11 AA</p> <p>5:15-6:15 Art 6:30-8 SMART</p>	<p>22 10-11 AA</p> <p>12:30-2 All Recovery</p>	<p>23 10-11 AA</p> <p>12-1 Women's AA</p> <p>5-6:30 SMART</p>	<p>24 10-11 AA</p> <p>1:30-2:30 Drop the Rock Ripple Effect</p>	<p>25 CLOSED for Christmas</p>
<p>27 10-11 AA 2:15-3 Dual Recovery</p> <p>6:30-8 GRASP</p>	<p>28 10-11 AA</p> <p>5:15-6:15 Art 6:30-8 SMART</p>	<p>29 10-11 AA</p> <p>12:30-2 All Recovery</p> <p>(5:30 IGB Board Mtg PRIVATE)</p>	<p>30 10-11 AA</p> <p>12-1 Women's AA</p> <p>5-6:30 SMART</p>	<p>31 10-11 AA</p> <p>1:30-2:30 Drop the Rock Ripple Effect</p> <p>NYE-watch our facebook page</p>	<p>Jan 1 CLOSED for New Year's</p>