



## Safe Harbor Recovery Center

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

# January 2022

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.
<b>3</b> 10-11 AA 2:15-3 Dual Recovery  5-6 Mindfulness Meditation	<b>4</b> 9-9:45 Qi Gong 10-11 AA  5:15-6:15 Art 6:30-8 SMART	<b>5</b> 10-11 AA 12:30-2 All Recovery  7-8:30 Families Hoping & Coping	<b>6</b> 10-11 AA 12-1 Women's AA  5-6:30 SMART	<b>7</b> 10-11 AA 1:30-2:30 The Ripple Effect  5:30-6:30 Yoga 7-9 LGBTQ+ Parent & Family Support Grp	<b>8</b> 8:30-10:30 Art 11-12 NA 12-1 MARA
<b>10</b> 10-11 AA 2:15-3 Dual Recovery  5-6 Mindfulness Meditation 6:30-8 GRASP	<b>11</b> 10-11 AA  5:15-6:15 Art 6:30-8 SMART	<b>12</b> 10-11 AA 12:30-2 All Recovery	<b>13</b> 10-11 AA 12-1 Women's AA  5-6:30 SMART	<b>14</b> 10-11 AA 1:30-2:30 The Ripple Effect  5:30-6:30 Yoga	<b>15</b> 8:30-10:30 Art 11-12 NA 12-1 MARA
<b>17</b> 10-11 AA 2:15-3 Dual Recovery  5-6 Mindfulness Meditation	<b>18</b> 9-9:45 Qi Gong 10-11 AA  5:15-6:15 Art 6:30-8 SMART	<b>19</b> 10-11 AA 12:30-2 All Recovery  7-8:30 Families Hoping & Coping	<b>20</b> 10-11 AA 12-1 Women's AA  5-6:30 SMART	<b>21</b> 10-11 AA 1:30-2:30 The Ripple Effect 3-5 Holistic Wellness  5:30-6:30 Yoga	<b>22</b> 8:30-10:30 Art 11-12 NA 12-1 MARA
<b>24</b> 10-11 AA 2:15-3 Dual Recovery  5-6 Mindfulness Meditation 6:30-8 GRASP	<b>25</b> 10-11 AA  5:15-6:15 Art 6:30-8 SMART	<b>26</b> 10-11 AA 12:30-2 All Recovery  5:30 IGB Board Mtg (PRIVATE)	<b>27</b> 10-11 AA 12-1 Women's AA  5-6:30 SMART	<b>28</b> 10-11 AA 1:30-2:30 The Ripple Effect  5:30-6:30 Yoga	<b>29</b> 8:30-10:30 Art 11-12 NA 12-1 MARA
<b>30</b> 10-11 AA 2:15-3 Dual Recovery  5-6 Mindfulness Meditation	<b>31</b> 10-11 AA  5:15-6:15 Art 6:30-8 SMART	<b>Please check facebook for cancellations.</b>	<b>LGBTQ+ Family Support Group</b> can be reached at <a href="mailto:christine.s@seacoastoutright.org">christine.s@seacoastoutright.org</a> Zoom/Hybrid	<b>GRASP Grief Recovery After a SubstancePassing</b> Please Call/RSVP 603-969-0349 or <a href="mailto:nicolefgrasp123@gmail.com">nicolefgrasp123@gmail.com</a>	<b>Families Hoping &amp; Coping</b> can be reached at 603-315-9177 or 603-703-3948

Some offerings are zoom/hybrid meetings. Contact us at 603-570-9444 for more information.