



Safe Harbor Recovery Center

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

February 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.
<p>https://www.facebook.com/SafeHarborNH</p> <p>Please check facebook for cancellations.</p>	<p>1</p> <p>10-11 AA</p> <p>5:15-6:15 Art</p> <p>6:30-8 SMART</p>	<p>2</p> <p>10-11 AA</p> <p>12-2 PJIR (closed group)</p> <p>5-6 Qi Gong</p> <p>7-8:30 Families Hoping & Coping</p>	<p>3</p> <p>10-11 AA</p> <p>12-1 Women's AA</p> <p>5-6:30 SMART</p>	<p>4</p> <p>10-11 AA</p> <p>12-1 All Recovery*</p> <p>1:30 Book Club: The Ripple Effect</p> <p>7-9 LGBTQ+ Parent & Family Support*</p>	<p>5</p> <p>8:30-10:30 Art</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>7</p> <p>10-11 AA</p> <p>2:15-3 Dual Recovery*</p> <p>5-6 Mindfulness Meditation</p> <p>6:30-8 GRASP</p>	<p>8</p> <p>10-11 AA</p> <p>5:15-6:15 Art</p> <p>6:30-8 SMART</p>	<p>9</p> <p>10-11 AA</p> <p>12-2 Parenting Journey (closed group)</p>	<p>10</p> <p>10-11 AA</p> <p>12-1 Women's AA</p> <p>5-6:30 SMART</p>	<p>11</p> <p>10-11 AA</p> <p>12-1 All Recovery*</p> <p>1:30-2:30 Book Club: The Ripple Effect</p>	<p>12</p> <p>8:30-10:30 Art</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>14</p> <p>10-11 AA</p> <p>2:15-3 Dual Recovery*</p> <p>5-6 Mindfulness Meditation</p> <p>6:30-8 GRASP</p>	<p>15</p> <p>10-11 AA</p> <p>5:15-6:15 Art</p> <p>6:30-8 SMART</p>	<p>16</p> <p>10-11 AA</p> <p>12-2 PJIR (closed)</p> <p>5-6 Qi Gong</p> <p>7-8:30 Families Hoping & Coping</p>	<p>17</p> <p>10-11 AA</p> <p>12-1 Women's AA</p> <p>5-6:30 SMART</p>	<p>18</p> <p>10-11 AA</p> <p>12-1 All Recovery*</p> <p>1:30-2:30 Book Club</p> <p>3:30-5:00 Holistic Hours – Acupuncture/Reiki</p>	<p>19</p> <p>8:30-10:30 Art</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>21</p> <p>10-11 AA</p> <p>2:15-3 Dual Recovery*</p> <p>5-6 Mindfulness Meditation</p> <p>6:30-8 GRASP</p>	<p>22</p> <p>10-11 AA</p> <p>5:15-6:15 Art</p> <p>6:30-8 SMART</p>	<p>23</p> <p>10-11 AA</p> <p>12-2 PJIR</p> <p>5:30 IGB Board Mtg (PRIVATE)</p>	<p>24</p> <p>10-11 AA</p> <p>12-1 Women's AA</p> <p>5-6:30 SMART</p>	<p>25</p> <p>10-11 AA</p> <p>12-1 All Recovery*</p> <p>1:30-2:30 Book Club: The Ripple Effect</p>	<p>26</p> <p>8:30-10:30 Art</p> <p>11-12 NA</p> <p>12-1 MARA</p>
<p>28</p> <p>10-11 AA</p> <p>2:15-3 Dual Recovery</p> <p>5-6 Mindfulness Meditation</p> <p>6:30-8 GRASP</p>	<p>*meeting is available by Zoom, https://fedcap.zoom.us/j/7447886168</p>	<p>Families Hoping & Coping can be reached at 603-315-9177 or 603-703-3948</p>	<p>GRASP Grief Recovery After a Substance Passing Please Call/RSVP 603-969-0349 or nicolefgrasp123@gmail.com</p>	<p>LGBTQ+ Family Support Group can be reached at christine.s@seacoastoutright.org Hybrid</p>	