



## Safe Harbor Recovery Center

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

# March 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><a href="https://www.facebook.com/SafeHarborNH">https://www.facebook.com/SafeHarborNH</a></p> <p><b>Please check facebook for cancellations.</b></p>	<p><b>1</b> 10-11 AA 5:15-6:15 Art 6:30-8 SMART</p>	<p><b>2</b> 10-11 AA 12-2 PJIR (closed group) 5-6 Qi Gong 7-8:30 Families Hoping &amp; Coping</p>	<p><b>3</b> 10-11 AA 12-1 Women's AA 5-6:30 SMART</p>	<p><b>4</b> 10-11 AA 12-1 All Recovery <a href="https://fedcap.zoom.us/j/7447886168">https://fedcap.zoom.us/j/7447886168</a> 1:30 Book Club: Ripple Effect 7-9 LGBTQ+ and Supporters*</p>	<p><b>5</b> 8:30-10:30 Art 11-12 NA 12-1 MARA</p>
<p><b>7</b> 10-11 AA 2:15-3 Dual Recovery 6:30-8 GRASP** Call/RSVP 603-969-0349 or nicolefgrasp123@gmail.com</p>	<p><b>8</b> 10-11 AA 5:15-6:15 Art 6:30-8 SMART</p>	<p><b>9</b> 10-11 AA 12-2 Parenting Journey (closed group)</p>	<p><b>10</b> 10-11 AA 12-1 Women's AA 5-6:30 SMART</p>	<p><b>11</b> 10-11 AA 12-1 All Recovery <a href="https://fedcap.zoom.us/j/7447886168">https://fedcap.zoom.us/j/7447886168</a> 1:30-2:30 Book Club: Ripple Effect</p>	<p><b>12</b> 8:30-10:30 Art 11-12 NA 12-1 MARA</p>
<p><b>14</b> 10-11 AA 2:15-3 Dual Recovery 6:30-8 GRASP** Call/RSVP 603-969-0349 or nicolefgrasp123@gmail.com</p>	<p><b>15</b> 10-11 AA 5:15-6:15 Art 6:30-8 SMART</p>	<p><b>16</b> 10-11 AA 12-2 PJIR (closed) 5-6 Qi Gong 7-8:30 Families Hoping &amp; Coping</p>	<p><b>17</b> 10-11 AA 12-1 Women's AA 5-6:30 SMART</p>	<p><b>18</b> 10-11 AA 12-1 All Recovery <a href="https://fedcap.zoom.us/j/7447886168">https://fedcap.zoom.us/j/7447886168</a> 1:30-2:30 Book Club 3:00-4:30 Reiki and Acupuncture</p>	<p><b>19</b> 8:30-10:30 Art 11-12 NA 12-1 MARA</p>
<p><b>21</b> 10-11 AA 2:15-3 Dual Recovery 6:30-8 GRASP** Call/RSVP 603-969-0349 or nicolefgrasp123@gmail.com</p>	<p><b>22</b> 10-11 AA 4:30-5:30 SMART Youth 5:30-6:30 Art 6:30-8 SMART</p>	<p><b>23</b> 10-11 AA 12-2 PJIR 5:30 IGB Board Mtg (PRIVATE)</p>	<p><b>24</b> 10-11 AA 12-1 Women's AA 5-6:30 SMART</p>	<p><b>25</b> 10-11 AA 12-1 All Recovery <a href="https://fedcap.zoom.us/j/7447886168">https://fedcap.zoom.us/j/7447886168</a> 1:30-2:30 Book Club: Ripple Effect</p>	<p><b>26</b> 8:30-10:30 Art 11-12 NA 12-1 MARA</p>
<p><b>28</b> 10-11 AA 2:15-3 Dual Recovery 6:30-8 GRASP** Call/RSVP 603-969-0349 or nicolefgrasp123@gmail.com</p>	<p><b>29</b> 10-11 AA 5:15-6:15 Art 6:30-8 SMART</p>	<p><b>30</b> 10-11 AA 5:15-6:15 Art</p>	<p><b>31</b> 10-11 AA 5:15-6:15 Art 6:30-8 SMART</p>	<p>*LGBTQ+ and Supporters can be reached at <a href="mailto:christine.s@seacoastouright.org">christine.s@seacoastouright.org</a> Hybrid **GRASP is Grief Recovery After a Substance Passing</p>	<p>Families Hoping &amp; Coping can be reached at 603-315-9177 or 603-703-3948</p>

