



Safe Harbor Recovery Center

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

April 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>Families Hoping & Coping 603-315-9177 or 603-703-3948</p> <p>**GRASP is Grief Recovery After a Substance Passing</p>	<p>*LBGTQ+ and Supporters christine.s@seacoastoutright.org Hybrid</p>	<p>∞Call for details about the Community Garden Project</p>	<p>1 10-11 AA 12-1 All Recovery https://fedcap.zoom.us/j/7447886168</p> <p>7-9 LGBTQ+ and Supporters*</p>	<p>2 8:30-10:30 Art 11-12 NA 12-1 MARA</p>
<p>4 10-11 AA 2:15-3 Dual Recovery</p> <p>6:30-8 GRASP** Call/RSVP 603-969-0349 or nicolefgrasp123@gmail.com</p>	<p>5 10-11 AA 3:30-4:30 Community Garden (Off Site) ∞ 5:15-6:15 Art 6:30-8 SMART</p>	<p>6 10-11 AA 12-2 Parenting Journey (Call first)</p> <p>5-6 Qi Gong 7-8:30 Families Hoping & Coping</p>	<p>7 10-11 AA 12-1 Women's AA 3:45-4:45 Science of Mindfulness Course</p> <p>5-6:30 SMART</p>	<p>8 10-11 AA 12-1 All Recovery https://fedcap.zoom.us/j/7447886168</p>	<p>9 8:30-10:30 Art 11-12 NA 12-1 MARA</p>
<p>11 10-11 AA 2:15-3 Dual Recovery</p> <p>6:30-8 GRASP** Call/RSVP 603-969-0349 or nicolefgrasp123@gmail.com</p>	<p>12 10-11 AA 4:30-5:30 SMART YOUTH 5:15-6:15 Art 6:30-8 SMART</p>	<p>13 10-11 AA 12-2 Parenting Journey (Call first)</p>	<p>14 10-11 AA 12-1 Women's AA 3:45-4:45 Science of Mindfulness Course</p> <p>5-6:30 SMART</p>	<p>15 10-11 AA 12-1 All Recovery https://fedcap.zoom.us/j/7447886168 3:00-4:30 Reiki and Acupuncture</p>	<p>16 8:30-10:30 Art 11-12 NA 12-1 MARA</p>
<p>18 10-11 AA 2:15-3 Dual Recovery</p> <p>6:30-8 GRASP** Call/RSVP 603-969-0349 or nicolefgrasp123@gmail.com</p>	<p>19 10-11 AA 5:15-6:15 Art 6:30-8 SMART</p>	<p>20 10-11 AA 12-2 Parenting Journey (Call 1st)</p> <p>5-6 Qi Gong 7-8:30 Families Hoping & Coping</p>	<p>21 10-11 AA 12-1 Women's AA 3:45-4:45 Science of Mindfulness Course</p> <p>5-6:30 SMART</p>	<p>22 10-11 AA 12-1 All Recovery https://fedcap.zoom.us/j/7447886168</p>	<p>23 8:30-10:30 Art 11-12 NA 12-1 MARA</p>
<p>25 10-11 AA 2:15-3 Dual Recovery</p> <p>6:30-8 GRASP** Call/RSVP 603-969-0349 or nicolefgrasp123@gmail.com</p>	<p>26 10-11 AA 4:30-5:30 SMART YOUTH 5:30-6:30 Art 6:30-8 SMART</p>	<p>27 10-11 AA 12-2 Parenting Journey (Call 1st)</p> <p>5:30-6:30 IGB Board Meeting</p>	<p>28 10-11 AA 3:45-4:45 Science of Mindfulness Course</p> <p>5-6:30 SMART</p>	<p>29 10-11 AA 12-1 All Recovery https://fedcap.zoom.us/j/7447886168</p>	<p>30 8:30-10:30 Art 11-12 NA 12-1 MARA</p>