



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

"The only person you are destined to become is the person you decide to be." — Ralph Waldo Emerson

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10-11 AA 2:15-3 Dual Recovery 6:30-8 GRASP	3 10-11 AA 11:30-12:30 Yoga 3:30-4:30 Community Garden 5:15-6:15 Art 6:30-8 SMART	4 10-11 AA 5-6 Qi Gong 7-830 Families Hoping & Coping	5 10-11 AA 12-1 Women's AA 5-6:30 SMART	6 10-11 AA 12-1 All Recovery 7-9 LGBTQ+ Parent Support Group	7 8:30-10:30 ART 11-12 NA 12-1 MARA
9 10-11 AA 2:15-3 Dual Recovery 6:30-8 GRASP	10 10-11 AA 11:30-12:30 Yoga 4:30-5:30 SMART YOUTH 5:30-6:30 Art 6:30-8 SMART	11 10-11 AA	12 10-11 AA 12-1 Women's AA 5-6:30 SMART	13 10-11 AA 12-1 All Recovery	14 8:30-10:30 ART 11-12 NA 12-1 MARA
16 10-11 AA 6:30-8 GRASP	17 10-11 AA 11:30-12:30 Yoga 5:15-6:15 Art 6:30-8 SMART	18 10-11 AA 5-6 Qi Gong 7-830 Families Hoping & Coping	19 10-11 AA 12-1 Women's AA 5-6:30 SMART	20 10-11 AA 12-1 All Recovery 3-5 Journey Dance	21 8:30-10:30 ART 11-12 NA 12-1 MARA
23 10-11 AA 2:15-3 Dual Recovery 6:30-8 GRASP	24 10-11 AA 11:30-12:30 Yoga 4:30-5:30 SMART YOUTH 5:30-6:30 Art 6:30-8 SMART	25 10-11 AA 5:30-6:30 IGB Board Mtg (private)	26 10-11 AA 12-1 Women's AA 5-6:30 SMART	27 10-11 AA 12-1 All Recovery	28 8:30-10:30 ART 11-12 NA 12-1 MARA
30 MEMORIAL DAY CLOSED	31 10-11 AA 11:30-12:30 Yoga 5:15-6:15 Art 6:30-8 SMART	Per Agencywide COVID protocol, MASKS ARE REQUIRED at the center for all visitors and members regardless of vaccination status. Thank you for your cooperation!			

Families Hoping and Coping — Contact Elaine or Tim at 603-315-9177 or 603-703-3948
GRASP (Grief Recovery After a Substance Passing) —Contact Nicole at 603-969-0349 or nicolefgrasp123@gmail.com
LGBTQ+ Parents Support Group—Contact Christine at Christine.s@seacoastoutight.org (this is a hybrid meeting)
All Recovery— Hybrid meeting link is <https://fedcap.zoom.us/j/7447886168> or contact Jordan Brown 603-570-9444
SMART YOUTH — SMART Recovery program for teens 14 and up for all addictions. Contact Whitney Brown 603-570-9444
Family Education Classes—Ongoing contact Terri Varney 603-316-1176