



May 2022

New Programs/Events

We are pleased to offer the following new programs and events:

Joyful Yoga - Enjoy an hour of group practice with Lucy in a positive, nurturing environment. All welcome. Tuesdays 11:30am to 12:30pm

SMART YOUTH - Recovery program for teens 14 yrs. and up. This program encompasses all substance misuse. Contact Whitney for more information 603-570-9444. Every 2nd and 4th Tuesday of the month 4:30pm to 5:30pm

Journey Dance - Free-style dance practice inspired by yoga, mindfulness, playfulness and world music. Refreshments served. For more information contact Jacky at jacky.mcdonough@gmail.com. Friday 3pm-5pm

Dual Recovery - Come share with others who also struggle with both substance use disorder and mental health challenges. Mondays 2:15pm 3pm

Looking Forward

Do you have a classic car? Do you enjoy classic cars? We will be holding a ***Rolling for Recovery - Cruise In*** coming this summer!! We are looking for volunteers to assist us for this day as well as sponsors. For more information contact Heidi at 603-570-9444 or hbedard@granitepathways.org.

Did you know we have a patio? We are looking for some folks to come clean up this area. Our patio is available for all our clients to enjoy the beautiful weather outside. Meetings may be held outside (small groups) or individuals may enjoy some solitude as well.

Staff

Whitney Brown, Center Manager

Terri Varney, Volunteer Coordinator

Mia Gill, Recovery Employment Specialist

Adam Andersen, Outreach Specialist

Jordan Brown, Recovery Specialist

Important Dates

05/8 Mother's Day

5/30 Memorial Day -

Center is CLOSED

THANK YOU!!

A Special Thank You to all volunteers, staff and supporters who make running Safe Harbor a pleasure each and every day. With out you, we could not do what we do to serve the Greater Seacoast Area!!

