



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

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10-11 AA 5-6 Qi Gong 7-830 Families Hoping & Coping	2 10-11 AA 3-4 Self Care Workshop 5-6:30 SMART	3 10-11 AA 12-1 All Recovery 7-9 LGBTQ+ Parent Support Group	4 8:30-11:30 ART with Instructor 12 -1 NA
6 10-11 AA 1-2 SMART YOUTH 2:15-3 Dual Recovery 6:30-8 GRASP	7 10-11 AA 11:30-12:30 Yoga 3:30-4:30 Community Garden 5:00-6:15 Art 6:30-8 SMART	8 10-11 AA	9 10-11 AA 3-4 Self Care Workshop 5-6:30 SMART	10 10-11 AA 12-1 All Recovery	11 8:30-11:30 ART 12 -1 NA
13 10-11 AA 2:15-3 Dual Recovery 6:30-8 GRASP	14 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	15 10-11 AA 5-6 Qi Gong 7-830 Families Hoping & Coping	16 10-11 AA 3-4 Self Care Workshop 5-6:30 SMART	17 10-11 AA 12-1 All Recovery	18 8:30-11:30 ART with Instructor 12 -1 NA
20 10-11 AA 1-2 SMART YOUTH 2:15-3 Dual Recovery 6:30-8 GRASP	21 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	22 10-11 AA	23 10-11 AA 3-4 Self Care Workshop 5-6:30 SMART	24 10-11 AA 12-1 All Recovery	25 8:30-11:30 ART 12 -1 NA 12:30-5 PORTSMOUTH PRIDE
27 10-11 AA 2:15-3 Dual Recovery 6:30-8 GRASP	28 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	29 10-11 AA 5:30-6:30 IGB Board Mtg (private)	30 10-11 AA 3-4 Self Care Workshop 5-6:30 SMART	Per Agencywide COVID protocol, MASKS ARE REQUIRED at the center for all visitors and members regardless of vaccination	

Community Garden — Contact Jordan Brown for access to the SHRC garden plot 603-312-2016

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 603-828-4176 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