



# SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

*"Courage doesn't always roar, sometimes it's the quiet voice at the end of the day whispering I will try again tomorrow."*

— Mary Anne Radmacher

# July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Per Agencywide COVID protocol, MASKS ARE REQUIRED at the center for all visitors and members regardless of vaccination					
4 <b>CLOSED</b> <b>HAPPY 4TH OF JULY</b>	5 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	6 10-11 AA 7-8:30 Families Hoping & Coping	7 10-11 AA 3-4:30 Self-Care Workshop 5-6:30 SMART	8 10-11 AA 12-1 All Recovery 7-9 LGBTQ+ Parent Support Group	9 8:30-11:30 ART with Instructor 11:40-12:40 NA 12:45-2 GRASP
11 10-11 AA 1-2 SMART YOUTH 2:15-3 Dual Recovery	12 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	13 10-11 AA 5-6 CRSW Supervision	14 10-11 AA 3-4:30 Self-Care Workshop 5-6:30 SMART	15 10-11 AA 12-1 All Recovery	16 8:30-11:30 ART with Instructor 11:40-12:40 NA 12:45-2 GRASP
18 10-11 AA 2:15-3 Dual Recovery	19 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	20 10-11 AA 7-8:30 Families Hoping & Coping	21 10-11 AA 3-4:30 Self-Care Workshop 5-6:30 SMART	22 10-11 AA 12-1 All Recovery	23 8:30-11:30 ART 11:40-12:40 NA 12:45-2 GRASP
25 10-11 AA 1-2 SMART YOUTH 2:15-3 Dual Recovery	26 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	27 10-11 AA 5-6 CRSW Supervision 6:30-7:30 IGB Board Mtg (private)	38 10-11 AA 3-4:30 Self-Care Workshop 5-6:30 SMART	29 10-11 AA 12-1 All Recovery	30 8:30-11:30 ART 11:40-12:40 NA 12:45-2 GRASP

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

**Self-Care Workshops** — Ongoing workshops with discussion and hands on practice of various types of self-care models. For more information contact Heidi at 603-570-9444. NO Recovery status is necessary to participate!

**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@seacoastoutright.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