



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

"Your talent determines what you can do. Your motivation determines how much you are willing to do. Your attitude determines how well you do it." — Lou Holtz

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10-11 AA 2:15-3 Dual Recovery	2 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	3 10-11 AA 1-2:30 Nurturing Families Classes 7-8:30 Families Hop- ing & Coping	4 10-11 AA 3-4:30 Self-Care Workshop 5-6:30 SMART	5 10-11 AA 12-1 All Recovery 7-9 LGBTQ+ Parent Support Group	6 8:30-11:30 ART with Instructor 11:40-12:40 NA 12:45-2 GRASP
8 10-11 AA 1-2 SMART YOUTH 2:15-3 Dual Recovery	9 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	10 10-11 AA 1-2:30 Nurturing Families Classes 5-6 CRSW Supervision	11 10-11 AA 3-4:30 Self-Care Workshop 5-6:30 SMART	12 10-11 AA 12-1 All Recovery	13 8:30-11:30 ART 11:40-12:40 NA 12:45-2 GRASP
15 10-11 AA 2:15-3 Dual Recovery	16 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	17 10-11 AA 1-2:30 Nurturing Families Classes 7-8:30 Families Hop- ing & Coping	18 10-11 AA 3-4:30 Self-Care Workshop 5-6:30 SMART	19 10-11 AA 12-1 All Recovery	20 8:30-11:30 ART with Instructor 11:40-12:40 NA 12:45-2 GRASP
22 10-11 AA 1-2 SMART YOUTH 2:15-3 Dual Recovery	23 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	24 10-11 AA 1-2:30 Nurturing Families Classes 5-6 CRSW Supervision	25 10-11 AA 3-4:30 Self-Care Workshop 5-6:30 SMART	26 10-11 AA 12-1 All Recovery 3-4 Journey Dance	27 8:30-11:30 ART 11:40-12:40 NA 12:45-2 GRASP
29 10-11 AA 2:15-3 Dual Recovery	30 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	31 10-11 AA 1-2:30 Nurturing Families Classes 6:30-7:30 IGB Board Mtg (private)	Please contact Safe Harbor for any barriers to access as Zoom options may be available.		

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 — Contact Jordan Brown 603-570-9444 or jbrown@granitepathways.org
SMART YOUTH — SMART Recovery program for teens 14 and up for substance-related challenges. Contact Whitney Brown 603-570-9444
Nurturing Families Classes — (Ongoing) contact Terri Varney 603-316-1176 or tvarney@granitepathways.org
Self-Care Workshops — Contact Heidi at 603-570-9444 or hbedard@granitepathways.org