



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

“Coming together is a beginning; keeping together is progress; working together is success.”

— Edward Everett Hale

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please contact Safe Harbor for any barriers to access as Zoom options may be available.			1 10-11 AA 3-4:30 Self-Care Workshop 4-6 Surfing in Recovery <u>Sign Up</u> 5-6:30 SMART	2 10-11 AA 12-1 Group Recovery Coaching	3 8:30-11:30 ART with Instructor 11:40-12:40 NA 12:45-2 GRASP
5 Closed for LABOR DAY	6 10-11 AA 5:00-6:15 Art 6:30-8 SMART	7 10-11 AA 10:30-12 Families in Recovery 7-8:30 Families Hoping & Coping	8 10-11 AA 3-4:30 Self-Care Workshop 4-6 Surfing in Recovery <u>Sign Up</u> 5-6:30 SMART	9 10-11 AA 12-1 Group Recovery Coaching 7-9 LGBTQ+ Parent Support Group	10 8:30-11:30 ART 11:40-12:40 NA 12:45-2 GRASP
12 10-11 AA 2:15-3 Dual Recovery	13 10-11 AA 5:00-6:15 Art 6:30-8 SMART	14 10-11 AA 10:30-12 Families in Recovery 5-6 CRSW Supervision	15 10-11 AA 3-4:30 Self-Care Workshop 4-6 Surfing in Recovery <u>Sign Up</u> 5-6:30 SMART	16 10-11 AA 12-1 Group Recovery Coaching	17 8:30-11:30 ART with Instructor 11:40-12:40 NA 12:45-2 GRASP
19 10-11 AA 1-2 SMART YOUTH 2:15-3 Dual Recovery	20 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	21 10-11 AA 10:30-12 Families in Recovery 7-8:30 Families Hoping & Coping	22 10-11 AA 3-4:30 Self-Care Workshop 4-6 Surfing in Recovery <u>Sign Up</u> 5-6:30 SMART	23 10-11 AA 12-1 Group Recovery Coaching	24 8:30-11:30 ART 11:40-12:40 NA 12:45-2 GRASP
26 10-11 AA 2:15-3 Dual Recovery	27 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	28 10-11 AA 10:30-12 Families in Recovery 5-6 CRSW Supervision 6:30-7:30 IGB Board Mtg (private)	29 10-11 AA 3-4:30 Self-Care Workshop 4-6 Surfing in Recovery <u>Sign Up</u> 5-6:30 SMART	30 10-11 AA 12-1 Group Recovery Coaching	

Surfing In Recovery— Sign up/registration required at <https://thephoenix.org/find-a-class/in-person/a5J6T000002N0bHUAS/> [LINK HERE](#)
 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)
 Group Recovery Coaching— Call ahead—Jordan Brown or Terri Varney 603-570-9444 or jbrown@granitepathways.org/tvarney@...
 SMART YOUTH — SMART Recovery program for teens 14 and up for substance-related challenges. Contact Whitney Brown 603-570-9444
 Families in Recovery 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