



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

"What you get by achieving your goals is not as important as what you become by achieving your goals."

— Zig Ziglar

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 10-11 AA 2:15-3 Dual Recovery	4 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	5 10-11 AA 10:30-12 Families in Recovery * 7-8:30 Families Hoping & Coping	6 10-11 AA 5-6:30 SMART	7 10-11 AA 12-1 Group Recovery Coaching * 7-9 LGBTQ+ Parent Support Group	8 8:30-11:30 ART with Instructor 11:40-12:40 NA 12:45-2 GRASP *
10 10-11 AA 2:15-3 Dual Recovery	11 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	12 10-11 AA 10:30-12 Families in Recovery * 5-6 CRSW Supervision	13 10-11 AA 5-6:30 SMART	14 10-11 AA 12-1 Group Recovery Coaching * 7-8:30 Seacoast Outright Youth Support Group	15 8:30-11:30 ART 11:40-12:40 NA 12:45-2 GRASP *
17 10-11 AA 2:15-3 Dual Recovery 3:30-4:30 Financial Literacy	18 10-11 AA 11:30-12:30 Yoga 4:30-5:30 SMART YOUTH 5:45-6:30 Art 6:30-8 SMART	19 10-11 AA 10:30-12 Families in Recovery * 7-8:30 Families Hoping & Coping	20 10-11 AA 5-6:30 SMART	21 10-11 AA 12-1 Group Recovery Coaching *	22 8:30-11:30 ART with Instructor 11:40-12:40 NA 12:45-2 GRASP *
24 10-11 AA 2:15-3 Dual Recovery	25 10-11 AA 11:30-12:30 Yoga 5:00-6:15 Art 6:30-8 SMART	26 10-11 AA 10:30-12 Families in Recovery * 5-6 CRSW Supervision 6:30-7:30 IGB Board Mtg (private)	27 10-11 AA 11:30-12:30 Financial Literacy 5-6:30 SMART	28 10-11 AA 12-1 Group Recovery Coaching *	29 8:30-11:30 ART 11:40-12:40 NA 12:45-2 GRASP *
31 10-11 AA 2:15-3 Dual Recovery HALLOWEEN EVENT	Please contact Safe Harbor for any barriers to access as Zoom options may be available.		STOP BY ON OCTOBER 31ST ANYTIME FOR SOME HALLOWEEN FUN!! COME IN COSTUME IF YOU DARE. THERE WILL BE TREATS AND FACE PAINTING ALL DAY!		

Any groups with * — please call ahead for information/sign up (603) 570-9444

Families Hoping and Coping — Contact Elaine or Tim at 603-315-9177 or 603-703-3948

Group Recovery Coaching — Call ahead—Jordan Brown or Terri Varney 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