



# SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

*"Tell me and I forget. Teach me and I remember. Involve me and I learn."*

— Benjamin Franklin

# November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>10-11 AA</b> <b>11:30-12:30 Community Yoga</b> <b>5:00-6:15 Art</b> <b>6:30-8 SMART</b>	<b>2</b> <b>10-11 AA</b> <b>10:30-12 Families in Recovery *</b> <b>7-8:30 Families Hoping &amp; Coping</b>	<b>3</b> <b>10-11 AA</b> <b>5-6:30 SMART</b>	<b>4</b> <b>10-11 AA</b> <b>12-1 All Recovery+ 7-9 LGBTQ+ Parent Support Group</b>	<b>5</b> <b>8:30-11:30 ART</b> <b>11:40-12:40 NA</b> <b>12:45-2 GRASP *</b>
<b>7</b> <b>10-11 AA</b> <b>2:15-3 Dual Recovery</b> <b>3:30-4:30 Financial Literacy</b> <b>5-6 Peer Leadership Council</b>	<b>8</b> <b>10-11 AA</b> <b>11:30-12:30 Community Yoga</b> <b>5:00-6:15 Art</b> <b>6:30-8 SMART</b> 	<b>9</b> <b>10-11 AA</b> <b>10:30-12 Families in Recovery *</b> <b>5-6 CRSW Supervision</b>	<b>10</b> <b>10-11 AA</b> <b>5-6:30 SMART</b> <b>11:30-12:30 Financial Literacy</b>	<b>11</b> <b>10-11 AA</b> <b>12-1 All Recovery+</b> 	<b>12</b> <b>8:30-11:30 ART</b> <b>11:40-12:40 NA</b> <b>12:45-2 GRASP *</b>
<b>14</b> <b>10-11 AA</b> <b>2:15-3 Dual Recovery</b>	<b>15</b> <b>10-11 AA</b> <b>11:30-12:30 Community Yoga</b> <b>4:30-5:30 SMART YOUTH</b> <b>5:45-6:30 Art</b> <b>6:30-8 SMART</b>	<b>16</b> <b>10-11 AA</b> <b>10:30-12 Families in Recovery *</b> <b>7-8:30 Families Hoping &amp; Coping</b>	<b>17</b> <b>10-11 AA</b> <b>12:30-1:30 4 Noble Truths &amp; Eightfold Path</b> <b>5-6:30 SMART</b>	<b>18</b> <b>10-11 AA</b> <b>12-1 All Recovery+</b>	<b>19</b> <b>8:30-11:30 ART</b> <b>11:40-12:40 NA</b> <b>12:45-2 GRASP *</b>
<b>21</b> <b>10-11 AA</b> <b>2:15-3 Dual Recovery</b>	<b>22</b> <b>10-11 AA</b> <b>11:30-12:30 Community Yoga</b> <b>5:00-6:15 Art</b> <b>6:30-8 SMART</b>	<b>23</b> <b>10-11 AA</b> <b>10:30-12 Families in Recovery *</b> <b>5-6 CRSW Supervision</b>	<b>24</b> <b>THANKSGIVING CLOSED</b> 	<b>25</b> <b>10-11 AA</b> <b>12-1 All Recovery+</b>	<b>26</b> <b>8:30-11:30 ART</b> <b>11:40-12:40 NA</b> <b>12:45-2 GRASP *</b>
<b>28</b> <b>10-11 AA</b> <b>2:15-3 Dual Recovery</b>	<b>29</b> <b>10-11 AA</b> <b>11:30-12:30 Community Yoga</b> <b>5:00-6:15 Art</b> <b>6:30-8 SMART</b>	<b>30</b> <b>10-11 AA</b> <b>10:30-12 Families in Recovery *</b> <b>6:30-7:30 IGB Board Mtg (private)</b>	<p>Please contact Safe Harbor for any barriers to access as Zoom options may be available.</p>		

**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

**SMART YOUTH** — SMART Recovery program for teens 14 and up for substance-related challenges. Contact Whitney Brown 603-570-9444

**LGBTQ+ Parent Support Group** — Contact Christine at christine.s@seacoastoutright.org (This is a Hybrid meeting)

**GRASP** (Grief Recovery After a Substance Passing) — Contact Nicole at 603-828-4176 or nicolefgrasp123@gmail.com