



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

"If I cannot do great things, I can do small things in a great way."

— Martin Luther King, Jr.

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>CLOSED FOR HOLIDAY</p> 	<p>3</p> <p>10-11 AA 11:30-12:30 Community Yoga 5:00-6:15 Art 6:30-8 SMART</p>	<p>4</p> <p>10-11 AA 5:30-6:30 Community Yoga 7-8:30 Families Hoping & Coping</p>	<p>5</p> <p>10-11 AA 11:30-12:30 Mindful Movement w/ Katherine 5-6:30 SMART</p>	<p>6</p> <p>10-11 AA 12-1 All Recovery+ 7-9 LGBTQ+ Parent Support Group</p>	<p>7</p> <p>8:30-12 ART 12-1 NA 1-2 JOURNALING</p>
<p>9</p> <p>10-11 AA 5-6 Peer Leadership Council</p>	<p>10</p> <p>10-11 AA 11:30-12:30 Community Yoga 5:00-6:15 Art 6:30-8 SMART</p>	<p>11</p> <p>10-11 AA 12:15-1:15 Certified Peer Support (private) 5-6 CRSW Supervision</p>	<p>12</p> <p>10-11 AA 11:30-12:30 Mindful Movement w/ Katherine 5-6:30 SMART</p>	<p>13</p> <p>10-11 AA 12-1 All Recovery+</p>	<p>14</p> <p>8:30-12 ART with Instructor 12-1 NA 1-2 JOURNALING</p>
<p>16</p> <p>CLOSED FOR HOLIDAY</p> 	<p>17</p> <p>10-11 AA 11:30-12:30 Community Yoga 5:00-6:15 Art 6:30-8 SMART</p>	<p>18</p> <p>10-11 AA 5:30-6:30 Community Yoga 7-8:30 Families Hoping & Coping</p>	<p>19</p> <p>10-11 AA 11:30-12:30 Mindful Movement w/ Katherine 5-6:30 SMART</p>	<p>20</p> <p>10-11 AA 12-1 All Recovery+</p>	<p>21</p> <p>8:30-12 ART with Instructor 12-1 NA 1-2 JOURNALING</p>
<p>23</p> <p>10-11 AA</p>	<p>24</p> <p>10-11 AA 11:30-12:30 Community Yoga 5:00-6:15 Art 6:30-8 SMART</p>	<p>25</p> <p>10-11 AA 12:15-1:15 Certified Peer Support (private) 5-6 CRSW Supervision</p>	<p>26</p> <p>10-11 AA 11:30-12:30 Mindful Movement w/ Katherine 5-6:30 SMART</p>	<p>27</p> <p>10-11 AA 12-1 All Recovery+ 2:30-4 Reiki & Acupuncture</p>	<p>28</p> <p>8:30-12 ART 12-1 NA 1-2 JOURNALING</p>
<p>29</p> <p>10-11 AA</p>	<p>30</p> <p>10-11 AA 11:30-12:30 Community Yoga 5:00-6:15 Art 6:30-8 SMART</p>	<p>31</p> <p>10-11 AA 6:30-7:30 IGB Board Mtg (private)</p>	<p>Please contact Safe Harbor for any barriers to access as Zoom options may be available.</p>		

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

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

www.facebook.com/SafeHarborNH

<https://granitepathwaysnh.org/safe-harbor-recovery-center-1/>