



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

— Booker T. Washington

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10-11 AA 7-8:30 Families Hoping & Coping	2 10-11 AA 11:30-12:30 Gentle Yoga w/Katherine 5-6:30 SMART	3 10-11 AA 12-1 All Recovery+ 7-9 LGBTQ+ Parent Support Group	4 8:30-12 ART 12-1 NA
6 10-11 AA	7 10-11 AA 11:30-12:30 Community Yoga 5:00-6:15 Art 6:30-8 SMART	8 10-11 AA 12:15-1:15 Certified Peer Support (private)	9 10-11 AA 11:30-12:30 Gentle Yoga w/Katherine 5-6:30 SMART	10 10-11 AA 12-1 All Recovery+	11 8:30-12 ART 12-1 NA
13 10-11 AA 5-6 Peer Leadership Council	14 10-11 AA 11:30-12:30 Community Yoga 5:00-6:15 Art 6:30-8 SMART	15 10-11 AA 12:15-1:15 Certified Peer Support (private) 7-8:30 Families Hoping & Coping	16 10-11 AA 11:30-12:30 Gentle Yoga w/Katherine 5-6:30 SMART	17 10-11 AA 12-1 All Recovery+ 4:30-5 Reiki & Acu-Detox	18 8:30-12 ART 12-1 NA
20 10-11 AA	21 10-11 AA 11:30-12:30 Community Yoga 5:00-6:15 Art 6:30-8 SMART	22 10-11 AA 12:15-1:15 Certified Peer Support (private) 5-6 CRSW Supervision w/LADC 6:30-7:30 IGB Board Mtg (private)	23 10-11 AA 11:30-12:30 Gentle Yoga w/Katherine 5-6:30 SMART	24 10-11 AA 12-1 All Recovery+ 4:30-5 AcuRecovery w/Krystal Couture	25 8:30-12 ART 12-1 NA
27 10-11 AA	28 10-11 AA 11:30-12:30 Community Yoga 5:00-6:15 Art 6:30-8 SMART				

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
LGBTQ+ Parent Support Group — Contact Christine at christine.s@seacoastoutright.org (This is a Hybrid meeting)
Peer Leadership Council — Anyone interested learning more about the council should contact Whitney Brown at wbrown@granitepathways.org. This council is instrumental in our fundraising and outreach opportunities.

Www.facebook.com/SafeHarborNH
https://granitepathwaysnh.org/safe-harbor-recovery-center-1/