



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

— Jimmy Dean

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10-11 AA 7-8:30 Families Hoping & Coping 12:15-1:15 Certified Peer Support (private)	2 10-11 AA 11:30-12:30 Gentle Yoga w/Katherine 5-6:30 SMART	3 10-11 AA 12-1 All Recovery+ 3-4 AcuWellness (Ear Acupuncture)	4 8:30-12 ART 12-1 NA
<div style="border: 1px solid black; padding: 5px;"> Please contact Safe Harbor for any barriers to access as Zoom options may be available. </div>					
6 10-11 AA	7 10-11 AA 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	14 10-11 AA 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 5-6:30 SMART	17 10-11 AA 12-1 All Recovery+	18 8:30-12 ART 12-1 NA
20 10-11 AA	21 10-11 AA 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 5-6:30 SMART	24 10-11 AA 12-1 All Recovery+ 4-5 Reiki and Acuwellness (Ear Acupuncture)	25 8:30-12 ART 12-1 NA
27 10-11 AA	28 10-11 AA 5:00-6:15 Art 6:30-8 SMART	29 10-11 AA 12:15-1:15 Certified Peer Support (private)	30 10-11 AA 11:30-12:30 Gentle Yoga w/Katherine 5-6:30 SMART	31 10-11 AA 12-1 All Recovery+ 4-5 AcuRecovery w/ Dr. Krystal Couture	

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

Peer Leadership Council — Anyone interested learning more about the council should contact Whitney Brown at wbrown@granitepathways.org. This council is instrumental in our sustainability and community engagement.

New Meetings—Are you our next volunteer Facilitator? Please contact Whitney for programming ideas— (603) 570-9445

LBGTQ+ Parent Support Group — Has moved to the Community Campus. Contact Christine at christine.s@seacoastoutright.org (This is a Hybrid meeting)

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