



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Please contact Safe Harbor for any barriers to access as Zoom options may be available. </div>				1 8:30-12 ART 12-1 NA 1-2 Journaling
3 10-11 AA 12-1 Al-Anon 5-6 Peer Leadership Council	4 10-11 AA 5:00-6:15 Art 6:30-8 SMART	5 10-11 AA 12:15-1:15 Certified Peer Support (private) 7-8:30 Families Hoping & Coping	6 10-11 AA 5-6:30 SMART	7 10-11 AA 12-1 All Recovery+	8 8:30-12 ART 12-1 NA 1-2 Journaling
10 10-11 AA 12-1 Al-Anon	11 10-11 AA 5:00-6:15 Art 6:30-8 SMART	12 10-11 AA 12:15-1:15 Certified Peer Support (private)	13 10-11 AA 5-6:30 SMART	14 10-11 AA 12-1 All Recovery+	15 8:30-12 ART 12-1 NA 1-2 Journaling
17 10-11 AA 12-1 Al-Anon	18 10-11 AA 5:00-6:15 Art 6:30-8 SMART	19 10-11 AA 12:15-1:15 Certified Peer Support (private) 7-8:30 Families Hoping & Coping	20 10-11 AA 5-6:30 SMART	21 10-11 AA 12-1 All Recovery+ 4-5 Reiki and Acuwellness (Ear Acupuncture)	22 8:30-12 ART 12-1 NA 1-2 Journaling
24 10-11 AA 12-1 Al-Anon	25 10-11 AA 5:00-6:15 Art 6:30-8 SMART	26 10-11 AA 12:15-1:15 Certified Peer Support (private) 6:30-7:30 IGB Board Mtg (private)	27 10-11 AA 5-6:30 SMART	28 10-11 AA 12-1 All Recovery+ 4-5 AcuRecovery w/ Dr. Krystal Couture	29 8:30-12 ART 12-1 NA 1-2 Journaling

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

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

Www.facebook.com/SafeHarborNH

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