



# SAFE HARBOR

RECOVERY CENTER

“Knowing yourself is the beginning of all wisdom.”  
— Aristotle

865 Islington St., Portsmouth NH 03801  
(603) 570-9444

## August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Center Hours (Staffed) M-F 8:30—6p Sat 8:30—2p Sat 2p—5p Youth Only (under 21)	1 10-11 AA 5:00-6:15 Art 6:30-8 SMART	2 10-11 AA Families Hoping & Coping	3 10-11 AA 5-6:30 SMART	4 10-11 AA 12-1 All Recovery+	5 8:30-12 ART 12-1 NA 2:30-3:30 Alternative Peer Group (Ages 14-18*)
7 10-11 AA 12-1 AI-Anon	8 10-11 AA 5:00-6:15 Art 6:30-8 SMART	9 10-11 AA	10 10-11 AA 5-6:30 SMART	11 10-11 AA 12-1 All Recovery+	12 8:30-12 ART 12-1 NA 2:30-3:30 Alternative Peer Group*
14 10-11 AA 12-1 AI-Anon	15 10-11 AA 5:00-6:15 Art 6:30-8 SMART	16 10-11 AA 7-8:30 Families Hoping & Coping	17 10-11 AA 5-6:30 SMART	18 10-11 AA 12-1 All Recovery+ 2-3 Ear Acupuncture	19 8:30-12 ART 12-1 NA 2:30-3:30 Alternative Peer Group*
21 10-11 AA 12-1 AI-Anon 5-6 Community Engagement Meeting	22 10-11 AA 5:00-6:15 Art 6:30-8 SMART	23 10-11 AA 6:30-7:30 IGB Board Mtg (private)	24 10-11 AA 5-6:30 SMART	25 10-11 AA 12-1 All Recovery+	26 8:30-12 ART 12-1 NA 2:30-3:30 Alternative Peer Group* 2:30-3:30 Parent Café at Seacoast Pathways
28 10-11 AA 12-1 AI-Anon 5-6 Peer Leadership Council	29 10-11 AA 5:00-6:15 Art 6:30-8 SMART	30 10-11 AA	31 10-11 AA 5-6:30 SMART	Please contact Safe Harbor for any barriers to access as Zoom options may be available.	

\*Alternative Peer Group (APG)— 2:30-3:30 Facilitated activity group for high school-aged youth—Call/text Jordan to register 603-312-2016. Transportation services may be available **The Center will be open only to individuals under 21 (and staff) on Saturdays 2p –5p**  
**NEW Parent Café** - 8/26 Parents and caregivers of APG are invited to share and discuss at Seacoast Pathways—email Terri to RSVP tvarney@granitepathways.org—Seacoast Pathways is located at 155 Brewery Lane, Suite 102  
**Community Engagement Meeting** - 8/21 Volunteers, members, community partners invited to collaborate and discuss SHRC programming and ideas. Contact Justin Younger to RSVP jyounger@granitepathways.org