

SAFE HARBOR

RECOVERY CENTER

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

Safe Harbor is Proud to Partner with NH Harm Reduction Coalition and the Portsmouth Public Health Department to bring the NHHRC Van to the Seacoast, every Friday.

**PORTSMOUTH
EXCHANGE**
Fridays 11am - 1pm



BEGINNING FRIDAY 10/13



Portsmouth Exchange will offer sterile syringes, overdose prevention tools (like naloxone and drug checking strips), injection alternatives, wound care supplies, and syringe disposal. An NHHRC care coordinator attends every exchange to help connect program participants to health services and community resources.



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603.333.6547



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Shout out to the people everywhere who are saving lives through prevention! Together, we're partners in prevention. Visit:

www.samhsa.gov/newsroom/prevention-month

[#YouthSubstanceUsePreventionMonth](https://twitter.com/YouthSubstanceUsePreventionMonth)

[#SubstanceMisusePreventionMonth](https://twitter.com/SubstanceMisusePreventionMonth)

[#PreventionMonth](https://twitter.com/PreventionMonth)

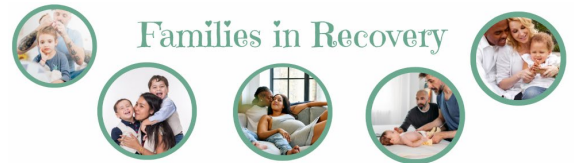


Thank you to everyone who participated in the community art piece, Safe Harbor School of fish. We wanted to do a project that highlighted both our individuality and the togetherness we find with one another at Safe Harbor Recovery Center.



New Parenting Education

Are you a caregiver of a child, wanting to learn new skills that will enhance your recovery and caregiving?



Families in Recovery

The Nurturing Parenting Curriculum for parents in recovery is intended to help participants with:

- Self Awareness
- Child Development
- Heighten Self - Esteem
- Strengthen Self Confidence
- Build Healthy Family Relationships



Follow us on Facebook at <https://www.facebook.com/SafeHarborNH> or Stop by and visit us at 865 Islington St, Portsmouth, NH 03801 or call us at (877) 369-0928

Yes, I'm interested in learning more about the Families in Recovery Program

You have my permission to contact me using the information provided:

Name: _____
 Phone # _____
 E-mail: _____

This flyer was financed under a contract with the State of NH, Department of Health and Human Services, with funds provided in part by the State of NH and/or other funding sources as were available or required, e.g., the United States Department of Health and Human Services.





Justin Younger, CRSW, Volunteer Coordinator

I am a Recovery Specialist at Safe Harbor and have been in long term recovery for 9 years. I have been working in the recovery field for 8 years. I currently work as one of the Recovery Coaches at the center and go into the Rockingham County Jail to present the Job Launch program we offer to those with justice involvement. I have been working for Safe Harbor since January 2023, and I am also a CRSW. I enjoy working in the peer-to-peer environment helping others that have been affected or indirectly affected by SUD or AUD. I love animals and have a Mini Schnauzer named Bowie, that comes into the center from time to time.



For Job Launch Contact Terri Varney or Ed Milliken



For Family Services & Education contact Jordan Brown



Recovery Coaching by Appointment



For Youth APG Contact Mary or Jordan

Program Spotlight

Alternative Peer Group Q & A with Jordan

What is the purpose of APG?

To provide youth with a positive and safe space to process and deal with issues that arise in their lives.

Who can attend APG?

Any high school aged youth who is directly or indirectly impacted by substance misuse.

What are some key points that make this group stand out from other youth groups?

We abide by 42 CFR which gives the youth the protection of legal confidentiality. We also help with barriers to participation such as providing phones and helping with transportation to and from the group.

Our Staff:

Whitney Brown, CRSW & Center Director
603-570-9445

Terri Varney, CRSW
603-570-9463

Ed Milliken, Employment Specialist
603-570-9444

Kristian Bernier, CRSW
603-570-9444

Justin Younger, CRSW
603-570-9806

Mary Sateary, APG Facilitator
862-485-1236

Jordan Brown, Recovery Specialist
603-312-2016