



SAFE HARBOR

RECOVERY CENTER

December 2023 Newsletter

International Volunteer Day is

12/5/23

Safe Harbor Recovery Center appreciates our volunteers who donate their time to help with the day to day functions at the Center. If you would like to become our next valuable volunteer, please contact Justin Younger.

Inside This Issue

Page 1 ...International Volunteer Day, sELF Care

Page 2...Safe Harbor Sampler of Groups

Page 3...Program Highlight, Staff Highlight, Program & Staff Directory

The holidays can be a time of increased stress and heightening of mental health symptoms for many individuals. According one survey quoted by Psychology today, 38% of people surveyed reported increased stress during the holidays. Browse the Article for Self-Care tips to get you through the holiday season.

[Psychology Today Article.](#)

Safe Harbor Recovery Center would like to help facilitate Holiday Self Care with our Wellness Event on 12/22. Come receive and/or learn about reiki, aromatherapy, crystal and color therapy. Relax with the staff and other people trying to find calm in the bustle of the season. Call the Center to register.



Holiday
SELF
Care

WELLNESS EVENT

Reiki, Crystal Healing, Ear
Acupuncture, Education, and More!

Friday, December 22nd
2:00-4:00pm
865 Islington St. Portsmouth

Call with any questions!
603-570-9444

VOICES OF HOPE RECOVERY CHOIR

RECEIVE VOCAL TRAINING AND BUILD SUPPORT FOR
YOURSELF AND OTHERS THROUGH SONG!

**MEETS EVERY MONDAY 4:30-
6:00 PM STARTING NOV. 13TH**

No experience required!

An intergenerational ensemble open to anyone
affected by substance use over the age of 12.

Facilitated by Barbara Sanford-Epps, Artist Educator and Choir Director

865 Islington St, Portsmouth, NH 03801

Please call ahead to preregister by Nov. 10th

603-570-9444



VINYASA YOGA WITH LISA



THURSDAYS
11:30 AM

Join us for gentle yoga and call with any questions!

603-570-9444

865 Islington St, Portsmouth, NH 03801

HARM REDUCTION WORKS

**WEEKLY MEETING EVERY FRIDAY
AT 1:00 PM**

**JOIN US FOR A DISCUSSION AROUND
HARM REDUCTION, FOLLOWING THE
PORTSMOUTH EXCHANGE WITH THE
NEW HAMPSHIRE HARM REDUCTION
COALITION VAN.**

**LOCATED AT 865 ISLINGTON
ST, PORTSMOUTH, NH 03801**



SAFE HARBOR
RECOVERY CENTER



Celebrate Recovery

*Do you want to find lasting freedom over your
hurts, habits, and hang-ups? If so please visit
our weekly meetings at Safe Harbor.*

**WEDNESDAYS | 4:30PM-5:30PM
865 ISLINGTON ST
PORTSMOUTH**

Celebrate Recovery looks to Jesus as the higher
power, providing answers that will set us free
from our issues and bring abundant life,
healing, and freedom!

Give us a call with any questions
603-570-9444

*Safe Harbor's Alternative Peer
Group is Coming to a Highschool
Near You!*

Safe Harbor is privileged to be able to meet and greet with students at a local high school in December. We will be there to set up an info table at lunch and tell students about our services including our Saturday APG.

Generous Donation

*Safe Harbor Recovery Center would like to thank Piscatiqua Bank for their generous donation to our center. Donations like theirs contribute to supporting our programs.
Thank you for your support!*



**Jordan
Brown,
Recovery
Specialist**

Jordan is a parent in Recovery from Substance Misuse and Mental Illness. She found Safe Harbor first as a client and new mother, taking advantage of the different programs and education offered to her. She has now been employed at Safe Harbor for 3 years as a Recovery Specialist and facilitates the Caregiver Education and the new Youth Alternative Peer Group.

Jordan hopes to have her Certified Recovery Support Worker Liscence soon. Recovery for her has been a long strange journey and even though there have some bumps on the road, she has been able to maintain her recovery thanks to the education and support from her Recovery Community.

Programs at Safe Harbor

Job Launch

*Supportive employment
Contact Terri or Ed*

Family Services & Education

*Education and support for Caregivers of Children
Contact Jordan*

Recovery Coaching

*One to one sessions with Peer Specialist
By Appointment, call center*

Youth Alternative Peer Group

*Peer Mutual Aid & Youth Recovery Services
Contact Mary or Jordan*

Volunteer Services

*Call, we can find hours for you!
Contact Justin*

Staff Directory

Whitney Brown *Center Director, CRSW*
(603) 570-9445

Ed Miliken *Employment Specialist*
(603) 570-9444

Terri Varney *Employment Specialist, CRSW*
(603) 316-1176

Kristian Bernier *CRSW, Program Coordinator*
(603) 828-7961

Mary Sateary *APG Facilitator, Recovery Specialist*
(603) 570-9444

Justin Younger *CRSW, Volunteer Coordinator*
(603) 957-2843

Jordan Brown *Recovery Specialist, Family Services*
(603) 312-2016