



# SAFE HARBOR

RECOVERY CENTER

*"It does not matter how slowly you go as long as you do not stop." – Confucius*

865 Islington St., Portsmouth NH 03801

(603) 570-9444

Www.facebook.com/SafeHarborNH

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

# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10-11 AA 1-3 APG @ Gosling 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	<b>2</b> 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART (new start time)	<b>3</b> 10-11 AA 2-4 H.E.A.L. 7-8:30 Families Hop- ing & Coping	<b>4</b> 10-11 AA 5-6:30 SMART	<b>5</b> 10-11 AA 1-2 Harm Reduction Works HRW	<b>6</b> 8:30-12 ART 12-1 NA
<b>8</b> 10-11 AA 1-3 APG @ Gosling 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	<b>9</b> 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART (new start time)	<b>10</b> 10-11 AA 2-4 H.E.A.L.	<b>11</b> 10-11 AA 5-6:30 SMART	<b>12</b> 10-11 AA 1-2 Harm Reduction Works HRW	<b>13</b> 8:30-12 ART 12-1 NA
<b>15</b> 10-11 AA 1-3 APG @ Gosling 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	<b>16</b> 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART (new start time)	<b>17</b> 10-11 AA 2-4 H.E.A.L. 4-6 Sufi Healing Circle 7-8:30 Families Hop- ing & Coping	<b>18</b> 10-11 AA 5-6:30 SMART	<b>19</b> 10-11 AA 1-2 Harm Reduction Works HRW	<b>20</b> 8:30-12 ART 12-1 NA
<b>22</b> 10-11 AA 1-3 APG @ Gosling** 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	<b>23</b> 10-11 AA 5:00-6 Open Art 6-7:30 SMART (new start time)	<b>24</b> 10-11 AA 2-4 H.E.A.L.	<b>25</b> 10-11 AA 5-6:30 SMART	<b>26</b> 10-11 AA 1-2 Harm Reduction Works	<b>27</b> 8:30-12 ART 12-1 NA
<b>29</b> 10-11 AA 1-3 APG @ Gosling 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night ***	<b>30</b> 10-11 AA 5:00-6 Open Art 6-7:30 SMART (new start time)	<b>31</b> 10-11 AA 2-4 H.E.A.L.	Please contact Safe Harbor for any barriers to access as <b>Zoom</b> options may be available.		
<b>Unhoused Distribution Hours:</b> 8:30a-9:30a M-F –via drop-in, obtain basic necessities (tents, tarps, etc), naloxone, harm reduction kits and/or emergency meals, no documentation/intake/client status required					

**Recovery Choir**—BB Sanford Epps, M.Ed, leads us through recovery-based vocal workshops. All ages welcome. Call ahead if under 18.

**Harm Reduction Works**—**HRW**—Peer mutual aid meeting for anyone using prescribed or unprescribed drugs to support their health and foster open communication, resource sharing and trust/support

**Open Art**— Open studio-Safe Harbor provides canvas, oil/acrylic paints, pastels, cray-pas etc. and bring your creativity!

**HEAL**- (Healing, Energy, Acudetox, Loving-Kindness) Holistic Healing hours. First-come, first-serve Reiki, acupuncture, energy healing & crystals.

**\*\* APG (Alternative Peer Group)\*\*** — **Now meeting at 2 Weald Rd Portsmouth NH, 03801** Facilitated activity group for high school-aged youth—Call/text Jordan to register 603-312-2016. Transportation services available.

**\*\*\*NEW\*\*\*LADIES NIGHT**— Women's AA Meeting