



SAFE HARBOR

RECOVERY CENTER

865 Islington St., Portsmouth NH 03801

(603) 570-9444

Www.facebook.com/SafeHarborNH

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

“Health is an outfit that looks different on every body” – Dave Etler

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please contact Safe Harbor for any barriers to access as Zoom options may be available.			1 10-11 AA 5-6:30 SMART	2 10-11 AA 1-2 Harm Reduction Works HRW	3 8:30-12 ART 12-1 NA
Unhoused Distribution Hours: 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					
5 10-11 AA 1-3 APG @ Gosling 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	6 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART (new start time)	7 10-11 AA 2-4 H.E.A.L. 7-8:30 Families Hoping & Coping	8 10-11 AA 5-6:30 SMART	9 10-11 AA 1-2 Harm Reduction Works HRW	10 8:30-12 ART 12-1 NA
12 10-11 AA 1-3 APG @ Gosling 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	13 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART (new start time)	14 10-11 AA 2-3 H.E.A.L. 5-7 Sufi Healing Circle	15 10-11 AA 5-6:30 SMART	16 10-11 AA 1-2 Harm Reduction Works HRW	17 8:30-12 ART 12-1 NA
19 10-11 AA 1-3 APG @ Gosling** 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	20 10-11 AA 5:00-6 Open Art 6-7:30 SMART (new start time)	21 10-11 AA 2-4 H.E.A.L. 3-4 Sound Bath 7-8:30 Families Hoping & Coping	22 10-11 AA 5-6:30 SMART	23 10-11 AA 1-2 Harm Reduction Works	24 8:30-12 ART 12-1 NA
26 10-11 AA 1-3 APG @ Gosling 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night ***	27 10-11 AA 5:00-6 Open Art 6-7:30 SMART (new start time)	28 10-11 AA 2-4 H.E.A.L.	29 10-11 AA 5-6:30 SMART	30 10-11 AA 1-2 Harm Reduction Works	31 8:30-12 ART 12-1 NA 1p Greif Group coming soon

Sufi Healing Circle– A beautiful evening of friendship and support, opening our hearts to the Divine Love and Healing Lights.

Sound Bath– Using sound vibration to facilitate healing

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

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

****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