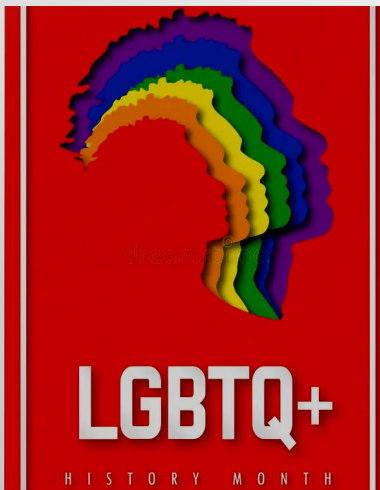




# SAFE HARBOR

RECOVERY CENTER

## October 2024 Newsletter



In 1994, Rodney Wilson, a Missouri high school teacher, believed a month should be dedicated to the celebration and teaching of gay and lesbian history, and gathered other teachers and community leaders. They selected October because public schools are in session and existing traditions, such as Coming Out Day (October 11), occur that month.

Gay and Lesbian History Month was endorsed by GLAAD, the Human Rights Campaign, the National Gay and Lesbian Task Force, the National Education Association and other national organizations.

### Inside This Issue:

**Page 1...LGBTQ+ History Month; LGBTQ+ Recovery; Thank you to Port City and Flatbread**

**Page 2...Karaoke Night; Volunteer Spotlight; Programs; Staff Directory**

**Page 3 & 4...Groups; classes; SHRC October Calendar & More!**

**Experiences of and recommendations for LGBTQ+-affirming substance use services**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10491328/>

**A Guide to Addiction and Recovery for LGBT Populations**

<https://recovery.org/addiction/demographics/lgbt/>

**LGBTQ+ Recovery Resources**

<https://facesandvoicesofrecovery.org/2019/08/16/lgbtq-recovery-resources/>

**Historical and Collective Trauma Among LGBTQ+ People**

<https://www.psychologytoday.com/us/blog/psychology-the-people/202211/historical-and-collective-trauma-among-lgbtq-people?msockid=26bee4e9f05a634328a2f731f11962b8>

Thank you to these local establishments for supporting SHRC

Port City Pretzels



Flatbread Pizza



## *Volunteer Spotlight*



Doug Overn began volunteering at Safe Harbor this past winter. He lives in Portsmouth with his wife Tatiana, their 13yo son Alex and their 2 well-meaning but poorly trained dogs, Maggie and Meatball. He has spent most of his career working in technology but has also been lucky to have worked as an EMT for the FDNY, a Deckhand in Alaska and a teacher of ESL in Seoul, Korea. Doug enjoys volunteering at Safe Harbor and believes peer-based recovery is making a fundamental difference for people suffering from the effects of addiction and will only grow in importance over time. He is looking forward to earning his CRSW certification and being able to take on a more impactful role at Safe Harbor at some point in the future.

# KARAOKE NIGHT



BRIDGES PEER HALLOWEEN EVENT AT  
815 BELMONT ST. PORTSMOUTH NH  
603-570-8774

**KARAOKE**  
**FUN**  
**COSTUMES WELCOME**

## *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

**Mike Whitehouse** *Program Coordinator*

(603) 397-7524

**Justin Younger** *CRSW, Volunteer Coordinator*

(603) 957-2843

**Jordan Trombino** *Recovery Specialist, Family Services*

(603) 312-2016



**ART**

**At Safe Harbor**

Tuesdays at 5:00 pm  
Saturdays at 8:30 am

865 Islington Street,  
Portsmouth,  
NH 03801

Get creative and receive assistance from our art teachers at no cost! Materials are provided and all are welcome!

605-570-9444



**SMART Recovery**

Self Management And Recovery Training

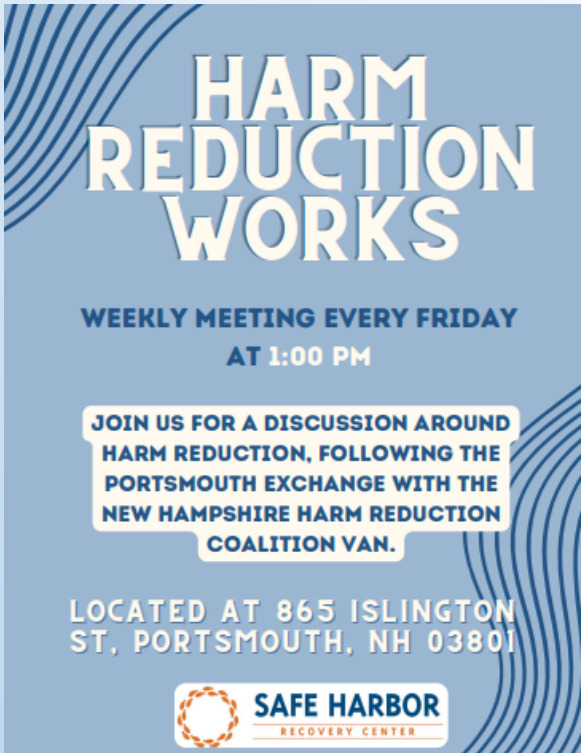
**Tuesdays 6:00-7:30**  
**Thursdays: 5:00-6:30**

SMART Recovery is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors to:

- Build and maintain motivation
- Cope with urges and cravings
- Manage thoughts, feelings and behaviors
- Live a balanced life

For more information please contact Jordan Trombino:  
jtrombino@granitepathways.org  
603-312-2016

Or visit the SMART Website:  
smartrecovery.org





**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




**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

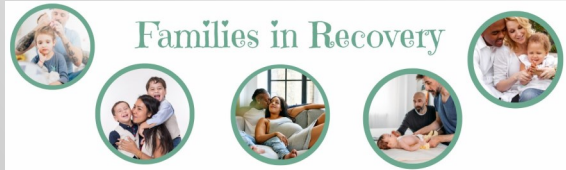
Please call ahead to preregister by Nov. 10th

603-570-9444



## Call to enroll in our Families in Recovery

Via Zoom on Mondays 4-5:30p



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.



# LADIES NIGHT

MONDAYS 6:15P-7:15P

@

SAFE HARBOR RECOVERY CENTER

865 Islington St Portsmouth NH 03801



Recovery from substance use disorder doesn't just happen in traditional meetings. There are many paths to recovery and recovery sustenance. Join us in learning how we keep our body and minds healthy in recovery. You may just find something that works for you!



"We deserve to experience love fully, equally and without shame and without compromise."

- Elliot Page

## October 2024

865 Islington St., Portsmouth NH 03801  
(603) 570-0444

[www.facebook.com/safeharborrecoverycenter/](https://www.facebook.com/safeharborrecoverycenter/)

<https://granitepathways.org/safe-harbor-recovery-center-4/>

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 5:00-6 Open Art 6:00-7:30 SMART	2 10-11 AA 3-4 H.E.A.L. 7-8:30 Families Hoping & Coping	3 10-11 AA 5-6:30 SMART	4 10-11 AA 1-2 Harm Reduction Works HRW	5 8:30-12 ART 12-1 NA 2:30-5p AFG
7 10-11 AA 4:30-6 Recovery Chok 6:15-7:15pm Ladies Night***	8 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART	9 10-11 AA 3-4 H.E.A.L.	10 10-11 AA 5-6:30 SMART	11 10-11 AA 1-2 Harm Reduction Works HRW	12 8:30-12 ART 12-1 NA 2:30-5p AFG
14 10-11 AA 4:30-6 Recovery Chok 6:15-7:15pm Ladies Night***	15 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART	16 10-11 AA 3-4 H.E.A.L. 7-8:30 Families Hoping & Coping	17 10-11 AA 5-6:30 SMART	18 10-11 AA 1-2 Harm Reduction Works HRW	19 8:30-12 ART 12-1 NA 2:30-5p AFG
21 10-11 AA 4:30-6 Recovery Chok 6:15-7:15pm Ladies Night***	22 10-11 AA 5:00-6 Open Art 6-7:30 SMART	23 10-11 AA 3-4 H.E.A.L.	24 10-11 AA 5-6:30 SMART	25 10-11 AA 1-2 Harm Reduction Works 4-6 Karaoke Night	26 8:30-12 ART 12-1 NA 2:30-5p AFG 1:15-2:30 GRASP+
28 10-11 AA 4:30-6 Recovery Chok 6:15-7:15pm Ladies Night***	29 10-11 AA 5:00-6 Open Art 6-7:30 SMART	30 10-11 AA 3-4 H.E.A.L.	31 10-11 AA 5-6:30 SMART		

Unassisted Detoxification Hours: 8:30a-9:30a M-F --no drop-in, obtain basic necessities (toilets, tarps, etc), no money, have reduction kits and/or emergency meds, no documentation/initials/client status required

# H.E.A.L

## Holistic Wellness Hours

Healing.Energy.Acudetox.Loving-Kindness

Join us every **Wednesday** from **2:00 -4:00** for Reiki, Aromatherapy, Tea, and More Self Care Activities.

Please call or email Terri Varney with any questions:

[tvarney@granitepathways.org](mailto:tvarney@granitepathways.org)

(603) 316-1176

