



# 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/>

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

- Elliot Page

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please contact Safe Harbor for any barriers to access as Zoom options may be available.	<b>1</b> 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART	<b>2</b> 10-11 AA 2-4 H.E.A.L. 7-8:30 Families Hoping & Coping	<b>3</b> 10-11 AA 5-6:30 SMART	<b>4</b> 10-11 AA 1-2 Harm Reduction Works HRW	<b>5</b> 8:30-12 ART 12-1 NA NO APG (will return 9/14)
<b>7</b> 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	<b>8</b> 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART	<b>9</b> 10-11 AA 2-4 H.E.A.L.	<b>10</b> 10-11 AA 5-6:30 SMART	<b>11</b> 10-11 AA 1-2 Harm Reduction Works HRW	<b>12</b> 8:30-12 ART 12-1 NA 2:30-5p APG
<b>14</b> 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	<b>15</b> 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART	<b>16</b> 10-11 AA 2-4 H.E.A.L. 7-8:30 Families Hoping & Coping	<b>17</b> 10-11 AA 5-6:30 SMART	<b>18</b> 10-11 AA 1-2 Harm Reduction Works HRW	<b>19</b> 8:30-12 ART 12-1 NA 2:30-5p APG
<b>21</b> 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	<b>22</b> 10-11 AA 5:00-6 Open Art 6-7:30 SMART	<b>23</b> 10-11 AA 2-4 H.E.A.L.	<b>24</b> 10-11 AA 5-6:30 SMART	<b>25</b> 10-11 AA 1-2 Harm Reduction Works 4-6 Karaoke Night	<b>26</b> 8:30-12 ART 12-1 NA 2:30-5p APG 1:15-2:30 GRASP+
<b>28</b> 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night ***	<b>29</b> 10-11 AA 5:00-6 Open Art 6-7:30 SMART	<b>30</b> 10-11 AA 2-4 H.E.A.L.	<b>31</b> 10-11 AA 5-6:30 SMART		

**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

**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, Loving-Kindness) Holistic Healing hours. First-come, first-serve Reiki, acupuncture, energy healing

**\*\*APG (Alternative Peer Group)\*\*** — Facilitated activity group for high school-aged youth—Call/text Jordan to register 603-312-2016. Transportation services available.

**GRASP+** - Greif processing group with holistic practices