



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/>

“Don’t try to drive the homeless into places we find suitable. Help them survive in places they find suitable.” -Daniel Quinn

November 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 1-2 Harm Reduction Works HRW	2 8:30-12 ART 12-1 NA 2:30p-5p APG
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					
4 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	5 10-11 AA 5:00-6 Open Art 6:00-7:30 SMART	6 10-11 AA 2-4 H.E.A.L. 7-8:30 Families Hoping & Coping	7 10-11 AA 5-6:30 SMART	8 10-11 AA 1-2 Harm Reduction Works HRW	9 8:30-12 ART 12-1 NA 2:30-5p APG
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25 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night ***	26 10-11 AA 5:00-6 Open Art 6-7:30 SMART	27 10-11 AA 2-4 H.E.A.L.	28 10-11 AA 5-6:30 SMART	29 10-11 AA 1-2 Harm Reduction Works	30 8:30-12 ART 12-1 NA 1:15-2:15 GRAPS+ 2:30-5p APG

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)**** — **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