



SAFE HARBOR

RECOVERY CENTER

December 2024 Newsletter



“Everyone should have access to the health services they need, including HIV prevention, treatment and care services when and where they need them. Protecting rights means ensuring that healthcare is available to everyone, without any discrimination, regardless of their HIV status, background, gender, or where they live.”

--World Health Organization

Inside This Issue:

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

HIV/AIDS Resources

<https://blackaids.org/>

<https://aidsresponse.org/>

<https://www.dhhs.nh.gov/programs-services/disease-prevention/infectious-disease-control/nh-ryan-white-care-program>

<https://www.hiv.gov/>

New Partnership!



QUEERCOVERY PORTSMOUTH

Join us weekly for our peer-led “All-Recovery” meetings.

Queercovery creates opportunities for Queer people struggling with addiction to find support, access resources, and build community as they navigate their recovery.

We are dedicated to confronting and dismantling barriers to both our individual and our collective healing. We nurture peer-led spaces—both physical and virtual—to discuss our addictions and support each other on our journeys.

7 PM THURSDAYS

865 ISLINGTON ST,
PORTSMOUTH, NH

IG @QUEERCOVERY

F QUEERCOVERY MAINE

✉ QUEERCOVERY@GMAIL.COM

New Partnership



FREE Weekly Yoga Class
Yoga for Recovery

transform
yoga for recovery

Every Tuesday
11:30am – 12:15pm
at
Safe Harbor
865 Islington St.
Portsmouth

JOIN US!

- For anyone in, or actively seeking, recovery
- Discover tools to support growth and healing
- No yoga experience necessary
- Bring a mat or borrow one of ours
- Wear loose, comfortable clothing

YOGAINACTION.ORG

Sponsored by:

SAFE HARBOR + YOGA IN ACTION
THE PHOENIX
RISE RECOVER LIVE

New Staff Spotlight



Hi I'm Mariah I'm 31 years old and I'm a person in long term recovery. I'm passionate about helping others who are in the same spot I have been before. I am a current student at NHTI, working towards a degree in addiction counseling. I

have a beautiful 3 year old daughter, Nova, who makes my world go round and two crazy dogs (a Dalmatian and GSD), Zuko and Cleo. In my free time I enjoy a good tv series/murder doc, reading, painting and going on adventures with my baby girl & pups. I am big on sunshine and the beach but also love a good thunder storm and cozying up! I'm so excited to be at Safe Harbor and look forward to working hard for those in the community.

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 Jordan or Mariah

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

Mariah Smith *Recovery Specialist*

(603) 534-4744



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

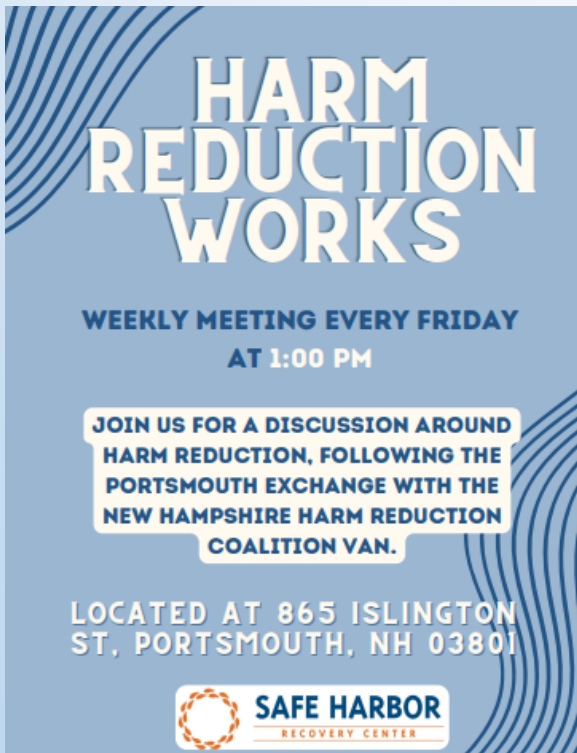
Tuesdays 6:00-7:30
Thursdays: 5:00-6:30

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



Grief Processing Group meeting on the
4th Saturday every month



G.R.A.S.P.+
Grief Recovery After a Substance Passing

Recovering from grief in any circumstance is never overcome easily and because of the specific nature of substance related death and the stigma associated with it, it is even more difficult for surviving family and friends to overcome.

JOIN US ON THE 4TH SATURDAY OF EVERY MONTH
1:00PM - 2:30PM
Safe Harbor Recovery Center
865 Islington St. Portsmouth, NH
(603) 570-9444

G.R.A.S.P. is an international support group for individuals or families who have lost a loved one due to a substance use disorder, with a sincere wish to provide comfort, support, and healing in whichever way possible during your journey.

LADIES NIGHT

MONDAYS 6:15P-7:15P

@

SAFE HARBOR RECOVERY CENTER

865 Islington St Portsmouth NH 03801




"Recovery is not a race, it's a journey.
Take it one day at a time."

-Demi Lovato

December 2024

865 Islington St., Portsmouth NH 03801
(603) 570-9444
www.facebook.com/safeharbor
<https://grantspaweb.org/safe-harbor-recovery-center-4/>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	3 10-11 AA 11:30-12:15 Yoga 5:00-6 Open Art 6:00-7:30 SMART	4 10-11 AA 7-8:30 Families Hop- ing & Coping	5 10-11 AA 5-6:30 SMART	6 10-11 AA 1-2 Harm Reduction Works HRW	7 8:30-12 ART 12-1 NA 2:30p-5p APG
9 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	10 10-11 AA 11:30-12:15 Yoga 5:00-6 Open Art 6:00-7:30 SMART	11 10-11 AA	12 10-11 AA 5-6:30 SMART 7-8 QUIRECOVERY	13 10-11 AA 1-2 Harm Reduction Works HRW	14 8:30-12 ART 12-1 NA 2:30-5p APG
16 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	17 10-11 AA 11:30-12:15 Yoga 5:00-6 Open Art 6:00-7:30 SMART	18 10-11 AA 7-8:30 Families Hop- ing & Coping	19 10-11 AA 5-6:30 SMART 7-8 QUIRECOVERY	20 10-11 AA 1-2 Harm Reduction Works HRW	21 8:30-12 ART 12-1 NA 2:30-5p APG
23 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	24 10-11 AA 11:30-12:15 Yoga 5:00-6 Open Art 6:00-7:30 SMART	25 10-11 AA	26 10-11 AA 5-6:30 SMART 7-8 QUIRECOVERY	27 10-11 AA 1-2 Harm Reduction Works	28 8:30-12 ART 12-1 NA 1:15-2:15 GRASP+ 2:30-5p APG
30 10-11 AA 4:30-6 Recovery Choir 6:15-7:15pm Ladies Night***	31 10-11 AA 11:30-12:15 Yoga 5:00-6 Open Art 6:00-7:30 SMART	<p>Unlimited Distribution Hours: 8:30a-5:00p M-F --no drop-in, obtain basic necessities (bills, target, etc), make your harm reduction kits and/or emergency needs, no documentation/intake/clients status required</p> <p>Please contact Safe Harbor for any barriers to access as Zoom options may be available.</p>			



Alternative Peer Group
For Youth Impacted By Substance Use

Every Saturday 3-5pm

Pro-Social & Substance Free Activities
At the center & out in the community!

Mutual Aid
Get support from other youth & people in recovery :)

Build Resilience
Through activities & informative sessions

Promote Wellness
Social, emotional, intellectual, mental and physical wellness

Safe Harbor Recovery Center
865 Islington St.
Portsmouth, NH

Highschool Aged Youth 14-18