



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/>

“Recovery is not a race, it’s a journey.
Take it one day at a time.”

-Demi Lovato

December 2024

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 Hoping & 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 QUEERCOVERY	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 Hoping & Coping	19 10-11 AA 5-6:30 SMART 7-8 QUEERCOVERY	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 QUEERCOVERY	27 10-11 AA 1-2 Harm Reduction Works	28 8:30-12 ART 12-1 NA 1:15-2:15 GRAPS+ 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	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			
Please contact Safe Harbor for any barriers to access as Zoom options may be available.					

Recovery Choir—BB Sanford Epps, M.Ed, leads us through recovery-based vocal workshops. All ages welcome. Call ahead if under 18.

Yoga— AshtangaYoga with Dave. All ability levels welcome.

QUEERCOVERY— All Recovery meeting for our Queer Community.

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

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