



# 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/>

“Prejudice is a form of untruthfulness, and untruthfulness is an insidious form of injustice.”

-Miroslav Volf

## February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please contact Safe Harbor for any barriers to access as Zoom options may be available.					<b>1</b> <b>8:30-12 ART</b> <b>12-1 NA</b> <b>2:30p-5p APG</b>
<b>Unhoused Distribution Hours:</b> 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					
<b>3</b> <b>10-11 AA</b> <b>4:30-6 Recovery Choir</b> <b>6:15-7:15pm Ladies Night***</b>	<b>4</b> <b>10-11 AA</b> <b>11:30-12:15 Yoga</b> <b>5:00-6 Open Art</b> <b>6:00-7:30 SMART</b>	<b>5</b> <b>10-11 AA</b> <b>2-3 Walking Group</b> <b>7-8:30 Families Hoping &amp; Coping</b>	<b>6</b> <b>10-11 AA</b> <b>5-6:30 SMART</b> <b>7-8 QUEERCOVERY</b>	<b>7</b> <b>10-11 AA</b> <b>11:30-2:30 Reiki By Appt</b>  <b>1-2 Harm Reduction Works HRW</b>	<b>8</b> <b>8:30-12 ART</b> <b>12-1 NA</b> <b>2:30-5p APG</b>
<b>10</b> <b>10-11 AA</b> <b>4:30-6 Recovery Choir</b> <b>6:15-7:15pm Ladies Night***</b>	<b>11</b> <b>10-11 AA</b> <b>11:30-12:15 Yoga</b> <b>5:00-6 Open Art</b> <b>6:00-7:30 SMART</b>	<b>12</b> <b>10-11 AA</b> <b>2-3 Walking Group</b>	<b>13</b> <b>10-11 AA</b> <b>5-6:30 SMART</b> <b>7-8 QUEERCOVERY</b>	<b>14</b> <b>10-11 AA</b> <b>1-2 Harm Reduction Works HRW</b>	<b>15</b> <b>8:30-12 ART</b> <b>12-1 NA</b> <b>2:30-5p APG</b>
<b>17</b> <b>10-11 AA</b> <b>4:30-6 Recovery Choir</b> <b>6:15-7:15pm Ladies Night***</b>	<b>18</b> <b>10-11 AA</b> <b>11:30-12:15 Yoga</b> <b>5:00-6 Open Art</b> <b>6:00-7:30 SMART</b>	<b>19</b> <b>10-11 AA</b> <b>2-3 Walking Group</b> <b>7-8:30 Families Hoping &amp; Coping</b>	<b>20</b> <b>10-11 AA</b> <b>5-6:30 SMART</b> <b>7-8 QUEERCOVERY</b>	<b>21</b> <b>10-11 AA</b> <b>11:30-2:30 Reiki By Appt</b> <b>1-2 Harm Reduction Works</b>	<b>22</b> <b>8:30-12 ART</b> <b>12-1 NA</b> <b>2:30-5p APG</b>
<b>24</b> <b>10-11 AA</b> <b>4:30-6 Recovery Choir</b> <b>6:15-7:15pm Ladies Night ***</b>	<b>25</b> <b>10-11 AA</b> <b>11:30-12:15 Yoga</b> <b>5:00-6 Open Art</b> <b>6:00-7:30 SMART</b>	<b>26</b> <b>10-11 AA</b> <b>2-3 Walking Group</b>	<b>27</b> <b>10-11 AA</b> <b>5-6:30 SMART</b> <b>7-8 QUEERCOVERY</b>	<b>28</b> <b>10-11 AA</b> <b>1-2 Harm Reduction Works</b>	

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

**Yoga**—Yoga with Dave. All ability levels welcome.

**QUEERCOVERY**— All Recovery meeting for the 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.

**Reiki \*\*\***- By appointment only. Please contact Terri Varney 603-316-1176

**NEW Walking Group**—Fresh Air Walking Group, open to all. Walking and talking for fresh perspectives or just some fresh air. Dress warm.