

# SAFE HARBOR RECOVERY CENTER

865 Islington St., Portsmouth NH 03801

(603) 570-9444

# March 2025

GRL PWR!

Mon	Tue	Wed	Thu	Fri	Sat
					<b>8:30-12 ART</b> <b>12-1 NA</b> <b>2:30p-5p APG</b> 1
<b>10-11 AA</b> <b>4:30-6</b> <b>Recovery Choir</b> <b>6:15-7:15pm</b> <b>Ladies Night</b> 3	<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> 4	<b>10-11 AA</b> <b>2-3 Walking Group</b> <b>7-8:30</b> <b>Families Hoping &amp; Coping</b> 5	<b>10-11 AA</b> <b>5-6:30 SMART</b> <b>7-8</b> <b>QUEERCOVERY</b> 6	<b>10-11 AA</b> <b>1-2 Harm Reduction Works</b> 7	<b>8:30-12 ART</b> <b>12-1 NA</b> <b>2:30p-5p APG</b> 8
<b>10-11 AA</b> <b>4:30-6</b> <b>Recovery Choir</b> <b>6:15-7:15pm</b> <b>Ladies Night</b> 10	<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> 11	<b>10-11 AA</b> <b>2-3</b> <b>Walking Group</b> 12	<b>10-11 AA</b> <b>5-6:30 SMART</b> <b>7-8</b> <b>QUEERCOVERY</b> 13	<b>10-11 AA</b> <b>1-2 Harm Reduction Works</b> 14	<b>8:30-12 ART</b> <b>12-1 NA</b> <b>2:30p-5p APG</b> 15
<b>10-11 AA</b> <b>4:30-6</b> <b>Recovery Choir</b> <b>6:15-7:15pm</b> <b>Ladies Night</b> 17	<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> 18	<b>10-11 AA</b> <b>2-3 Walking Group</b> <b>7-8:30</b> <b>Families Hoping &amp; Coping</b> 19	<b>10-11 AA</b> <b>5-6:30 SMART</b> <b>7-8</b> <b>QUEERCOVERY</b> 20	<b>10-11 AA</b> <b>1-2 Harm Reduction Works</b> 21	<b>8:30-12 ART</b> <b>11:30-2:30</b> <b>Ear Acupuncture</b> <b>12-1 NA</b> <b>1-2 Grief Group</b> <b>2:30p-5p APG</b> 22
<b>10-11 AA</b> <b>4:30-6</b> <b>Recovery Choir</b> <b>6:15-7:15pm</b> <b>Ladies Night</b> 24	<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> 25	<b>10-11 AA</b> <b>2-3</b> <b>Walking Group</b> 26	<b>10-11 AA</b> <b>5-6:30 SMART</b> <b>7-8</b> <b>QUEERCOVERY</b> 27	<b>10-11 AA</b> <b>1-2 Harm Reduction Works</b> 28	<b>8:30-12 ART</b> <b>12-1 NA</b> <b>2:30p-5p APG</b> 29
<b>10-11 AA</b> <b>4:30-6</b> <b>Recovery Choir</b> <b>6:15-7:15pm</b> <b>Ladies Night</b> 31		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**— 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 & foster open communication, resource sharing and trust/support

**APG (Alternative Peer Group)** — Facilitated activity group for high school-aged youth Call/text Mariah to register (603)534-4744. Transportation services available.

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

**NEW Walking Group**—Fresh Air Walking Group, open to all.

