SAFE HARBOR RECOVERY CENTER

865 Islington St., Portsmouth NH 03801

(603) 570-9444

April 2025

Mon	Tue	Wed	Thu	Fri	Sat
	1 APRIL FOOL'S DAY! 10–11 AA 11:30–12:15 Yoga 5:00–6 Open Art 6:00–7:30 SMART	**2** 10–11 AA 2–3 Walking Group 7–8:30 Families Hoping & Coping	**3** 10–11 AA 5–6:30 SMART 7–8 QUEERCOVERY	**4** 10–11 AA 1–2 Harm Reduction Works	**5** 8:30–12 ART 12–1 NA 2:30p–5p APG
6 10–11 AA 4:30–6 Recovery Choir 6:15–7:15pm Ladies Night	**7** 10–11 AA 11:30–12:15 Yoga 5:00–6 Open Art 6:00–7:30 SMART	**8** 10–11 AA 2–3 Walking Group	**9** 10–11 AA 5–6:30 SMART 7–8 QUEERCOVERY	**10** 10–11 AA 1–2 Harm Reduction Works	**11** 8:30–12 ART 12–1 NA 2:30p–5p APG
12 10–11 AA 4:30–6 Recovery Choir 6:15–7:15pm Ladies Night	**13** 10–11 AA 11:30–12:15 Yoga 5:00–6 Open Art 6:00–7:30 SMART	**14** 10–11 AA 2–3 Walking Group 7–8:30 Families Hoping & Coping	**15** 10–11 AA 5–6:30 SMART 7–8 QUEERCOVERY	**16** 10–11 AA 1–2 Harm Reduction Works	**17** 8:30–12 ART 12–1 NA 2:30p–5p APG
18 10–11 AA 4:30–6 Recovery Choir 6:15–7:15pm Ladies Night	**19** 10–11 AA 11:30–12:15 Yoga 5:00–6 Open Art 6:00–7:30 SMART	**20** 10–11 AA 2–3 Walking Group	**21** 10–11 AA 5–6:30 SMART 7–8 QUEERCOVERY	**22** 10–11 AA 1–2 Harm Reduction Works EARTH DAY	**23** 8:30–12 ART 11:30–2:30 Ear Acupuncture 12–1 NA 1–2 Grief Group 2:30p–5p APG
24 10–11 AA 4:30–6 Recovery Choir 6:15–7:15pm Ladies Night	**25** 10–11 AA 11:30–12:15 Yoga 5:00–6 Open Art 6:00–7:30 SMART	**26** 10–11 AA 2–3 Walking Group		*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.