

# SAFE HARBOR RECOVERY CENTER

# April



MON	TUES	WED	THURS	FRI	SAT
<b>2</b> 10-11am: AA 4:30-6:30pm: Recovery Choir	<b>3</b> 10-11am: AA 6-7:30pm: SMART	<b>4</b> 10-11am: AA 7-8:30pm: Families Hoping &Coping	<b>5</b> 10-11am: AA 5-6:30pm: SMART	<b>6</b> 10-11am: AA	<b>7</b> 8:30am: Art 12-1pm: NA
<b>9</b> 10-11am: AA 4:30-6:30pm: Recovery Choir	<b>10</b> 10-11am: AA 6-7:30pm: SMART	<b>11</b> 10-11am: AA	<b>12</b> 10-11am: AA 5-6:30pm: SMART	<b>13</b> 10-11am: AA 3:30pm: Acudetox**	<b>14</b> 8:30am: Art 12-1pm: NA
<b>16</b> 10-11am: AA 4:30-6:30pm: Recovery Choir	<b>17</b> 10-11am: AA 6-7:30pm: SMART	<b>18</b> 10-11am: AA 7-8:30pm: Families Hoping &Coping	<b>19</b> 10-11am: AA 5-6:30pm: SMART	<b>20</b> 10-11am: AA 3-4:30pm: Acudetox	<b>21</b> 8:30am: Art 12-1pm: NA
<b>23</b> 10-11am: AA 5:30: PLC* 4:30-6:30pm: Recovery Choir	<b>24</b> 10-11am: AA 6-7:30pm: SMART	<b>25</b> 10-11am: AA	<b>26</b> 10-11am: AA 5-6:30pm: SMART	<b>27</b> 10-11am: AA	<b>28</b> 8:30am: Art 12-1pm: NA
<b>30</b> 10-11am: AA 4:30-6:30pm: Recovery Choir	<b>31</b> 10-11am: AA 6-7:30pm: SMART	115 Heritage Ave (Front Entrance) Portsmouth, NH 03801 (603) 570-9444 Mon-Fri: 8:30am-6pm Sat: 8:30am-6pm			

## APRIL NEWS & EVENTS:

**Acudetox:** DROP-IN 20 min individual ear acupuncture treatment given in group format.

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## MORE INFO:

Acudetox is a technique designed to help those experiencing stress, anxiety, PTSD, depression, insomnia & SUD! This is a **free** opportunity & **ALL are welcome**