



SAFE HARBOR

RECOVERY CENTER

Recovery Runs Deep

865 Islington St., Portsmouth NH 03801

(603) 570-9444

“Action cures fear, inaction creates terror.”

Douglas Horton

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10-11 AA 12-1 Al-Anon	3 10-11 AA 5:00-6:15 Art 6:30-8 SMART	4 10-11 AA 7-8:30 Families Hop- ing & Coping	5 10-11 AA 5-6:30 SMART	6 10-11 AA 12-1 All Recovery+	7 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
9 10-11 AA 12-1 Al-Anon	10 10-11 AA 11:30-12:30 Vinyasa Yoga 5:00-6:15 Art 6:30-8 SMART	11 10-11 AA	12 10-11 AA 5-6:30 SMART	13 10-11 AA 11-1 NHHRC Van 1-2 Harm Reduc- tion Works—HRW	14 8:30-12 ART 12-1 NA 3-4 Alternative Peer Group for Youth
16 10-11 AA 12-1 Al-Anon	17 10-11 AA 11:30-12:30 Vinyasa Yoga 5:00-6:15 Art 6:30-8 SMART	18 10-11 AA 7-8:30 Families Hop- ing & Coping	19 10-11 AA 5-6:30 SMART	20 10-11 AA 11-1 NHHRC Van 1-2 Harm Reduc- tion Works	21 8:30-12 ART 12-1 NA 3-4 Alternative Peer Group for Youth
23 10-11 AA 12-1 Al-Anon	24 10-11 AA 11:30-12:30 Vinyasa Yoga 5:00-6:15 Art 6:30-8 SMART	25 10-11 AA	26 10-11 AA 5-6:30 SMART	27 10-11 AA 11-1 NHHRC Van 1-2 Harm Reduc- tion Works—HRW 3-6 SHRC Hallow- een Party and Open Mic	28 8:30-12 ART 12-1 NA 3-4 Alternative Peer Group for Youth
30 10-11 AA 12-1 Al-Anon	31 10-11 AA 11:30-12:30 Vinyasa Yoga 5:00-6:15 Art 6:30-8 SMART		<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> Please contact Safe Harbor for any barriers to access as Zoom options may be available. </div>		

Harm Reduction Works—HRW—Our newest peer mutual aid meeting for anyone using prescribed or unprescribed drugs to support their health and foster open communication, resource sharing and trust/support

NHHRC Van—Overdose prevention /harm reduction services with NH Harm Reduction Coalition

Alternative Peer Group — Facilitated activity group for high school-aged youth—Call/text Jordan to register 603-312-2016. Transportation services available. *Center is open only to staff and individuals under 21 every Saturday 2-5.*

Vinyasa Yoga—flow through a sequence of movements that restore balance to the body and mind

www.facebook.com/SafeHarborNH

https://granitepathwaysnh.org/safe-harbor-recovery-center-1/