



# SAFE HARBOR

RECOVERY CENTER

*"Two roads diverged in a wood and I-I took the one less traveled by, and that has made all the difference."*

Robert Frost

865 Islington St., Portsmouth NH 03801

(603) 570-9444

[www.facebook.com/SafeHarborNH](http://www.facebook.com/SafeHarborNH)

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

# November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please contact Safe Harbor for any barriers to access as Zoom options may be available.		<b>1</b> 10-11 AA 4:30-5:30 Celebrate Recovery 7-8:30 Families Hoping & Coping	<b>2</b> 10-11 AA 11:30 Vinyasa Yoga 5-6:30 SMART	<b>3</b> 10-11 AA 11-1 NHHRC Van 1-2 Harm Reduction Works HRW	<b>4</b> 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
<b>6</b> 10-11 AA 12-1 AI-Anon 4:30-6 Recovery Choir	<b>7</b> 10-11 AA 5:00-6:15 Art 6:30-8 SMART	<b>8</b> 10-11 AA 4:30-5:30 Celebrate Recovery	<b>9</b> 10-11 AA 11:30 Vinyasa Yoga 5-6:30 SMART	<b>10</b> 10-11 AA 11-1 NHHRC Van 1-2 Harm Reduction Works HRW	<b>11</b> 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
<b>13</b> 10-11 AA 12-1 AI-Anon 4:30-6 Recovery Choir	<b>14</b> 10-11 AA 5:00-6:15 Art 6:30-8 SMART	<b>15</b> 10-11 AA 4:30-5:30 Celebrate Recovery 7-8:30 Families Hoping & Coping	<b>16</b> 10-11 AA 11:30 Vinyasa Yoga 5-6:30 SMART	<b>17</b> 10-11 AA 11-1 NHHRC Van 1-2 Harm Reduction Works HRW	<b>18</b> 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
<b>20</b> 10-11 AA 12-1 AI-Anon 4:30-6 Recovery Choir	<b>21</b> 10-11 AA 5:00-6:15 Art 6:30-8 SMART	<b>22</b> 10-11 AA 4:30-5:30 Celebrate Recovery	<b>23</b> 10-11 AA 11:30 Vinyasa Yoga 5-6:30 SMART	<b>24</b> 10-11 AA 11-1 NHHRC Van 1-2 All Recovery+	<b>25</b> 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
<b>27</b> 10-11 AA 12-1 AI-Anon 4:30-6 Recovery Choir	<b>28</b> 10-11 AA 5:00-6:15 Art 6:30-8 SMART	<b>29</b> 10-11 AA 4:30-5:30 Celebrate Recovery	<b>30</b> 10-11 AA 11:30 Vinyasa Yoga 5-6:30 SMART		

**Recovery Choir**—BB Sanford Epps, M.Ed, leads us through recovery-based vocal workshops. For ages 12 and up. Call ahead to preregister

**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