



SAFE HARBOR

RECOVERY CENTER

“The book is called *Opportunity*, and its first chapter is New Year’s day.” —Edith Lovejoy Pierce, poet

865 Islington St., Portsmouth NH 03801

(603) 570-9444

Www.facebook.com/SafeHarborNH

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

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10-11 AA 12-1 Al-Anon 4:30-6 Recovery Choir	2 10-11 AA 5:00-6:15 Art 6:30-8 SMART	3 10-11 AA 4:30-5:30 Celebrate Recovery 7-8:30 Families Hoping & Coping	4 10-11 AA 11:30 Gentle Yoga 5-6:30 SMART	5 10-11 AA 1-2 Harm Reduction Works HRW	6 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
8 10-11 AA 12-1 Al-Anon 4:30-6 Recovery Choir	9 10-11 AA 5:00-6:15 Art 6:30-8 SMART	10 10-11 AA 4:30-5:30 Celebrate Recovery	11 10-11 AA 11:30 Gentle Yoga 5-6:30 SMART	12 10-11 AA 1-2 Harm Reduction Works HRW	13 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
15 10-11 AA 12-1 Al-Anon 4:30-6 Recovery Choir	16 10-11 AA 5:00-6:15 Art 6:30-8 SMART	17 10-11 AA 4:30-5:30 Celebrate Recovery 7-8:30 Families Hoping & Coping	18 10-11 AA 11:30 Gentle Yoga 5-6:30 SMART	19 10-11 AA 1-2 Harm Reduction Works HRW	20 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
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29 10-11 AA 12-1 Al-Anon 4:30-6 Recovery Choir	30 10-11 AA 5:00-6:15 Art 6:30-8 SMART	31 10-11 AA 4:30-5:30 Celebrate Recovery	1 10-11 AA 11:30 Gentle Yoga 5-6:30 SMART	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. 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

NHRC Van—temporarily discontinued, but contact staff for overdose reversal and harm reduction supply needs

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.

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