



SAFE HARBOR

RECOVERY CENTER

February 2024 Newsletter

Black History Month 2024

“African Americans & the Arts”

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian [Carter G. Woodson](#) and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

Inside This Issue:

Page 1...Black History Month, GPRC , ‘It Takes a Village Podcast”

Page 2...Hearts Day,

Page 3...Program Spotlight, Facilitator Spotlight, Staff & Program Directory.



GPRC

The mission of The Greater Portsmouth Recovery Coalition (GPRC) is to provide a collaborative platform to help the many agencies working on addressing facets of substance use disorder (SUD) recovery. The goal of GPRC is to increase cooperation and coordination, analyze and address service gaps, and improve efficiency. With the support of specialized task forces, GPRC seeks to strengthen, improve, and expand SUD services for the Greater Portsmouth region.

Safe Harbor partners with community organizations like the Greater the Greater Portsmouth Recovery Coalition and the Greater Portsmouth Youth Wellness Coalition to stay up to date on the needs of our community and to help one another as professionals to deliver high quality services to individuals in recovery in the Greater Portsmouth area.



WSCA Portsmouth Community Radio is proud to present:

It Takes a Village: Addiction Prevention & Recovery on the Seacoast

A podcast series that highlights the city of Portsmouth, NH's approach to addressing Substance Use Disorder



Newburyport Bank
JOURNEY WELL

Ouellet and Furbush
Family Trust





Hearts Day

865 Islington St,
Portsmouth, NH

14
February

2:00 to 4:00pm

Join us for self-care
including Reiki, Chair
Massage, and
Aromatherapy.



VINYASA YOGA WITH LISA



THURSDAYS
11:30 AM

Join us for gentle yoga and call with any questions!

603-570-9444

865 Islington St, Portsmouth, NH 03801

HARM REDUCTION WORKS

WEEKLY MEETING EVERY FRIDAY
AT 1:00 PM

JOIN US FOR A DISCUSSION AROUND
HARM REDUCTION, FOLLOWING THE
PORTSMOUTH EXCHANGE WITH THE
NEW HAMPSHIRE HARM REDUCTION
COALITION VAN.

LOCATED AT 865 ISLINGTON
ST, PORTSMOUTH, NH 03801



VOICES OF HOPE RECOVERY CHOIR

RECEIVE VOCAL TRAINING AND BUILD SUPPORT FOR
YOURSELF AND OTHERS THROUGH SONG!

MEETS EVERY MONDAY 4:30-
6:00 PM STARTING NOV. 13TH

No experience required!

An intergenerational ensemble open to anyone
affected by substance use over the age of 12.

Facilitated by Barbara Sanford-Epps, Artist Educator and Choir Director

865 Islington St, Portsmouth, NH 03801

Please call ahead to preregister by Nov. 10th

603-570-9444



New Partnership!



Job Launch has started collaborating with Senior Partners to help them staff quality workers to provide in-home senior care. This has been an exciting collaboration, as re-entering the healthcare workforce can be challenging for those who are in recovery. Congratulations to Terri and Ed for all their hard work on Job Launch!

Facilitator Spotlight

Barbara Sandford-Epps



BB, a vocalist for over 30 years, is lending her expertise to the recovery community by way of vocal music. Her first recovery oriented Choir, called Voices of Hope,

started in Quincy, Massachusetts. SHRC has partnered with BB to build our own Voices of Hope. BB has a deep and personal understanding of how healing music and singing can be for individuals. Her desire is to show people different modalities of healing while uplifting and advocating for the Recovery Community through song. The Voices of Hope Choir is open to all ages and skill levels. They meet every Monday at 4:30p-6:30p.

Programs at Safe Harbor

Job Launch

Supportive employment

Contact Terri or Ed

Family Services & Education

Education and support for Caregivers of Children

Contact Jordan

Recovery Coaching

One to one sessions with trained and certified Peer Specialist and/or CRSW

By Appointment, call center

Youth Alternative Peer Group

Peer Mutual Aid & Youth Recovery Services

Contact Mary or Jordan

Volunteer Services

Call, we can find hours for you!

Contact Justin

Staff Directory

Whitney Brown *Center Director, CRSW-S*

(603) 570-9445

Ed Miliken *Employment Specialist*

(603) 570-9444

Terri Varney *Employment Specialist, CRSW*

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Mary Sateary *APG Facilitator, Recovery Specialist*

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Justin Younger *CRSW, Volunteer Coordinator*

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Jordan Brown *Recovery Specialist, Family Services*

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