



SAFE HARBOR

RECOVERY CENTER

865 Islington St., Portsmouth NH 03801

(603) 570-9444

Www.facebook.com/SafeHarborNH

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

“The past has no power over the present moment.”

Eckhart Tolle

MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please contact Safe Harbor for any barriers to access as Zoom options may be available.				1 10-11 AA 1-2 Harm Reduction Works	2 8:30-12 Art 12-1 NA 3-5 Alternative Peer Group for Youth
4 10-11 AA 12-1 Al-Anon 4:30-6 Recovery Choir	5 10-11 AA 5-6:15 Art 6:30-8 SMART	6 10-11 AA 2:30-4 HEALTHY 7-8:30p Families Hoping and Coping	7 10-11 AA 11:30 Gentle Yoga	8 10-11 AA 1-2 Harm Reduction Works	9 8:30-12 Art 12-1 NA 3-5 Alternative Peer Group for Youth
11 10-11 AA 12-1 Al-Anon 4:30-6 Recovery Choir	12 10-11 AA 5-6:15 Art 6:30-8 SMART	13 10-11 AA 2:30-4 HEALTHY	14 10-11 AA 11:30 Gentle Yoga	15 10-11 AA 1-2 Harm Reduction Works	16 8:30-12 Art 12-1 NA 3-5 Alternative Peer Group for Youth
18 10-11 AA 12-1 Al-Anon 4:30-6 Recovery Choir	19 10-11 AA 5-6:15 Art 6:30-8 SMART	20 10-11 AA 2:30-4 HEALTHY 7-8:30p Families Hoping and Coping	21 10-11 AA 11:30 Gentle Yoga	22 10-11 AA 1-2 Harm Reduction Works	23 8:30-12 Art 12-1 NA 3-5 Alternative Peer Group for Youth
25 10-11 AA 12-1 Al-Anon 4:30-6 Recovery Choir	26 10-11 AA 5-6:15 Art 6:30-8 SMART	27 10-11 AA 2:30-4 HEALTHY	28 10-11 AA 11:30 Gentle Yoga	29 10-11 AA 1-2 Harm Reduction Works	30 8:30-12 Art 12-1 NA 3-5 Alternative Peer Group for Youth

Recovery Choir—BB Sanford Epps, M.Ed, leads us through recovery-based vocal workshops. All ages welcome. Call ahead if under 18.

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

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

HEALTHY—(H)ealing, (E)nergy, (A)cudetox, (L)oving-kindness, (I)LC, (H)earty Meal Planning, All for (Y)ou Holistic Healing hours. First-come, first-serve Reiki, acupuncture, crystals & nutrition.