

SAFE HARBOR RECOVERY CENTER

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Recovery Choir: BB Sanford Epps, M.Ed, leads us through recovery based vocal workshops. All ages welcome. Call ahead if under 18. Yoga: Yoga with Dave. All ability levels welcome.		HRW: Harm Reduction Works Peer mutual aid meeting for anyone using prescribed or unprescribed drugs to support their health & foster open communication, resource sharing and trust/support.		1 10-11am: AA 1-2:00pm: HRW	2 8:30am-12pm: ART 12-1pm: NA
4 10-11am: AA 4:30-6pm: Recovery Choir	5 10-11am: AA 11:30-12:15: Yoga 6:00-7:30pm: SMART Recovery	6 10-11am: AA 2pm: Walking group	7 10-11am: AA 5:00-6:30pm: SMART Recovery	8 10-11am: AA 1-2:00pm: HRW	9 8:30am-12pm: ART 12-1pm: NA
11 10-11am: AA 4:30-6pm: Recovery Choir	12 10-11am: AA 11:30-12:15: Yoga 6:00-7:30pm: SMART Recovery	13 10-11am: AA 2pm: Walking Group	14 10-11am: AA 5:00-6:30pm: SMART Recovery	15 10-11am: AA 1-2:00pm: HRW	16 8:30am-12pm: ART 12-1pm: NA
18 10-11am: AA 4:30-6pm: Recovery Choir	19 10-11am: AA 11:30-12:15: Yoga 6:00-7:30pm: SMART Recovery	20 10-11am: AA 2pm: Walking grp 7-8:30pm: Families Hoping & Coping	21 10-11am: AA 5:00-6:30pm: SMART Recovery	22 10-11am: AA 1-2:00pm: HRW	23 8:30am-12pm: ART 12-1pm: NA
25 10-11am: AA 4:30-6pm: Recovery Choir	26 10-11am: AA 11:30-12:15: Yoga 6:00-7:30pm: SMART Recovery	27 10-11am: AA 2pm: Walking Group	28 10-11am: AA 5:00-6:30pm: SMART Recovery	29 10-11am: AA ***** 12-5PM: SUMMER CELEBRATION	30 8:30am-12pm: ART 12-1pm: NA



115 Heritage Ave.
Portsmouth, NH



(603)570-9444



MON-FRI: 8:30AM-6PM
SAT: 8:30AM-2PM



ATTENTION

Coming soon: September 19th 4-6 PM

Recovery Rhapsody Rally

CALLING ALL ARTISTS: We are in need of performers (vocalists, musicians, poets, etc.)



If interested, please contact Mariah Smith @
MariSmith@granitepathways.org or (603)534-4744

