

Meetings

TIME

12:00-1:00P
5:30-7:00P
6:00-7:30P
6:00-7:00P

TIME

12:00-1:00P
1:30-2:30P
5:00-6:00P
6:00-7:00P
7:30-8:30P
7:30-8:30P

TIME

12:00-1:00P
6:00-7:00P
6:00-7:00P
7:00-8:15P
7:00-8:00P

TIME

12:00-1:00P
3:00-4:00P
5:00-6:00P
6:00-7:00P
7:15-8:15P
7:30-8:30P

MONDAY

NA Serenity for Lunch
AA Big Book & Crochet
Starting Over
Life Outside the Walls

TUESDAY

NA Serenity for Lunch
Your Move Chess Club
Stronger than Before *(members only)*
CMA "Shatterproof"
"As Bill Paints It" *(art & AA mtg.)*
HA - Heroin Anonymous

WEDNESDAY

NA Serenity for Lunch
NAR-ANON Peace & Serenity
SMART Recovery Discussion
NA Awakening Spirituality *(women)*
Our Recovery

THURSDAY

NA Serenity for Lunch
Harbor Care MERIT Pogram
Stronger than Before *(members only)*
AA Big Book "Daily Reprieve"
Hope for Cocaine Anonymous
CMA "Shatterproof"

TIME

12:00-1:00P
12:00-1:00P
5:00-6:00P
6:00-7:00P
6:00-7:00P
7:00-8:00P
7:00-8:15P

TIME

12:00-1:00P
1:00-2:00P
3:00-4:00P
4:00-6:00P
6:00-7:15P

TIME

10:00-12:00P
6:00-7:15P

FRIDAY

NA Serenity for Lunch
AA Beginners Big Book Study *(women)*
SMART Recovery
Karaoke "Let Your Light Shine" *(2nd & 4th)*
Well Written *(members only)*
HA "Friday Night, Get It Right"
NA Friday Freedom Group

SATURDAY

Stronger than Before *(members only)*
Pivot Point *(members only)*
AA "Women's Willows"
Ear Acupuncture
NA "Emanon"

SUNDAY

King's Cross Church
NA "Vision of Hope"

Open Art Studio – Every Day!

Drop in anytime to create. Make something for our walls or take it home as your own.
No experience needed—just bring yourself and give it a try!

Want to start a meeting/group?

Send us an email at Lawrence@recoverynh.org

Wellness

TIME

1:00-3:00P
11:30-12:30P
4:00-5:00P

TIME

1:00-2:30P
1:30-2:30P
2:00-3:00P
5:00-6:00P
6:00-7:00P

TIME

1:00-3:00P
3:00-4:00P
5:00-6:00P
6:00-7:00P

TIME

by appointment
3:00-4:00P
4:30-6:00P
5:00-6:00P

TIME

4:00-5:00P
5:00-6:00P
6:00-7:00P

TIME

12:00-1:00P
1:00-2:00P
4:00-6:00P

MONDAY

Reiki
Monday Mood Booster: *Shake It Off*
Zen & Gem

TUESDAY

Sacred Space Reiki
Calm & Connected
Soul Connections
Stronger than Before *(members only)*
Movement & Breathwork

WEDNESDAY

Ear Acupuncture/AromaTouch
Fearlessly Focused
Healing with Crystals *(members only)*
Holistic Healing Journey *(women only)*

THURSDAY

Reiki/Chair Massage
Connected & Reflective *(members only)*
Spirit of the Dreamcatcher
Stronger than Before *(members only)*

FRIDAY

Expressive Connections
Sound Bowl Meditation
Well Written *(members only)*

SATURDAY

Stronger than Before *(members only)*
Pivot Point *(members only)*
Ear Acupuncture/Auricular Therapy

ROOM

Wellness Clinic *(returning March 2026)*
Wellness Clinic
Art Room

ROOM

Wellness Clinic
Conference Room
Music Room
Conference Room
Wellness Clinic

ROOM

Wellness Clinic
Art Room *(Starts 4/11)*
Wellness Clinic
Music Room

ROOM

Wellness Clinic
Conference Room
Music Room
Conference Room

ROOM

Art Room *(3rd Friday/Mo)*
Music Room
Conference Room

ROOM

Conference Room
Art Room
Day Room

Want to start a
wellness group?

Send us an email at
Sharna@recoverynh.org