

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
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
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
Wellness Clinic
Music Room

ROOM

Wellness Clinic
Conference Room
Music Room
Conference Room

ROOM

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

ROOM

Conference Room
Art Room
Day Room

Want to start a
wellness group?

Send us an email at
Sharna@recoverynh.org