

# Meetings

## TIME

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

## TIME

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

## MONDAY

NA Serenity for Lunch  
All Recovery  
Starting Over  
Life Outside the Walls

## TUESDAY

NA Serenity for Lunch  
Healing with Art *(members only)*  
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  
1:30-2:30P  
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  
4:00-5:00P  
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)*  
Life’s Lessons with Jim  
SMART Recovery  
Karaoke “Let Your Light Shine” *(2<sup>nd</sup> & 4<sup>th</sup>)*  
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”  
Man On Fire *(12 week)*  
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](mailto:Lawrence@recoverynh.org)

# Wellness

## TIME

11:30-4:00P  
4:00-5:00P  
4:30-5:30P

## TIME

1:00-3:00P  
1:30-2:30P  
4:00-5:00P  
5:00-6:00P

## TIME

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

## TIME

by appointment  
2:00-3:00P  
3:00-4:00P  
4:30-6:00P  
5:00-6:00P  
5:00-6:00P

## TIME

3:45-4:45P  
4:00-5:00P  
5:00-6:00P  
6:00-7:00P

## TIME

12:00-1:00P  
1:15-2:15P  
2:00-4:00P  
4:00-6:00P  
5:00-6:00P

## MONDAY

Barber Cuts (*1<sup>st</sup> & 3<sup>rd</sup>*)  
Zen & Gem  
Slow Flow Yoga (*starting 6/22*)

## TUESDAY

Sacred Space Reiki (*1<sup>st</sup> of month*)  
Calm & Connected  
Before The Dive (*members only*)  
Stronger than Before (*members only*)

## WEDNESDAY

Ear Acupuncture/AromaTouch  
R & R with Rin (*1<sup>st</sup> & 3<sup>rd</sup>*)  
Healing with Crystals (*members only*)

## THURSDAY

Reiki/Chair Massage  
Zen & Gem  
Connected & Reflective (*members only*)  
Spirit of the Dreamcatcher  
Stronger than Before (*members only*)  
Bend Don't Break Yoga (*women only*)

## FRIDAY

Gentle Yoga for All  
Expressive Connections  
Sound Bowl Meditation  
Well Written (*members only*)

## SATURDAY

Stronger than Before (*members only*)  
Pivot Point (*members only*)  
The Sewcial Club  
Ear Acupuncture/Auricular Therapy  
The Reset Ritual (*members only*)

## ROOM

Wellness Clinic  
Art Room  
Music Room

## ROOM

Wellness Clinic  
Art Room  
Music Room  
Conference Room

## ROOM

Wellness Clinic  
Music Room  
Wellness Clinic

## ROOM

Wellness Clinic  
Art Room  
Conference Room  
Art Room  
Conference Room  
Music Room

## ROOM

Music Room  
Art Room  
Music Room  
Conference Room

## ROOM

Conference Room  
Art Room  
Art Room  
Day Room  
Wellness Clinic

Want to start a  
wellness group?

Send us an email at  
[Sharna@recoverynh.org](mailto:Sharna@recoverynh.org)