

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” *(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”
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

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 (*1st & 3rd*)
Zen & Gem
Slow Flow Yoga

TUESDAY

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

WEDNESDAY

Ear Acupuncture/AromaTouch
R & R with Rin (*1st & 3rd*)
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