

Wellness

TIME

10:30-11:30A
12:00-3:00P
1:30-2:30P
4:30-5:30P
7:00-8:00P

TIME

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

TIME

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

TIME

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

TIME

1:00-2:00P
3:45-4:45P
5:00-6:00P
6:00-7:00P

TIME

12:00-1:00P
2:00-3:00P
4:00-6:00P
5:00-6:00P
7:30-8:30P

MONDAY

Reset/Recharge *(members only)*
Reiki Infusion *(1st of month)*
Everyday Psychology *(members only)*
Slow Flow Yoga
Hype Your Life *(members only)*

TUESDAY

Sacred Space Reiki *(1st of month)*
Stronger than Before *(members only)*
Multimedia, Arts and Culture *(1st of month)*
Before The Dive *(members only)*

WEDNESDAY

Ear Acupuncture/AromaTouch
The Hero's Journey *(members only)*
Healing with Crystals *(members only)*

THURSDAY

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

FRIDAY

Vision Board Vibes *(1st & 3rd) (members only)*
Gentle Yoga for All
Sound Bowl Meditation
Well Written *(members only)*

SATURDAY

Stronger than Before *(members only)*
Human Operating System *(members only)*
Ear Acupuncture/Auricular Therapy
The Reset Ritual *(members only)*
Anti Anti-Social Club *(members only)*

ROOM

Music Room
Music Room
Wellness Clinic
Music Room
Art Room

ROOM

Wellness Clinic
Conference Room
Art Room
Wellness Clinic

ROOM

Wellness Clinic
Art Room
Wellness Clinic

ROOM

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

ROOM

Art Room
Music Room
Music Room
Conference Room

ROOM

Conference Room
Wellness Clinic
Day Room
Wellness Clinic
Art Room

Want to start a
wellness group?

Send us an email at
Sharna@recoverynh.org

Meetings (& groups)

TIME

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

TIME

12:00-1:00P
1:30-2:30P
5:00-6:00P
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
2:00-4:00P
5:00-6:00P
6:00-7:00P
7:30-8:30P
7:30-8:30P

MONDAY

NA Serenity for Lunch
Everyday Psychology *(members only)*
All Recovery
Starting Over
Life Outside the Walls
Hype Your Life *(members only)*

TUESDAY

NA Serenity for Lunch
Your Move Chess Club
Stronger than Before *(members only)*
Multimedia, Arts and Culture *(1st of month)*
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 Program
Dismas Home Resource Table *(1st of month)*
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
4:00-5:00P
4:00-6:00P
6:00-7:15P
7:30-8:30P

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"
Man On Fire *(12 week)*
Ear Acupuncture
NA "Emanon"
Anti-Anti Social Club *(members only)*

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