Revised 11/3/26

Meetings (& groups)

TIME	MONDAY
12:00-1:00P	NA Serenity for Lunch
1:30-2:30P	Everyday Psychology *(members only)*
5:30-7:00P	All Recovery
6:00-7:30P	Starting Over
6:00-7:00P	Life Outside the Walls
6:00-7:00P	1-2-3 & Beyond *(all welcome)*

TIME	TUESDAY
12:00-1:00P	NA Serenity for Lunch
1:30-2:30P	Your Move Chess Club
5:00-6:00P	Stronger than Before *(members only)*
6:00-7:00P	Multimedia, Arts and Culture *(1st of month)*
6:00-7:00P	CMA "Shatterproof"
7:30-8:30P	As We Paint It *(members only)*
7:30-8:30P	HA - Heroin Anonymous

TIME	WEDNESDAY
12:00-1:00P	NA Serenity for Lunch
6:00-7:00P	NAR-ANON Peace & Serenity
6:00-7:00P	SMART Recovery Discussion
7:00-8:15P	NA Awakening Spirituality *(women)*
7:00-8:15P	Brother's In Recovery
7:00-8:00P	Our Recovery

TIME	THURSDAY
12:00-1:00P	NA Serenity for Lunch
1:00-2:00P	Harbor Care MERIT Program
2:00-4:00P	Dismas Home Resource Table *(1st of month)*
5:00-6:00P	Stronger than Before *(members only)*
6:00-7:00P	AA Big Book "Daily Reprieve"
7:30-8:30P	Hope for Cocaine Anonymous
7:30-8:30P	CMA "Shatterproof"

TIME	FRIDAY
12:00-1:00P	NA Serenity for Lunch
12:00-1:00P	AA Beginners Big Book Study *(women)*
5:00-6:00P	SMART Recovery
6:00-7:00P	Karaoke "Let Your Light Shine" *(2nd & 4th)*
6:00-7:00P	Create & Connect *(1st & 3rd)*
7:00-8:00P	HA "Friday Night, Get It Right"
7:00-8:15P	NA Friday Freedom Group

TIME	SATURDAY
12:00-1:00P	Stronger than Before *(members only)*
3:00-4:00P	AA "Women's Willows"
4:00-6:00P	Ear Acupuncture
6:00-7:00P	Climb the Ladder
6:00-7:15P	NA "Emanon"
7:30-8:45P	Keep It Simple *(speaker discussion)*

TIME	SUNDAY
10:00-12:00P	King's Cross Church
6:00-7:15P	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	MONDAY	ROOM
10:30-11:30A	Reset/Recharge *(members only)*	Music Room
12:00-3:00P	Reiki Infusion *(1st of month)*	Music Room
1:30-2:30P	Everyday Psychology *(members only)*	Wellness Clinic
4:30-5:30P	Slow Flow Yoga	Music Room
4:30-5:30P	Pieces Of You *(members only)*	Art Room
7:00-8:00P	Hype Your Life *(members only)*	Conference Room

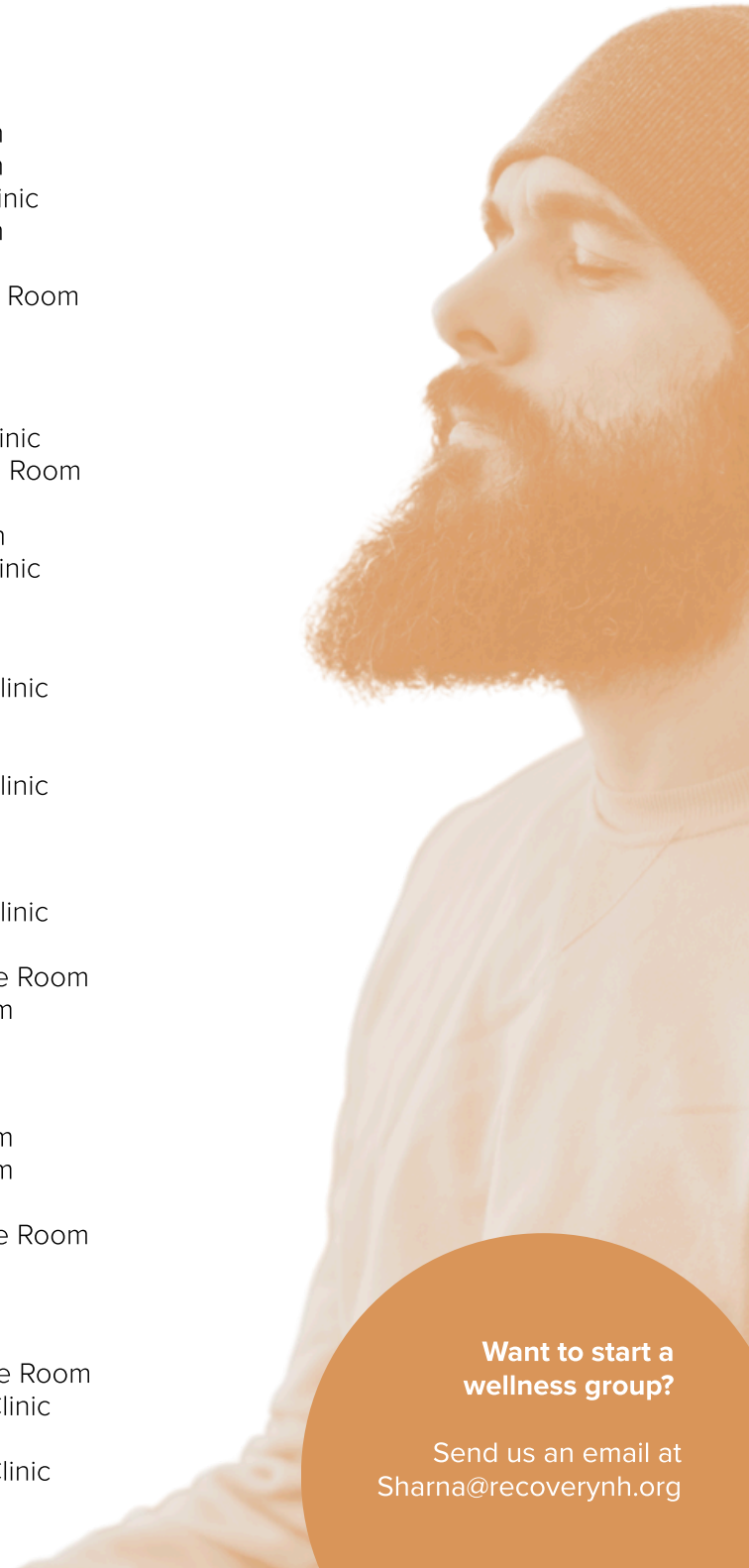
TIME	TUESDAY	ROOM
1:00-2:00P	Vision Board Vibes *(1st of month) (members only)*	Art Room
1:00-3:00P	Sacred Space Reiki *(1st of month)*	Wellness Clinic
5:00-6:00P	Stronger than Before *(members only)*	Conference Room
6:00-7:00P	Multimedia, Arts and Culture *(1st of month)*	Art Room
7:15-8:15P	Yoga & Sound Bowls *(members only)*	Music Room
7:30-8:30P	As We Paint It *(members only)*	Wellness Clinic

TIME	WEDNESDAY	ROOM
1:00-3:00P	Ear Acupuncture/AromaTouch	Wellness Clinic
2:00-3:00P	The Hero's Journey *(members only)*	Art Room
4:30-5:30P	Music Medicine *(starting 10/21)*	Art Room
5:00-6:00P	Healing with Crystals *(members only)*	Wellness Clinic

TIME	THURSDAY	ROOM
by appointment	Reiki/Chair Massage	Wellness Clinic
4:30-6:00P	Spirit of the Dreamcatcher & Beyond	Art Room
5:00-6:00P	Stronger than Before *(members only)*	Conference Room
5:00-6:00P	Bend Don't Break Yoga	Music Room

TIME	FRIDAY	ROOM
1:15-2:15P	Reset/Recharge *(members only)*	Music Room
5:00-6:00P	Sound Bowl Meditation	Music Room
6:00-7:00P	Create & Connect *(1st & 3rd)*	Art Room
6:00-7:00P	Our Recovery Story: A Spiritual Journey *(starting 11/20)*	Conference Room

TIME	SATURDAY	ROOM
12:00-1:00P	Stronger than Before *(members only)*	Conference Room
2:00-3:00P	Human Operating System *(members only)*	Wellness Clinic
4:00-6:00P	Ear Acupuncture/Auricular Therapy	Day Room
5:00-6:00P	Reset Ritual *(members only)*	Wellness Clinic



Want to start a wellness group?

Send us an email at Sharna@recoverynh.org