

# The SafeHarbor Digest

March 2025

## Friday-Noon Recovery Meetings



SafeHaven had its Friday\_noon meetings on February 28th. Eight (8) participants attended the discussions about the well-being of residents, maintaining job security, and issues of accountability, housing, safety. Toby, Director of SafeHaven said, “for the first meeting, this was a great success. The residents were engaged and focused. There is still room for improvement.”

### QUOTES

**The only person you are destined to become is the person you decide to become**

Ralph Waldo Emerson

**Recovery** is not for people who need it, it's for people who **want** it



Sometimes we motivate ourselves by thinking of what we want to become. Sometimes we motivate ourselves by thinking about who we don't ever want to be

**A G A I N**

## Upcoming Events:

1

**FINANCIAL MEETING WITH CITY NATIONAL BANK**

March 16, 2025  
6 pm

Learn how to manage your money and savings

2

**FRIDAY\_NOON MEETING**

Recovery Advocacy  
Friday, March 7 at noon

3

**TERRIE**

Participant

**Recovery Advocacy Day At the Capitol**

Friday, March 03

8 am-3:30 pm

# Residents of the Month



Kip of the Branch House



Kassie of the Ninth House.



Eddie of the Wyoming House.



Billy of the Central House.

Did you successfully complete your RECOVERY program and are looking for a TRANSITIONAL HOME to continue your journey?



[safeharborwv.org](http://safeharborwv.org)  
304-853-3869

## LESSON 1. GET ACTIVE

In addition to the widely documented health benefits of regular exercise, exercise has been shown to promote substance use abstinence and recovery.

Ask yourself these questions:

- Can I recall a time when movement felt good? What was I doing, and how was my body engaged?
- What are two of my body's greatest strengths or abilities?
- Are the weeks that I exercise different from the weeks that I don't? How?
- If I could exercise only once per week, would I do it or think it wasn't worth it? Why, why not?
- In 10 years, how do I want my body to look, feel and move as I do my daily activities? Do I think that is possible?
- How does exercise affect my mental outlook?

From recovery-iowa.org