

The SafeHarbor Digest



A SafeHarbor Foundation Internal Publication

On Repairing Relationships After Recovery

Repairing relationships while in recovery requires hard work and commitment. Here are some useful tips:

Maintain sobriety and work on rebuilding your life:

Return to work if you lost your job, find healthy hobbies, spend quality time with your family, and follow your relapse prevention plan.

Take responsibility for your actions:

Acknowledge your mistakes, make sincere apologies, and ask for forgiveness from those you care about.

Commit to remain trustworthy:

Follow through with your promises. Show up on time for plans and obligations. Show your dedication to a new life through your actions.

Learn and practice communication skills:

Learn to communicate calmly and effectively. Listen and respond to your loved ones' needs. Make eye contact, avoid interrupting or redirecting the conversation to yourself, and refrain from passing judgment.

Stay active in your loved ones' lives:

Be an active participant in the lives of your children, spouse, or other loved ones. Take an interest in their hobbies and pursuits, and offer support and encouragement.

Adapted from recovery.org

Pics of The Month



Thank you, Jayn Lee Koenig!

**Quotes
of the
Month**

"Recovery is where the rebuilding starts, one brick at a time—with courage, connection, and support"

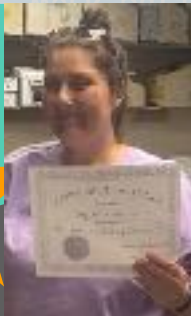
"Rebuilding our relationship will take work, but it will be worth every effort"

**CAMPING
TRIP**

Kanawha State Forest

Friday and Saturday
September 26-27, 2025

SafeHaven Residents of the Month



Crystal is the Resident of the Month at 9th House



Larry is the Resident of the Month at Branch House



Edward is the Resident of the Month at Wyoming



Ryan is the Resident of the Month at Central House



Congratulations to **Christopher** for completing a 6-month program



WEST SIDE NEIGHBOR

Mingle at the Neighbor Socials
1st Thurs of the Month
(except in Jul and Dec)
@ Element Edge | 1611 4th Ave

Free Food Pantry
3rd Saturdays | 11pm
SEP 20 | OCT 18 | NOV 15
John G Community Food Center
@ 523 Central Ave

Charleston Park Run
Saturdays | 8am
starting Nov 8 | 9am
@ Magic Island Park

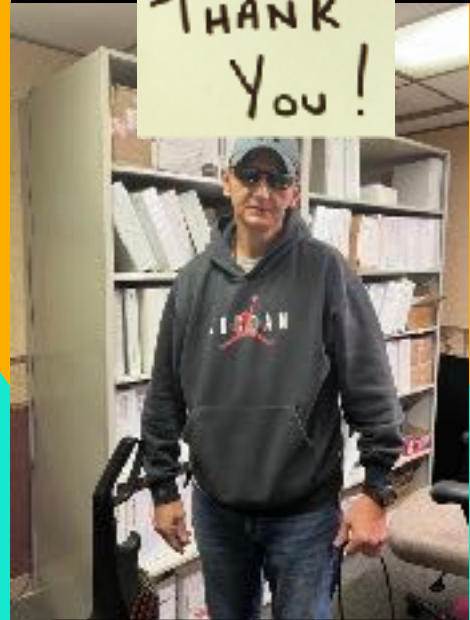
Kung Fu Sun | 2pm
Tai Chi Sun | 1pm
Universalist Unitarian Congregation
@ 520 Kanawha Blvd W

Health Right. 511 Central Ave
304-340-1558
CommUNITY Wellness Center

Dance classes,
Cooking classes,
and more!
Scan QR for calendar



THANK
You!



Larry

is The SafeHaven Volunteer of the Month