

The SafeHarbor Digest

July 2025

A SafeHarbor Foundation Internal Publication

NATURE AND RECOVERY



The relationship between connecting with **nature** and **recovery** is a powerful one. Nature is endlessly fascinating—it relaxes us, it inspires us, and most importantly, it reminds us that we each have an important and meaningful part to play in this world.

Like bees building hives and ants working in unity, we are meant to be *productive*, *protective*, and *supportive* of one another. Recovery invites us back into that rhythm—into harmony with ourselves, our communities, and the world around us.

Addiction, on the other hand, pulls us away from that truth. At its core, addiction is selfish. It is *destructive*, *isolating*, and *non-productive*. It disconnects us not only from others but from our potential and purpose.

Do we want to be like invasive weeds—useless, choking out life, and feeding nothing?

Or do we want to be like the green shoots and strong trees that nourish the soil, support life, and provide shelter to those we love?

The choice is ours. Recovery invites us to return to what we were always meant to be: *productive*, *protective*, and *supportive* of growth, both our own and others’.

So take a moment. Step outside. Breathe the air, feel the sun, listen to the wind, and grow vegetables.

Connect with nature. It’s a beautiful thing—**and so are you.**

West Side Residents

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Never Forget... how far you've come –

All that you've gotten through.

All the times you pushed on, even when you felt you couldn't.

All the mornings you got out of bed, no matter how hard it was.

All the moments you wanted to give up, but made it through another day.

**Remember the strength you've discovered
and the resilience you've built along the way.**

SafeHaven Residents of the Month



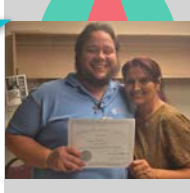
Brittany is
the Resident
of the Month
at Central



Edward is
the Resident of
the Month at
Wyoming



Jacob is
the Resident
of the Month
at Wyoming



Ryan is the
Resident of the
Month at
Central

Send your essays,
reflections, and
creative works to

ziyatisafehaven@gmail.com

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

**SafeHarbor
Foundation**

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Quote
of the
Month

There is something
infinitely healing in the
repeated refrains of nature—
the assurance that dawn
comes after night, and
spring after the winter

LESSON 5.

Connect with Nature

Spending time outdoors feels good! Exposure to green space can help reduce pain, stress, and impulsive decision making, all factors associated with substance use disorders.

Try journaling about some of these topics to get your thoughts going!

- What is your favorite season? Why?
- If you were a part of nature, what element would you be? Why?
- When you go outside, which of your senses are you most thankful to have?
- If you could experience any new part of nature, which one would you choose? Why?
- What is your favorite place outside to explore?
- What is your favorite time of day to be outside? What do you like about it?
- Write about your favorite thing that lives outside. It can be a flower, an animal, a vegetable, or any other item, and please email it to ziyatisafehaven@gmail.com.

From recovery-iowa.org

PICS OF THE MONTH

Kanawha State Forest Camping Trip
June 21, 2025

