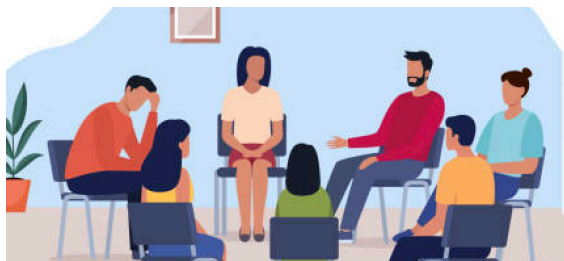


The SafeHarbor Digest

June 2025

A SafeHarbor Foundation Internal Publication



Sharing is Caring

On May 28, 2025, we were honored to welcome Richard Washington as our guest speaker at our monthly meeting. We extend our deepest thanks for sharing his powerful and uplifting testimony.

As individuals on the path of recovery, it is truly inspiring to hear from someone who has overcome addiction and incarceration to become a voice of hope. Richard's journey—and his commitment to advocacy and mentorship—resonated deeply with our community. His words reminded us that recovery is possible and that every struggle can be a stepping stone toward strength and renewal.

Sharing one's addiction and recovery experience is a healing process for everyone. Experts emphasize the importance of regular meetings as a way to open up, support one another, and navigate the complex challenges of recovery together.

We are grateful for the encouragement Richard provided and look forward to welcoming him back again. And to everyone who joined us—thank you for listening, sharing, and walking this journey of healing with us.

The SafeHarbor Digest

Thank You

To **SafeHaven** residents, staff, volunteers, health workers, employers, outside supporters, and unseen individuals and organizations

for making a
difference in this
world.

SafeHaven Camping Trip

Kanawha State Forest
June 21, 2025

P.S. Bring your tent, sleeping
bags and join us for a fun-
filled time!!!

Free Food Pantry

3rd Saturdays | 11am

**John 6 Community Food
Center**
@ 523 Central Ave

SafeHaven Residents of the Month



Crystal is the Resident of the Month at the 9th House



Jason is the Resident of the Month at Branch



Chris is the Resident of the Month at Wyoming



Zach 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?

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Congratulations, SafeHaven Graduates!



Billy is a 6-month graduate



Michael is a 6-month graduate



Kassie is a 6-month graduate



William is a 6-month graduate



Billy is a 6-month graduate

QUOTE OF THE MONTH

I think recovery from anything is honestly the most badass thing a person can do

LESSON 4.

Connect with Your Community

- Describe the qualities of a good friendship. Then look back over your description and notice any self-imposed rules or beliefs about friendship (those “shoulds” and “have-tos”). Question each statement you’ve written about “good” friendship — is that statement 100% true? Write about how it feels to question these statements.
- With whom do you choose to spend your time? How does spending time with them make you feel?
- How often do you get together in person with your close friends? What do you do together? How do these activities build and nurture your relationships?
- Make a list of your interests and hobbies. Then explore what’s available in your community — local groups you could join that share these interests, volunteering, etc.
- What are the best qualities of the friends you have? Write a paragraph for each person reflecting on these qualities.

From recovery-iowa.org