

The SafeHarbor Digest



A SafeHarbor Foundation Internal Publication

THE RIGHT TO BE HAPPY

*Everybody everywhere seeks happiness, it's true,
But finding it and keeping it seem difficult to do.*

*Difficult because we think that happiness is found
Only in the places where wealth and fame
abound.*

*And so we go on searching in palaces of pleasure
Seeking recognition and monetary treasure,*

*Unaware that happiness is just a state of mind
Within the reach of everyone who takes time to be
kind.*

*For in making others happy we will be happy, too.
For the happiness you give away returns to shine
on you.*

– Helen Steiner Rice

*Happiness is when what you
think, what you say, and what
you do are in harmony."*

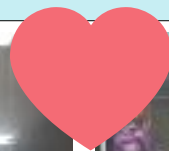
Mahatma Gandhi

When your world moves too fast
and you lose yourself in the chaos
introduce yourself to each color of the sunset,
reacquaint yourself with the earth beneath
your feet,
thank the air that surrounds you
with every breath you take
find yourself in the appreciation of life.

Appreciation of Life

Christy Ann Martine

Congratulations, Terri M.



*"This is a
wonderful
DAY. I have
never seen this
one before."*

-Maya Angelou

*"The WORLD is at your fingertips."
The Digest*

**PICS
of
the month**

Never Forget ...

“Now is no time to think of what you do not have. Think of what you can do with what there is.”

— Ernest Hemingway

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

— John F. Kennedy

The 2nd annual SafeHaven CAMPING TRIP

Friday and Saturday
July 3-4, 2026

**Lazy K Campground
Elkview, WV**

Swimming, fishing, etc.
Friends and family are welcome

**Reserve Your Spot
Today**



Shannon



Brenden

**SafeHaven
Graduates**



LESSON 8. In Pursuit of *Happiness*

CAP AND GOWN, CLEAR EYES

*I watched you fight a war no one could see,
Trading chains for choices, clawing yourself
free.*

*The nights were long, the climb was steep,
You buried demons you didn't keep.*

*Sober mornings turned into years,
You traded numbing out for honest tears.
Textbooks in the same hands that shook,
You rewrote the ending in every book.*

*And now they call your name today,
Not for the falls, but how you stayed,
Across that stage, head held high, you'll go-
Proof that the hardest roads still bloom and
grow.*

*So here's to you, in cap and gown:
You burned the old maps, claimed your crown.
I'm proud - not just you made it through,
But of the woman sobriety handed back to you.*



A Poem by **Harley Kincaid**

**Ways to Foster
HAPPINESS**

- Practice gratitude
- Exercise and self-care
- Perform acts of kindness
- Find meaning and purpose
- Live in the moment
- Manage stress
- Savor pleasure
- Assume good intentions
- Limit Social Media
- Engage in activities that fully absorb you.
- Keep learning new things and challenging yourself.