

The SafeHarbor Digest

April 2025



Managing Personal \$\$\$ and Saving: Is it worth the effort?

SafeHaven held a workshop on how to manage personal money and savings on Wednesday, March 26, for its residents. The workshop was directed by ali Ziyati, a senior adviser to SafeHaven. Meanwhile, we asked random people how to see how they regard money and savings management and how important it is in their lives.

Sally's (62) story illustrates the transformation that comes with recovery—not just physically and emotionally, but also financially. "We paid nothing. We spend what we have on drugs," she said. Transitioning from a point where money held no real meaning beyond the next fix to achieving financial security is a significant step. Sally now manages her finances responsibly, even though it was "intimidating and scary at first."

Terrie (58), also a recovery graduate, said, "Addiction is a barrier. Most haven't had steady jobs until they get to recovery." While in recovery, they learn how to be responsible and dependable. "Learning more about money and savings is a must."

Warren's (58) perspective is solid; financial literacy is crucial for everyone, regardless of their background. His emphasis on avoiding debt is particularly relevant, given how easy it is to fall into financial debt and "capitalist traps." He added, "We should all worry and learn."

I CHOOSE...

I choose clarity over intoxication.

I choose love over discord.

I choose security over struggle.

I choose light over darkness.

I choose life over death.

Nick Spears
Wyming House

RECOVERY

💎 To recover is to create a life in which numbness is no longer necessary for survival.

💎 My recovery must come first so that everything I love does not have to come last.

Residents of the Month



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



Dj is the Resident of the Month at Branch



Tim is the Resident of the Month at Wyoming



Phillip is the Resident of the Month at Central

This Month's Quote

Once you get better, you realize how sick you were.

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



721 West Washington Street,
Charleston, West Virginia 25302,
United States



304-853-3869



safeharborfoundation@mail.com



safeharborwv.org

Send your essays
and creative work to
ziyatisafehaven@gmail.com

LESSON 2

Promote Self-learning

- In the last week, what did you do that you are grateful for?
- In the last week, what did someone else do that you are grateful for?
- What's something that you're looking forward to?
- What's a simple pleasure that you are grateful for?
- What's something that you are grateful to have today that you didn't have a year ago?
- What's an accomplishment you're proud of?
- Open your phone or photo album and find a photo that you like. Why are you grateful for this photo? What are you grateful for in the photo?
- What's one aspect of your personality traits that you're grateful for?
- What mistake or failure are you grateful for?
- What skill(s) do you have that you're grateful for?