

The SafeHarbor Digest

March 2025

Friday-Noon Recovery Meetings



SafeHaven had its Friday_noon meetings on February 28th. Eight (8) participants attended the discussions about the well-being of residents, maintaining job security, and issues of accountability, housing, safety. Toby, Director of SafeHaven said, “for the first meeting, this was a great success. The residents were engaged and focused. There is still room for improvement.”

QUOTES

**The only person
you are destined
to become is the
person you
decide to become**

Ralph Waldo Emerson

Recovery is not
for people who
need it, it's for
people who **want** it



Sometimes we
motivate ourselves
by thinking of what
we want to become.
Sometimes we
motivate ourselves
by thinking about
who we don't ever
want to be

A G A I N

Upcoming Events:

1

FINANCIAL MEETING WITH CITY NATIONAL BANK

March 16, 2025
6 pm

Learn how to manage
your money and savings

2

FRIDAY_NOON MEETING

Recovery Advocacy
Friday, March 7 at noon

3

TERRIE

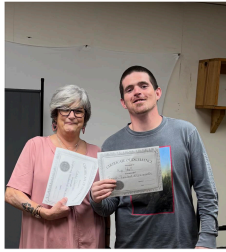
Participant

Recovery Advocacy Day At the Capitol

Friday, March 03

8 am-3:30 pm

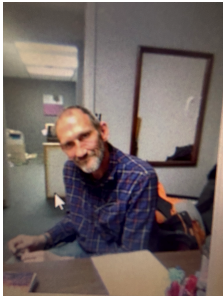
Residents of the Month



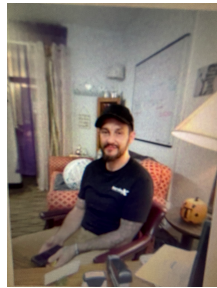
Kip of the Branch House



Kassie of the Ninth House.



Eddie of the Wyoming House.



Billy of the Central House.

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



safeharborwv.org
304-853-3869

LESSON 1. GET ACTIVE

In addition to the widely documented health benefits of regular exercise, exercise has been shown to promote substance use abstinence and recovery.

Ask yourself these questions:

- Can I recall a time when movement felt good? What was I doing, and how was my body engaged?
- What are two of my body's greatest strengths or abilities?
- Are the weeks that I exercise different from the weeks that I don't? How?
- If I could exercise only once per week, would I do it or think it wasn't worth it? Why, why not?
- In 10 years, how do I want my body to look, feel and move as I do my daily activities? Do I think that is possible?
- How does exercise affect my mental outlook?

From recovery-iowa.org