



SAFE HARBOR
RECOVERY CENTER

SAFE HARBOR ALUMNI NEWS

New at Safe Harbor



SAFE HARBOR
RECOVERY CENTER

**Now accepting
clients currently
engaged in
methadone
treatment**

Reach out with any questions you have to
Charlotte Pawid 757 754-0139 / @
Charlotte.pawid@safeharborbhc.com
Admissions @ 757 586-4550
And as always your call is completely
confidential

Come be a part of our speaker group!



SAFE HARBOR
RECOVERY CENTER



**Alumni
Speakers Group**

Want to come back and tell your story to those in treatment?
Answer questions about what it's like in recovery?

Safe Harbor is having an alumni speaker group
every 2nd and 3rd Wednesday of every month.

Time: 7:00pm to 8:00pm

Please contact Charlotte Pawid for more info @ 757 754-0139 or
email @ charlotte.pawid@safeharborbhc.com and we can schedule
which facility you would like to come to.

SafeHarborRecovery.com | (757) 586-4550

Success Stories

Alumni Success Stories

Hi my name is Joe, **June 15, 2025, was a turning point for me to quit using drugs and alcohol.** For as long as I can remember, I have always needed some pill or some drink to get me through the day. It started off socially at first but rapidly became a necessity. Lengthy prison bits, multiple suicide attempts and countless overdoses were never enough to slow me down. I overdosed last summer and was given the choice to either go back to prison or check in to rehab.

While at Safe Harbor I did a lot of thinking. *"How did I get here again! And again! And again!"* When I was younger my dad always used to tell me, *"When you get sick and tired of being sick and tired...you will stop."* It took 35 years, but I finally realized what he meant. I also had to realize the pain and suffering I had been putting my family through for decades, not to mention the pain we put ourselves through.

At 35 years old, reality hit me in the face that I was not getting any younger and the years just kept ticking by. **I decided right then and there that I was done drinking and drugging.** I come from an amazing family that has always supported me through the good and bad times of my life. They refused to give up on me no matter how badly I messed up. So, I came home and hit the ground running. No more wasting time. I dove into my recovery headfirst. I continued Safe Harbor outpatient treatment and extended it twice. **I will forever be grateful to all the staff and people I met there.**

I am an active participant in the Alumni program at Safe Harbor. I give back by coming to speak to clients at the Alumni speaker group. I have also continued a 12-step program, with a fellowship of men and women who have been so supportive of me. I have a sponsor and go to meetings that help me. I have also had full time employment for almost two years, and I just got my license back after 5 DUIs. The courts and probation are laxing my restrictions, because they see all the hard work I am putting in. I no longer lie, steal and cheat my way through life and people are recognizing that. I still have a lot of work to do. It took decades of self-sabotage and destruction to get here, so it doesn't get corrected in a day.

Today, I don't regret my past, I learn from it.

Today, I try to do the right things for the right reasons.

Today, I put my recovery first. I'm trying to live with a purpose and finally giving myself a chance.



SAFE HARBOR
RECOVERY CENTER

Community Event



Remember. Support. Prevent. ♥

INTERNATIONAL OVERDOSE AWARENESS DAY

Join us in remembering those lost to overdose. ♥

♥ AUGUST 31, 2026 ♥



CRUISE TO HELP THE HOMELESS
MOBILE
PANTRY



PROJECT
Phoenix
OUT OF THE ASHES

 **COOPER'S
RESTAURANT & LOUNGE**
3112 High St.
Portsmouth, VA 23704

 **5:00 PM –
8:00 PM**

 A COMMUNITY EVENT TO
RAISE AWARENESS, HONOR LIVES,
AND SUPPORT THOSE AFFECTED
BY OVERDOSE. ♥

 **PANEL OF SPEAKERS**
Starting at 6:00 PM
including peer
recovery specialists
and an author.

 **FREE HARM
REDUCTION
SUPPLIES & NARCAN**
Help save a life

 **RESOURCES**
Information,
support and
local services

 **VENDORS**
Community partners
and local
businesses

 **FREE FOOD**
Free food including
Chick-fil-A
(limited supply on a
first come basis)

 **COMMUNITY**
Together we can
end the stigma

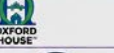
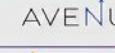
SPONSORED BY:



VENDORS:



AVENUES



**INTERESTED IN BECOMING A VENDOR?
PLEASE CONTACT
JENNIFER
(757) 335-0632**

**FREE NARCAN,
HARM REDUCTION SUPPLIES,
RESOURCES, SPEAKERS,
VENDORS, AND FREE FOOD.**

♥ Let's come together as a community to remember, support and save lives. ♥

Relapse Prevention



SAFE HARBOR
RECOVERY CENTER

**Have you relapsed
and want to get back on track?**

*Let us help.
You are not alone.*

Our admissions team is ready to help.
Give us a call at 888-450-1724.

If you are doing well in your recovery we are so proud of you,
but if you have relapsed and are having trouble getting back
on track, just know you don't have to do this alone.

Just reach out to Charlotte Pawid at 757-754-0139
or charlotte.pawid@safeharborbhc.com or give
admissions a call at 888-540-1724.

We are here for you.

Safe Harbor Recovery Center | SafeHarborRecovery.com | Portsmouth, VA

Join Our Safe Harbor App!

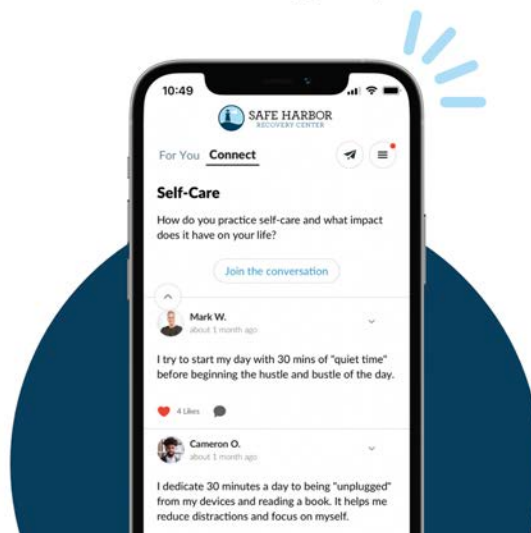


Ready to get started? Scan here >



**We're all in this
together**

Join fellow alumni & staff on the
Safe Harbor app today!



(888) 450-1724 | SafeHarborRecovery.com