



SAFE HARBOR
RECOVERY CENTER

SAFE HARBOR ALUMNI NEWS



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

Alumni Speaker Group
Come carry the message of hope to clients in treatment.

Alumni Speakers/ London
Location



Alumni Success Story



SAFE HARBOR
RECOVERY CENTER

Alumni Success Story

Latifah A



Before I Started actively using drugs, I came from a dysfunctional environment. Everything I went through was insane. Everything I did wrong was normal for me. I wanted a change but knew I couldn't do it alone. Coming to Safe Harbor was my start for a better life. I finally got to focus on myself, heal and have a foundation that helped me move forward.

I just celebrated 2 years, I am a Safe Harbor Alumni Ambassador, Received my Peer Support Specialist Certification, and have good Job, My family is a big part of my recovery and I give back whenever I can. Life still has its challenges, but with recovery all things are possible.

Alumni community event. Come Join us and help others find recovery.

Remember. Support. Prevent. ♥

INTERNATIONAL OVERDOSE AWARENESS DAY

Join us in remembering those lost to overdose. ♥

♥ **AUGUST 31, 2026** ♥

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. ♥

THERE WILL BE:

- 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 Check-It-All (limited supply on a first come basis)
- COMMUNITY
Together we can end the stigma

SPONSORED BY:

- MOBILE PANTRY
- OUT OF THE ASHES
- Cooper's RESTAURANT & LOUNGE

VENDORS:

- western tidewater COMMUNITY SERVICES BOARD
- The HARBOR BEHAVIORAL HEALTH CENTER
- Virginia Beach PSYCHIATRIC CENTER
- O.S.A.T. (Opioid Support & Assistance Team)
- Angela's Family Foundation, LLC

AVENUES:

- Linktheon SOLUTIONS
- WARSAW
- BHG Behavioral Health Group
- first opportunity
- OXFORD HOUSE
- SAFE HARBOR RECOVERY CENTER

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. ♥

Need help? Reach out to us, we are here to help.



**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 Alumni App and be a part of a growing community!

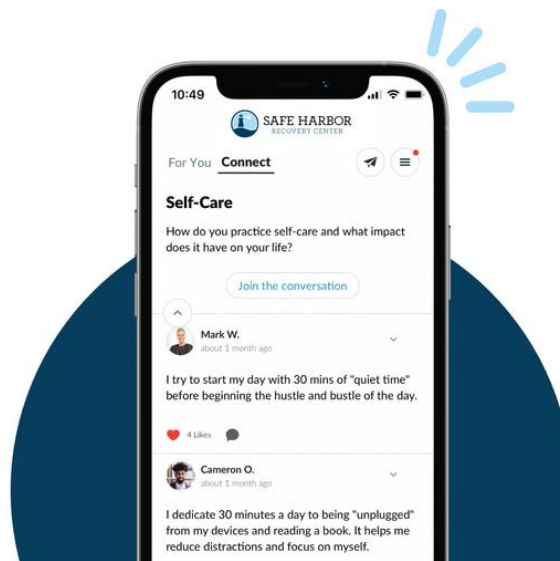


Ready to get started? Scan here >



We're all in this together

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



(888) 450-1724 | SafeHarborRecovery.com