



SAFE HARBOR  
RECOVERY CENTER

## SAFE HARBOR ALUMNI NEWS

**SAFE HARBOR**  
RECOVERY CENTER

**ALUMNI MEET AND GREET  
COOKOUT**

Join us **Saturday, October 17<sup>th</sup>** at Portsmouth City Park for a day of family fun!

**Portsmouth City Park**  
7 Cpl J M Williams Ave,  
Portsmouth, VA 23701  
*Triple Shelter by the tennis courts on the right as you come into the park*

**FUN & ACTIVITIES**

- Corn Hole
- Face Painting
- Pier for fishing

**FOOD**

- Crabs
- Shrimp
- Hot Dogs
- Hamburgers

*Bring a side dish if you want!*

**11:00 AM - 3:00 PM**

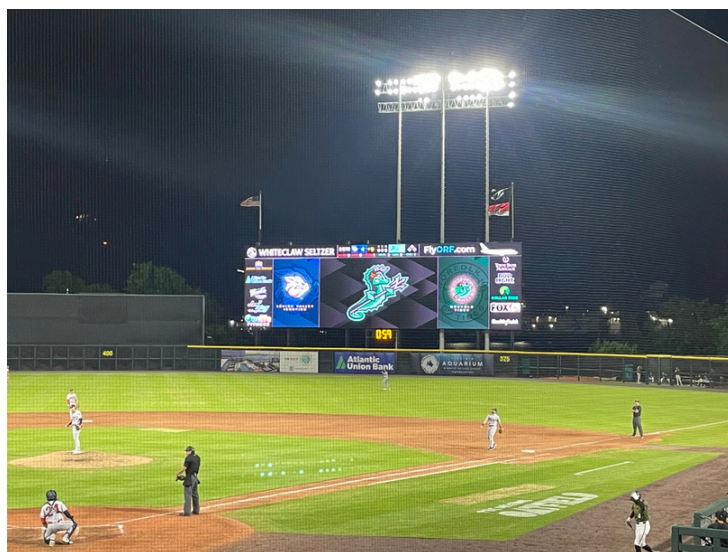
Please let us know if you are coming by October 13th so we will know how much food will be needed.

Questions? Reach out to Charlotte at (757) 754-0139 or [Charlotte.Pawid@safeharborbhc.com](mailto:Charlotte.Pawid@safeharborbhc.com)

**Alumni Meet and Greet Cookout**  
Join us at Portsmouth City Park for a day of food and family fun.

## Past Event Pictures

Escape Room • Baseball Game • Fentanyl Awareness Walk





---

## Alumni Speaker Group

Alumni Speaker group is a great success. Come share your story, meet other Alumni and support to those still in treatment.



**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](mailto:charlotte.pawid@safeharborbhc.com) and we can schedule  
which facility you would like to come to.

SafeHarborRecovery.com | (757) 586-4550

# Alumni Success Story

**SAFE HARBOR**  
RECOVERY CENTER

## ALUMNI SUCCESS STORIES

### BRITT GREEN



Britt Green is a US Army Veteran. After leaving Safe Harbor, he experienced severe physical injuries, leading to years of chronic pain, severe disability, and inability to work. But through renewed commitment to recovery and medical guidance and by effectively using healthy coping strategies learned at Safe Harbor, he gradually rebuilt and improved his physical health and emotional stability.

Today, Britt has returned to work and has advanced rapidly into leadership roles in medical transportation, and he is training to be a certified peer recovery specialist. Likewise, he has restored family relationships and reconnected with creative passions. Most important, he often states, "I move with purpose and live in peace."

Now Britt is a Safe Harbor Ambassador who gives back by speaking regularly each month to clients in treatment. He remains very active in the Alumni community. His testimony reveals that determination, perseverance, accountability, and faith can help us effectively overcome challenges and setbacks.

As Britt says,  
"Through recovery and faith, I can get better; I can heal. Recovery has allowed me to learn this. Safe Harbor has helped me understand this. My Higher Power has blessed me and allowed me to feel this: Life gets greater, later".

**Want to be featured in our Alumni Success stories?** Reach out to Charlotte at (757) 754-0139 or you can email me at [charlotte.pawid@safeharborbhc.com](mailto:charlotte.pawid@safeharborbhc.com)

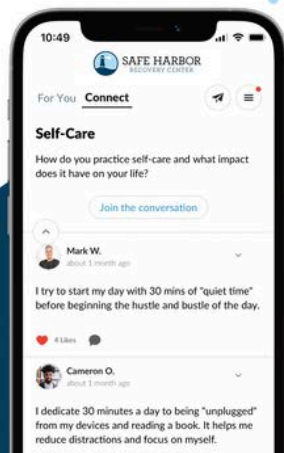


Ready to get started? Scan here >



**We're all in this together**

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



**Be a part of our alumni community by joining our Safe Harbor app.**

Where you can get resources, meet new friends and stay up to date with all things safe harbor. just click the link below.

<https://safeharbor.app.link>

## **We Are Here to Help!**

If you know anyone that needs help or if you are struggling, please reach out to our Admissions team at (757) 586-4550 or you can reach out to me directly at (757) 754-0139.



**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](mailto:charlotte.pawid@safeharborbhc.com) or give  
admissions a call at 888-540-1724.

**We are here for you.**

Safe Harbor Recovery Center | [SafeHarborRecovery.com](http://SafeHarborRecovery.com) | Portsmouth, VA

---

*Our Alumni are the beating heart of Recovery We want to thank you for trusting Safe harbor and allowing us to be a part of this amazing journey. Keep the light shining!*