

THE RECOVERY SPOTLIGHT



March, 2024 Newsletter

www.nhrecovery.org

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Did you know?

White Horse Recovery has a Thrift Store and Print Shop located in Center Ossipee, NH. ? The print shop offers, printing, copying and designing for your business.

Reach out today! 603.651.1448



White Horse Print Shop

Our print shop offers print and copy services as well as graphic design

White Horse Recovery is a non-profit behavioral health center with locations in Berlin, Ossipee, North Conway, and Littleton NH. They offer comprehensive secular and faith-based substance use disorder programs and mental health services for adults and families. They also offer ongoing recovery support programs to help adults through their recovery process.

White Horse meets everyone where they are along their journey, working with each individual to develop the most appropriate treatment program.

 **Harbor Care**

Harbor Homes Healthy at Home Keystone Hall HIV/AIDS Harbor Care

House and Senate Advance SUPPORT Act Reauthorization



Congress is in the process of reauthorizing the SUPPORT Act to expand upon crucial programs and grants from the SUPPORT Act and continue to address the worsening substance use and overdose crisis, which has been exacerbated by the increase in fentanyl, xylazine, and other adulterants. The House bill (H.R. 4531) is sponsored by Reps. Brett Guthrie (R-KY) and Ann Kuster (D-NH), and the Senate bill (S. 3393) is sponsored by Sens. Bernie Sanders (I-VT) and Bill Cassidy (R-LA).

“I finally summoned up the courage to say three words that would change my life: “I need help.” Thank you to all the selfless people who have helped me on my journey through sobriety. I am eternally grateful.”



Elton John
Singer & Songwriter

The Serenity Prayer: It's Original meaning



The Serenity Prayer is a wonderful way to calm yourself down when you feel stressed, angry, or triggered. It'll force you to pause when you're agitated and look within to assess a situation.

Although we won't find the Serenity Prayer in the Bible, we can find many Bible verses which uphold its essence, such as:

Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your mind

March is National Social Workers Month



To truly heal from trauma and substance use disorder, you need a comprehensive range of addiction recovery resources. One of the most valuable resources you can have is the services of a social worker. March is National Social Workers Month, a time in which the tireless efforts of these selfless people are recognized.

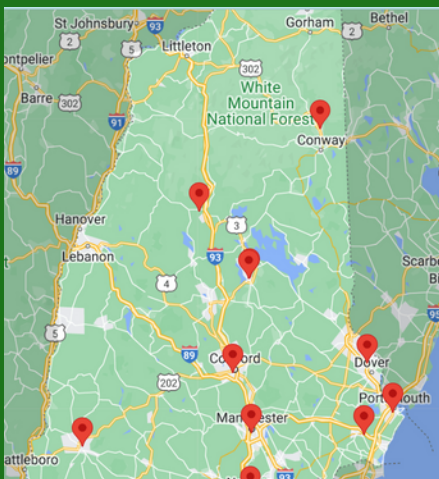
National Social Workers Month is a time to celebrate all the contributions social workers make to the well-being of their patients

Addiction isn't about alcohol and drugs.

It's the absence of self. This absence is described as a hole in your soul. You can't love others when you're empty inside. Recovery peels back the painful layers and heals that hole through connection, honesty and hard work. To love one self is the beginning of a lifetime recovery.

Lorelie Rozzano www.jaggedlittleedges.com

How to weather the extreme cold: NH emergency shelter info, safety tips and more



If you are in need of shelter or know someone who needs to seek shelter, this article provides you with a NH state directory of shelter options. You can also try calling 211 or visiting 211nh.org. You can also try contacting your local welfare office, [using the contact information listed here.](#)