





DECEMBER 2021



Wellness and Recovery Center

11674 Somerset Avenue
Princess Anne, MD 21853
(410) 621-5739

	Mon	Tue	Wed	Thu	Fri	
Hours of Operation: Monday through Friday 8 am - 5 pm		Need help to Quit Smoking? Call for Free Chantix or Patches 443-523-1700	1 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	2 9a - Coffee Talk 11a -Life Skills Group Job Application 1p Peer Support Group 2:30p Men'sGroup	3 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Yoga Video 1p - Managing Emotions 2:30p - Women's Group	Daily Walk In Peer Support
	6 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Yoga Video 2:30p - Job Prep Group	7 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	8 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	9 9a- Coffee talk 11a-Life Skills Group Resume 1p- Peer support Group 2:30p- Recreation Time	10 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Yoga Video 1p - Managing Emotions 2:30p - Women's Group	
	13 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Yoga Video 2:30p - Job Prep Group	14 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	15 9a - Coffee Talk 10a - Veteran's Group 11a-12p - Yoga Video 1p - Peer Support Group 2:30p - Recreation Time	16 9a - Coffee Talk 11a - Life Skills Group Job Interview 1p - Peer Support Group 2:30p - Men's Group	17 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Yoga Video 1p - Managing Emotions 2:30p - Popcorn Friday	NARCAN TRAINING Virtual or in-person 443-523-1700 
	20 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Yoga Video 2:30p - Job Prep Gro	21 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	22 9a - Coffee Talk 10a - Veteran's Group 11a-12p - Yoga Video 1p - Peer Support Group 2:30p - Recreation Time	23 9a - Coffee Talk 11a -Life Skills Group Maintain the Job 1p Peer Support Group 2:30- Men's Group	24 	
Our computer lab is available for job searches, resumes, etc.	27 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Yoga Video	28 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	29 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	30 9a - Coffee Talk 11a -Life Skills Group 1p Peer Support Group 2:30p Men'sGroup	31 	Join us every third Thursday at the Crisfield Library: 1:00 pm - 2:30 pm for Peer Support Services 443-880-2187

