





JANUARY 2023



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	2 Closed 	3 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	4 9a - Coffee Talk 10a - Veterans Group 11a - Tobacco Cessation Class 1p - Peer Support Group 2:30p - Computer Lab	5 9a - Coffee Talk 11a - Life Skills Group Resume 1p - Peer support Group 2:30p - Recreation Time	6 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Narcan Training 1p - Managing Emotions 2:30p - Women's Group	Daily Walk-In Peer Support 443-783-7884
	9 9a - Coffee Talk Sip-N-Learn 10a - Peer Support 11:30a - HIV/Hep C Testing 2:30p - Job Prep Group	10 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	11 9a - Coffee Talk 10a - Veterans Group 11a - Tobacco Cessation Class 1p - Peer Support Group 2:30p - Computer Lab	12 9a - Coffee Talk 11a - Life Skills Group Resume 1p - Peer Support Group 2:30p - Recreation Time	13 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Narcan Training 1p - Managing Emotions 2:30p - Women's Group	
 SIP ON COFFEE AND LEARN ABOUT ALCOHOL PREVENTION ON JANUARY 9 AND 23!	16 Closed 	17 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	18 9a - Coffee Talk 10a - Veteran's Group 11a - Tobacco Cessation Class 1p - Peer Support Group 2:30p - Recreation Time	19 9a - Coffee Talk 11a - Life Skills Group Job Interview 1p - Peer Support Group 2:30p - Men's Group	20 9a - Peer Support Group 11a-12p - Narcan Training 1p - Managing Emotions 2:30p - Popcorn Friday	NARCAN TRAINING Virtual or in-person 443-523-1700  FREE TOBACCO CESSATION CLASSES ON WEDNESDAYS
	23 9a - Coffee Talk Sip-N-Learn 10a - Peer Support Group 11:30a - HIV/Hep C Testing 2:30p - Job Prep Group	24 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	25 9a - Coffee Talk 10a - Veteran's Group 11a - Tobacco Cessation Class 1p - Peer Support Group 2:30p - Recreation Time	26 9a - Coffee Talk 11a - Life Skills Group Maintain the Job 1p - Peer Support Group 2:30p - Men's Group	27 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Narcan Training 1p - Managing Emotions 2:30p - Women's Group	
Our computer lab is available for job searches, resumes, etc.	30 9a - Coffee Talk 10a - Veterans Group Class 11:30a - HIV/Hep C Testing 1p - Peer Support Group 2:30p - Computer Lab	31 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	FREE HIV/HEP C TESTING ON MONDAYS FROM 11:30-1:30PM			