





OCTOBER 2022



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	3 9a - Coffee Talk 10a - Peer Support Group 11a-12 - Hep C Testing 2:30p - Job Prep Group	4 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	5 9a - Coffee Talk 11a - Tobacco Cessation Class 1p - Peer Support Group 2:30p - Computer Lab	6 9a-Coffee talk 11a - Life Skills Group Resume 1p - Peer Support Group 2:30 p- Recreation Time	7 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Yoga Video 1p - Managing Emotions 2:30p - Women's Group	Daily Walk In Peer Support For Peer Support Services: 443-783-7884
	10 CLOSED 	11 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	12 9a - Coffee Talk 11a - Tobacco Cessation Class 1p - Peer Support Group 2:30p - Computer Lab	13 9a- Coffee talk 11a - Life Skills Group Resume 1p - Peer Support Group 2:30 p- Recreation Time	14 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Yoga Video 1p - Managing Emotions 2:30p - Women's Group	
	17 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Hep C Testing 2:30p - Job Prep Group	18 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	19 9a - Coffee Talk 10a - Veteran's Group 11a - Tobacco Cessation Class 1p - Peer Support Group 2:30p - Recreation Time	20 9a - Coffee Talk 11a - Life Skills Group Job Interview 1p - Peer Support Group 2:30p - Men's Group	21 9a - Peer Support Group 11a-12p - Yoga Video 1p - Managing Emotions 2:30p - Popcorn Friday	NARCAN TRAINING Virtual or in-person 443-523-1700 
		24 9a - Coffee Talk 10a - Peer Support Group 11a-12p - Hep C Testing 2:30p - Job Prep Group	25 9a - Coffee Talk 11a - Personal Care Group 1p - Peer Support Group 2:30p - Computer Lab	26 9a - Coffee Talk 10a - Veteran's Group 11a - Tobacco Cessation Class 1p - Peer Support Group 2:30p - Recreation Time	27 9a - Coffee Talk 11a - Life Skills Group Maintain the Job 1p - Peer Support Group 2:30- Men's Group	
Our computer lab is available for job searches, resumes, etc.	31 9a - Coffee Talk 10a - Peer Support Group 11a-12 - Hep C Testing 2:30p - Job Prep Group HALLOWEEN			Special Events: October 28, 2022 Movie Night @ Somerset Co. Health Department Pumpkin Painting, Trunk or Treat, Resources, and more!		FREE TOBACCO CESSATION CLASSES ON WEDNESDAYS

