



# W.O.T.'S UP NEWSLETTER

[www.wyeoaktherapeutics.com](http://www.wyeoaktherapeutics.com)

## COMMUNITY RESOURCES

### 988 SUICIDE & CRISIS LIFELINE

"988" is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline

### National Alliance on Mental Illness (NAMI)

Provides advocacy, education, support and public awareness events and activities

[www.nami.org](http://www.nami.org)

### Eastern Shore Mobile Crisis Response Services

If you or someone you know is having a mental health crisis, please call the Eastern Shore Crisis Response Helpline **1.888. 407.8018** available 24 hours a day, every day

### Maryland Coalition of Families

One to one support for families of youth with mental health issues.

[www.mdcoalition.org](http://www.mdcoalition.org)

### Wraparound Maryland

Provides care coordination services to families with children with severe emotional or behavioral needs.

[www.wraparoundmd.org](http://www.wraparoundmd.org)

### QAC Free Family Law Clinics

Provides free limited legal advice (child support, custody, divorce, guardianship, visitation etc). Clinics available online and in person at the local court house and through scheduled clinics at the public libraries.

**410-758-1773 ext 5128**

## IMPORTANT DATES

### JANUARY 2023

- 1 **NEW YEAR'S DAY**
- 2 ALL SCHOOLS OPEN
- 16 **MARTIN LUTHER KING DAY**  
AACPS CLOSED, CCPS CLOSED  
TCPS CLOSED, QAPCS CLOSED
- 20 TCPS CLOSED
- 23-24 AACPS 2 hour Early Dismissal Day  
QACPS CLOSED
- 24 CCPS - 1/2 DAY
- 25 AACPS CLOSED, CCPS CLOSED

### FEBRUARY 2023

- 3 CCPS - 1/2 DAY
- 17 CCPS - 1/2 DAY, TCPS - Early Dismissal Day
- 8 AACPS - 2 hour Early Dismissal Day
- 20 **President's Day**  
AACPS CLOSED, CCPS CLOSED  
TCPS CLOSED, QAPCS CLOSED

### MARCH 2023

- 2 AACPS - 2 hour late arrival
- 3 AACPS - 2 hour early dismissal, QACPS 1/2 Elem & Middle  
TCCPS - early dismissal
- 10 CCPS - CLOSED
- 24 CCPS - 1/2 day, TCPS - early dismissal
- 29 AACPS - 2 hour early dismissal, QACPS - 1/2 day
- 30 AACPS - 2 hour early dismissal, QACPS 1/2 Elem & Middle
- 31 AACPS - 2 hour early dismissal, QACPS 1/2 Elem & Middle  
CCPS - 1/2 day

### APRIL 2023

- 2-8 QACPS - CLOSED (SPRING BREAK)
- 3-10 TCPS - CLOSED (SPRING BREAK)  
AACPS - CLOSED (SPRING BREAK)
- 6-11 CCPS - SCHOOL CLOSED (SPRING BREAK)
- 21 AACPS - CLOSED

## QUOTE of the MONTH

**"If you can't fly then run.  
If you can't run then walk.  
If you can't walk then crawl,  
but whatever you do you  
have to keep moving  
forward."**

**— Martin Luther King Jr.**

# COMMUNITY EVENTS



## 2023 Family Leadership Institute

When: Fridays, 5:00 - 9:00 pm  
AND Saturdays, 8:30 am - 4:30 pm

February 3 & 4, 17 & 18  
March 3 & 4, 17 & 18  
March 31 & April 1, April 14 & 15

**FREE!**

The Family Leadership Institute (FLI) is a 60-hour, six-weekend intensive training program for parents and caregivers of school-age children/youth with behavioral or mental health challenges.

Where: Hyatt Place BWI - 940 International Drive  
Linthicum Heights, MD 21090

Cost: FREE to participants, includes meals and lodging. Need-based stipends available for childcare and transportation.

Attendance both Friday and Saturday is required.

Application deadline: January 13, 2023

To learn more and apply:

<https://bit.ly/MCFStatewideFLI>

Questions? Contact DeVaki Leonard at  
240.818.3536 or  
[dleonard@mdcoalition.org](mailto:dleonard@mdcoalition.org)



## RIDE FREE IN 23!

Starting January 3, 2023, there will be no fee to for the County Ride, our public transit program. This is a pilot program and will be available from January 3, till December 29, 2023

Join Queen Anne's County Commissioners and the Department of Community Services for a Ribbon Cutting ceremony to kick off this year long event.

Ribbon Cutting for Ride FREE in 23

QAC Department of Community Services - The Kramer Center  
104 Powell Street  
Centreville, MD  
Jan 3, 9:00 AM

County Ride operates four routes, Monday through Friday, from 6:30 a.m. through 4:45 p.m.

For more information about County Ride visit [qac.org](http://qac.org) and search "county ride" or follow them on social media @QACCountyRide



Queen Anne's  
County MARYLAND

ROUTE 1  
KENT ISLAND &  
GRASONVILLE TO  
EASTON

ROUTE 2  
CENTREVILLE  
TO  
STEVENSVILLE

ROUTE 3  
CENTREVILLE TO  
ANNAPOLIS

ROUTE 4  
CENTREVILLE TO  
CHESTERTOWN &  
SUDLERSVILLE

Door to door service by calling (410)758-2357  
Two days advance notice, subject to availability

[WWW.QAC.ORG](http://WWW.QAC.ORG)

# JANUARY RECIPE

## Slow Cooker Beef & Broccoli

After the busyness of December, January can be a welcome respite — a time to kick back, slow down, and fill your meal plans with comforting dishes.



### Ingredients (4 servings)

- 2 lb sirloin steak, or boneless beef chuck roast, sliced thin
- 1 cup beef broth
- ½ cup low sodium soy sauce
- ¼ cup brown sugar
- 1 tablespoon sesame oil
- 4 cloves garlic, minced
- 4 tablespoons cornstarch
- 4 tablespoons water
- 1 head broccoli, cut into florets
- white rice, cooked, for serving

### Directions

In the insert of the crockpot, whisk together beef broth, soy sauce, sesame oil, minced garlic, and brown sugar.

Place slices of beef in the liquid and toss to coat.

Cover with lid and cook on low heat for 4 hours.

After 4 hours, whisk together cornstarch and water in small bowl. Pour into crock pot, add the broccoli and gently stir to combine.

Cover with lid and cook 30 minutes to cook broccoli and thicken sauce.

Serve with warm white rice.

Enjoy!

Recipe Featured on **TASTY**

<https://tasty.co/recipe/slow-cooker-beef-and-broccoli>



**WYE OAK THERAPEUTICS  
HAS A NEW OFFICE  
EFFECTIVE FEBRUARY, 2023**

165 Log Canoe Circle, Suite B-3,  
Stevensville, MD 21666



## CONTACTS

### OFFICE

139 Log Canoe Circle  
Stevensville, MD 21666  
443-249-3351

### SCHEDULING

443-249-3351  
[scheduling@wyeoaktherapeutics.com](mailto:scheduling@wyeoaktherapeutics.com)

### BILLING

443-249-3351



# SKILL BUILDING RESTORATIVE PRACTICE GROUP WORKSHOPS

OPEN TO YOUTH Grades K - 5

\$40 PER SESSION / 6 WEEK WORKSHOPS

## SESSION 3: "ME, MYSELF & MY FEELINGS"

January 12 - February 16



Thursdays (6 week sessions)  
Grades K - 5 5:00 - 6:00pm



This workshop will focus on relationships with one's self and others. Participants will gain skills through role playing and storytelling and will learn how to build, maintain, and repair relationships. Each student creates their own feelings portfolio and learns important social skills that are key to social success. Each workshop is held in a circle that include mindfulness moments and energizers. where participants will expand their emotional vocabulary beyond happy, sad, and mad

- social skills and social success
- building, maintaing, & repairing relationships
- self-awareness / self advocacy



Contact Now: \_\_\_\_\_



443-249-3351



[scheduling@wyeoaktherapeutics.com](mailto:scheduling@wyeoaktherapeutics.com)



# SKILL BUILDING RESTORATIVE PRACTICE GROUP WORKSHOPS

OPEN TO TEENS (ages 13 - 17)

\$40 PER SESSION / 6 WEEK WORKSHOPS

## SESSION 3: PEACEKEEPERS

**January 12 - February 16**

**Thursdays (6 week sessions)  
TEENS (13 - 17) 6:30 - 7:30pm**

Conflict is a natural part of any relationship and this workshop series provides helpful ways to manage conflict. Participants will increase their self-awareness and strengthen their communication skills through role playing. Interested participants are welcome to become part of a leadership team to help create peace in our community.

- social skills and social success
- building, maintaing, & repairing relationships
- self-awareness / self advocacy



Contact Now: \_\_\_\_\_



443-249-3351



[scheduling@wyeoaktherapeutics.com](mailto:scheduling@wyeoaktherapeutics.com)