



W.O.T.'S UP NEWSLETTER

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

County Ride

RIDE FREE in 2023. 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 and search "county ride" or follow them on social media @QACCountyRide

Community Wellness Solutions

Supports families and individuals that are facing hardship, adversity, and/or trauma, by providing a safe environment that cultivates healing and true belonging within their own community. Assists individuals with identifying personal needs to nurture the acquisition of Self-Value, Purpose, Social Skills, and Life skills that bridge them through the developmental stages of life by offering parent and youth workshops, support groups, a variety of community resources and various support services. www.wyeoaktherapeutics.com - under CWS.

National Alliance on Mental Illness (NAMI)

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

Gale Courses - FREE ONLINE COURSES

Gale Courses is provided by the eight public libraries of Maryland's Eastern Shore. Provides coursework in Business, Finance, Education, Health and Wellness, Legal, Personal Development and more. 6 week interactive courses. <https://education.gale.com/l-sali50380/>

Kinera

Kinera helps individuals with disabilities and special healthcare needs and their families by providing resources to support, inform and connect them with services and opportunities, that will enhance their quality of life. Offers local ST, PT, and OT. www.kinera.org

Maryland Coalition of Families

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

Wraparound Maryland

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

APRIL 2023

- 2-8 QACPS - CLOSED (SPRING BREAK)
- 9 **EASTER**
- 3-10 TCPS - CLOSED (SPRING BREAK)
AACPS - CLOSED (SPRING BREAK)
- 6-11 CCPS - SCHOOL CLOSED (SPRING BREAK)
- 21 AACPS - CLOSED
- 23 **2023 WOMENS WELLNESS RETREAT**



MAY 2023

- 12 CCPS - 1/2 day
- 14 **MOTHER'S DAY**
- 18 & 19 CCPS - no PreK
- 25 & 26 AACPS - SCHOOLS CLOSED FOR ECI, PreK, and K
- 26 QACPS - 1/2 DAY, TCPS - early dismissal
- 29 **MEMORIAL DAY**
WOT OFFICE CLOSED
AACPS CLOSED, CCPS CLOSED
TCPS CLOSED, QACPS CLOSED

JUNE 2023

- 6-7 QACPS - HS Exams & early dismissal for Elem. & Middle
- 8 QACPS - 1/2 day all students - **LAST DAY OF SCHOOL**
- 12 TCPS - early dismissal
- 13 TCPS - early dismissal and **LAST DAY OF SCHOOL**
- 15 AACPS - 2 hour early dismissal
CCPS - 1/2 day and **LAST DAY OF SCHOOL**
- 16 AACPS - 2 hour early dismissal and **LAST DAY OF SCHOOL**




You're Invited!

2023 WOMEN'S WELLNESS RETREAT

FLYER ON PAGE 2

Sunday 4/23/2023
9am - 3pm



 **SURVEY**

We want to know what kind of **WORKSHOPS** and **PROGRAMMING** you would like to see in your community

<https://forms.gle/stYAxR8JApyjhur8A>



Get ready to be empowered! Join us for our second annual Wye Oak Therapeutics (WOT) and Community Wellness Solutions (CWS) annual Women's Wellness Retreat! Discover how to improve your health and well-being through hands-on experiences and educational programs with our local female integrative and lifestyle healthcare specialists.

2023 WOMEN'S WELLNESS RETREAT



WYE-OAK
THERAPEUTICS



Join Us!

**THE RETREAT HOUSE
22005 CHURCH ST
HILLSBORO, MD 21641**

**SUN
DAY**

**APR
23**

**9 - 3
AM PM**



CRYSTAL BLANCHARD, OWNER, PSYCHOTHERAPIST
WYE OAK THERAPEUTIC SERVICES
Mental Health & Journaling



**ALIESHA MANN, BOARD CERTIFIED
FAMILY NURSE PRACTITIONER**
Holistic Gut, Hormone & Fertility
Health Specialist



NOELLE DOUGLAS, DIRECTOR
TALISMAN THERAPEUTIC RIDING
Equine Tranquility Riding



**ALYSSA HUFF, OWNER
& WELLNESS COACH, GRIT FIT, LLC**
Grit Fit - Personal Training & Wellness
200 Hr. Yoga Instructor
NASM Certified Personal Trainer
NASM Certified Nutritionist
Reiki Practitioner



LARISSA COSTELLO, CO-FOUNDER
AD ASTRA WEALTH MANAGEMENT
Financial Advisor
Securities offered through
Coastal Equities, Inc
Member FINRA/SIPC
Advisory services offered through
Coastal Investment Advisors, Inc



CARRIE BAQUIE,
WELLBEING EMPOWERMENT COACH
ICF ASSOCIATED CREDITED COACH (ACC)
Wellbeing Empowerment
& Chronic Illness Coach
Motivational Speaker



CYNTHIA AGYEMAN-ANANE, FOUNDER
FOUNDER & THERAPIST
OF CONVERSATIONS CREATE CHANGE LLC
Individual & Family Therapist
Gottman Level III Therapist
Gottman Seven Principles
Program Facilitator

REGISTER HERE:

[https://ccharities.fcsuite.com/erp/donate/create?
event_date_id=1265](https://ccharities.fcsuite.com/erp/donate/create?event_date_id=1265)

REGISTRATION INCLUDES

goodie bags, conference materials, breakfast and lunch!

\$60

https://ccharities.fcsuite.com/erp/donate/create?event_date_id=1265

COMMUNITY EVENTS

The Queen Anne's County Garden Club presents

Saturday, May 13, 2023
9 am - 2 pm



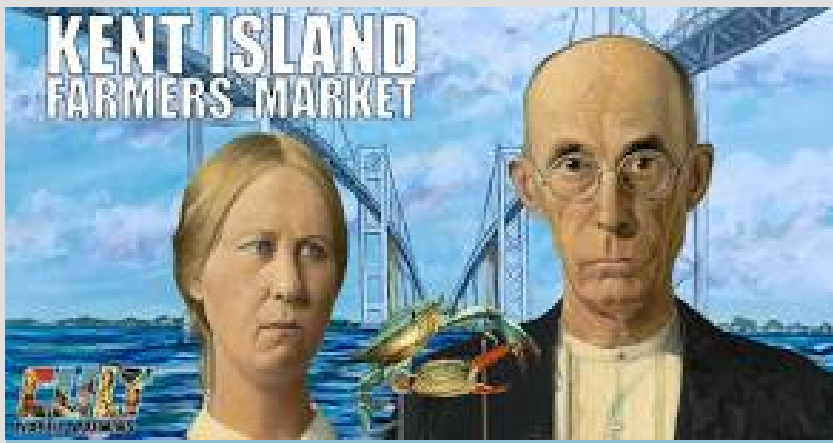

- Plant Sale
- Flower Pots
- Flower Baskets
- Bake Sale
- Bagged Lunches

Something for Everyone!

Rain or Shine!

Location:
In front of the Old Courthouse
100 Court House Square, Centreville, MD

Rain Location:
QAC Arts Council
206 S. Commerce Street Centreville MD
Information: dunne2@gmail.com



Year Round Market
Every Thursday, 3:30pm - 6pm

Cult Classic Brewing
1169 Shopping Center Rd
Stevensville, MD

CENTREVILLE LIONS CLUB
PRESENTS THE 2023



EASTER EGG HUNT

Saturday, April 8th
11 am at Mill Stream Park
Rain Date: April 15th

Free Admission
No Registration Required



Visit the Easter Bunny...
and don't forget to bring your Easter basket!

Prizes Awarded In All Age Groups:

- Group 1: 0 - 3 years old
- Group 2: 4 - 6
- Group 3: 7 - 9
- Group 4: 10 - 12

Promoted by the Centreville Festivities & Beautification Team

20th Anniversary




Please bring your basket

Easter Egg Hunt

Saturday, April 8 at 2pm
till eggs are gone



210 Kent Landing,
Stevensville, MD 21666
410.604.6350



Linda Austin, Associate Broker
Direct: 410-604-6330
Home: 410-643-0297 • Cell: 410-829-3136
Thompson Creek Mall, Stevensville




GREAT TIME TO LIST!!

APRIL RECIPE

Baked Chicken Chimichangas



INGREDIENTS

- 1-1/2 cups cubed cooked chicken breast
- 1-1/2 cups picante sauce, divided
- 1/2 cup shredded reduced-fat cheddar cheese
- 2/3 cup chopped green onions, divided
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 6 flour tortillas (8 inches), warmed
- 1 tablespoon butter, melted
- Sour cream, optional

<https://www.tasteofhome.com/recipes/baked-chicken-chimichangas/>

Taste of Home

DIRECTIONS

Preheat oven to 375°. In a small bowl, combine chicken, 3/4 cup picante sauce, cheese, 1/4 cup onions, cumin and oregano. Spoon 1/2 cup mixture down the center of each tortilla. Fold sides and ends over filling and roll up. Place seam side down in a 15x10x1-in. baking pan coated with cooking spray. Brush with butter. Bake, uncovered, until heated through, 20-25 minutes. If desired, broil until browned, about 1 minute. Top with remaining picante sauce and onions. If desired, serve with sour cream.

Want to share your favorite recipe with us?
Email to Scheduling@wyeoaktherapeutics.com

FOODS FOR OUR MOODS

SPRING CLEANING

your mind



Spend time outdoors in the sunshine



Unfollow negative accounts on social media

Learn to rest when you get tired



Make lists of things that are going well for you



Drink plenty of water and stay hydrated



Clean & declutter your personal space

Living Well

QUOTE of the MONTH

"If you can dream it, you can do it."

—Walt Disney.



CONTACTS

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