



W.O.T.'S UP NEWSLETTER

www.wyeoaktherapeutics.com

Welcome to My Very First BLOG!
by Crystal Blanchard

This past Sunday, April 23, 2023, Wye Oak Therapeutic Services held its Second Annual Women's Retreat. It was a beautiful spring morning that only the eastern shore of Maryland could deliver. Day break brought sun beams of light that shimmered on the morning dew. A gentle cool air whispered a sincere welcome at the doors of The Retreat House in Hillsboro, Maryland. The house provided a serene environment that allowed over 30 women to come together to commune and connect. One by one, we greeted each other, communed, and learned from one another. The day brought a welcoming refuge from a daily grind of to do lists and expectations. Our cups overflowed with helpful information that included mental awareness, internal dialoguing through journaling, internal healing (medical and physical), external environments that allow for transformation, and financial knowledge.

During the Women's Retreat, Wye Oak Therapeutic Services rolled out the Non-Profit Organization Community Wellness Solutions (CWS). CWS provides social and emotional skills to the Queen Anne's County residents and the surrounding area to improve connectedness among families and communities. It is also being developed as a Wellness Hub to provide screening for the needs of the citizens that reside here. It will take an integral role in assessing the needs and connecting each client to the correct resource within Queen Anne's County. If QA's County does not have the necessary resource, Community Wellness Solutions will search for it in a surrounding county and provide the advocacy necessary.

Quote: "What we achieve inwardly will change outer reality."
Plutarch Ancient Greek Philosopher

IMPORTANT DATES

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

JULY 2023

- 4 JULY 4th - Independence Day
WOT OFFICE CLOSED



Mental Health is top of mind these days, but the push for awareness started all the way back in 1949 when an organization called Mental Health America declared May as National Mental Health Month.



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

<https://forms.gle/stYAxR8JApyjhur8A>





WYE OAK
THERAPEUTICS

MEET MALLEY HESTER



**WYE OAK THERAPEUTICS WELCOMES
Malley K. Hester, LCSW-C, MSW
Malley starts with us May 1, 2023!!**

Malley is thrilled to be working alongside this lovely team! Malley earned her B.S. in Biological Sciences from Salisbury University and studied in the Master's program at UMBC with a focus in neuromuscular physiology. Malley studied in England for a pilot research study in dance physiology, as her passion is in the performing arts. She then completed the MSW program at Salisbury University. Malley has four years of clinical experience working with a variety of populations including individuals with Trauma, Addiction, Anxiety, Depression, Bipolar Disorders and more. Malley completed Trauma-Treatment Level 1 Training, trainings from Janina Fisher, Brene Brown's Dare to Lead model training, Clifton Mitchell, PhD's training in Priming and complex thought development, Assertive Community Treatment Team series of training from Maryland BHA and a host of other studies from established clinicians and authors. Malley implements a multi-disciplinary intervention approach to meet clients' needs most directly. Malley roots her practice in personal growth, development of insight and autonomy and lifestyle enrichment. When not in the office, you'll find her in the dance studio, running around with her fiancé and corgis, in the theatre or spending time with her wonderful family and friends.

Interested in more information or an appointment?
scheduling@wyeoaktherapeutics.com or call 443-249-3351

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 ONLINE COURSES - FREE

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

TALISMAN THERAPEUTIC RIDING

Talisman offers programs to people with abilities and disabilities to help everyone find peace and healing. Their youngest rider is four years old; their oldest rider is in their eighties. Talisman offers grooming lessons, riding lessons, tranquility riding, summer camps, adult summer camps, family equine workshops and much more!

www.talismantherapeuticriding.org



HEALTHY IS A LIFESTYLE



About Me

I am a Board Certified Family Nurse Practitioner and Holistic Gut, Hormone & Fertility Health Specialist. I Help Women & Children Achieve Boundless Energy, Eliminate Gut Dysfunction & Boost Mental Clarity!

I Offer...

- ◆ 6 Months with ME, healing naturally, using my Signature MANN Method as our foundation!
- ◆ High level 1:1 support and encouragement throughout!
- ◆ Access to state of the art functional medicine testing and functional blood chemistry analysis



Hello I'm
Aliesha Mann



BOOK YOUR 60-90
MINUTE DEEP DIVE
CASE REVIEW TO
GET STARTED
TODAY AT A
DISCOUNTED
PRICE!



I can't wait to start this health journey with you!

Contact me at: alieshamann@zyndaihw.com
Follow me on IG [@zynda.integrative.health](https://www.instagram.com/zynda.integrative.health)



CONVERSATIONS CREATE CHANGE LLC™

Create Change with Cynthia

Therapy group practice in Maryland & DC

Why Invest in Your Relationship?

Investing in your relationship will help to increase emotional intimacy, develop healthy communication patterns and create shared life goals.

The Gottman Method Therapy

The Gottman Method Therapy is the ONLY extensive research-based treatment for couples. It teaches couples proven skills to strengthen relationships.

Couples Therapy Packages

- Relationship Check-Up Assessment
- Couples Therapy (90-Minutes per session)
- Pre-Marital Couples Therapy
- Couples Marathon (Intensive) Workshops (half-day, full-day & two days)
- Couples Retreats
- 7 Principles Couples Workshop

Contact us to help you overcome relationship difficulties and find a greater sense of satisfaction in your life and relationship.

CYNTHIA AGYEMAN-ANANE, LCSW

Licensed Couples Therapist, Level 3 Gottman Therapist/7-Principles Workshop Faciliator



For More Information

301-945-7896

www.conversationscreatechange.com

www.createchangewithcynthia.com

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Honeybee Flower Farm

Pop-up

JUNE 2ND 6 PM



Save the Date May 6, 2023



**12th Annual Derby Day
Benefit for Talisman
Therapeutic Riding**

Saturday May 6, 2023 5:00pm

Join us for the annual Talisman Derby Day event at our 30-acre farm in Grasonville, Maryland. Be a part of our signature fundraising event!

The Derby Day benefit is critical to our ability to provide equine assisted activities designed to enrich lives and maximize potential of all. All monies raised benefit Talisman Therapeutic Riding and the community we serve. The festivities will include:

Talisman's traditional mint julep and bourbon tasting

Meet and greet the herd and special riders

Delicious appetizers, dinner and dessert

Beer and wine

Live and silent auctions

Top local artists creating live during the event

Exclusive art sale

Prize wheel & Photo Booth

Derby Hat contests - have fun wearing your best Derby Attire!

Live viewing of the Kentucky Derby on large TV screens

****Sponsorships Available**

Questions? Call 443-249-9400

email: info@talismantherapeuticriding.org

Talisman Therapeutic Riding

Lily Plop Bingo

CHANCE TO WIN UP TO \$2,500

\$50 Ticket



Use the QR Code to Purchase Tickets



TALISMAN
Therapeutic Riding

☎ 443-239-9400
📍 172 Blue Ribbon Lane
Grasonville, MD 21638
🌐 www.talismantherapeuticriding.com
✉ info@talismantherapeuticriding.org

Talisman Therapeutic Riding

LILIES for FILLIES

A Pre-Derby Day Cocktail Party Event

Friday, May 5, 2023
5:00pm to 7:00pm

Tickets \$40.00

Events
Lily Plop Bingo
Hippity Hop Races
Caricature Artist

Music by Orlando Phillips



Use the QR Code to Purchase Tickets



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RUN FOR THE ROSES 5K



Talisman Therapeutic Riding's first ever 5k fun/walk run!

Date: April 29, 2023

Registration: 8:30 am Race Start: 10 am

rain or shine, dress accordingly

Come join us for some fun!

Location:
Terrapin Park

Address:
191 Log Canoe Cir,
Stevensville, MD 21666



Volunteers Needed!

Interested in Volunteering?
Contact Talisman Farm!

Volunteers are the backbone of our organization. We have volunteer roles for everyone all year round! You'll begin your adventure as a Talisman Volunteer by attending one of our volunteer orientations, held monthly in a small group setting. To get more information, find out about volunteering opportunities or make an appointment, please email us at info@talismantherapeuticriding.org

Volunteers must be at least 14 years old.



Wellbeing Empowerment Coach

I specialize in helping women living with long term health challenges get unstuck and reclaim a life they love. I guide my clients in connecting to their Inner Wisdom so that they can make empowered decisions about their health and whole lives.

On a more personal note, I am a spunky mom of three teens and a survivor of Brain Injury, Lyme Disease, and Mold Illness who transformed chaos and despair into thriving through an unstoppable mindset grounded in heart-centered strategy.



**1 Complimentary
45 minute
Holistic Wellbeing
Breakthrough
Session**

Book Today!
<https://bit.ly/BreakThruWithCarrie>

Sick & tired of being sick & tired?

Let's change that!

Using a holistic approach, we will partner together to transform your experience of wellness at the physical, emotional, mental and spiritual levels.

We will breakthrough what's keeping you stuck by

**Reconnecting to yourself, others and your higher power*

**Tapping into the wisdom of your mind, body and spirit*





**Prioritizing what matters most*

Learn More



www.CarrieBaquie.com
443-261-4821



-  @CarrieLMBaquié
-  @CarrieBaquie
-  @CarrieBaquie
-  @Carrie-Baquié

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MAY RECIPE

RASBERRY BAKEWELL CAKE



INGREDIENTS

140g ground almond
140g butter, softened
140g golden caster sugar
140g self-raising flour
2 eggs
1 tsp vanilla extract
250g raspberry
2 tbsp flaked almond
icing sugar, to serve



gf

<https://www.bbcgoodfood.com/recipes/raspberry-bakewell-cake?dicbo=v2-EGqI45m>

BBC
goodfood

DIRECTIONS

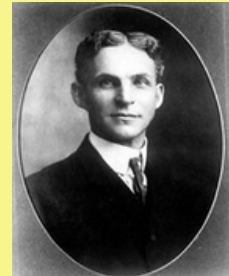
STEP 1
Heat oven to 180C/160C fan/gas 4 and base-line and grease a deep 20cm loose-bottomed cake tin. Blitz the ground almonds, butter, sugar, flour, eggs and vanilla extract in a food processor until well combined.

STEP 2
Spread half the mix over the cake tin and smooth over the top. Scatter the raspberries over, then dollop the remaining cake mixture on top and roughly spread – you might find this easier to do with your fingers. Scatter with flaked almonds and bake for 50 mins until golden. Cool, remove from the tin and dust with icing sugar to serve.

QUOTE of the MONTH

“Whether you think you can, or you think you can't--you're right.”

-Henry Ford



CONTACTS

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scheduling@wyeoaktherapeutics.com

BILLING
443-249-3351

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

FOODS FOR OUR MOODS