

# MAY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Soul Haven Wellness &amp; Recovery Ctr</p> <p>121 E Antietam St. Hagerstown, MD. 21740 301-790-5054</p>	<p><b>MENTAL HEALTH AWARENESS MONTH</b></p>		<p><b>HAPPY MOTHER'S DAY</b></p>	<p>1</p> <ul style="list-style-type: none"> <li>• CO-OCCURRING- RG</li> <li>• WOMENS- MG</li> <li>• <b>WELLNESS WALK-DB</b></li> </ul>
<p>4</p> <ul style="list-style-type: none"> <li>• SUBSTANCE- RG</li> <li>• WEEKEND RECAP- DB</li> <li>• ANXIETY- CC</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>• GOALS- JS</li> <li>• FAMILY- RG</li> <li>• FRIENDSHIP- DB</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>• HARM REDUCTION-RG</li> <li>• RECREATION- JK</li> <li>• MOTIVATIONAL- JS</li> </ul> <p style="text-align: center;">*NURSE*</p>	<p>7</p> <ul style="list-style-type: none"> <li>• SELF CARE-CC</li> <li>• CRAVINGS- JK</li> <li>• SELF DOUBT -DB</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>• CO-OCCURRING-RG</li> <li>• <b>WELLNESS WALK-DB</b></li> <li>• PROJECT - DB</li> </ul> <p style="text-align: center;"><b>CELEBRATION DAY!</b></p>
<p>11</p> <ul style="list-style-type: none"> <li>• SUBSTANCE- RG</li> <li>• WEEKEND RECAP- DB</li> <li>• <b>SMOKING- CESSATION*</b></li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>• GOALS- JS</li> <li>• FAMILY- RG</li> <li>• RECOVERY JEAPORDY- CC</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>• <b>ORENDA*</b></li> <li>• POS. SELF TALK- JK</li> <li>• MOTIVATIONAL- JS</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>• <b>ELEVATE 11:00</b></li> <li>• HIV/STD- RG</li> <li>• RECOVERY CARDS- DB</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>• CO-OCCURRING- RG</li> <li>• <b>WELLNESS WALK-DB</b></li> <li>• SERIES- JK</li> </ul>
<p>18</p> <ul style="list-style-type: none"> <li>• SUBSTANCE- RG</li> <li>• <b>CARE FIRST*</b></li> <li>• FEAR IN A HAT- JK</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>• GOALS- JS</li> <li>• HOLISTIC- CC</li> <li>• CO-OCCURRING- RG</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>• FAMILY-RG</li> <li>• SELF REGARD-JK</li> <li>• MOTIVATIONAL- JS</li> </ul> <p style="text-align: center;">*NURSE*</p>	<p>21</p> <ul style="list-style-type: none"> <li>• MAY- RECAP-CC</li> <li>• GRIEF- JK</li> <li>• NARCAN- RG</li> </ul> <p style="text-align: center;"><b>EXPUNGEMENT DAY!</b></p>	<p>22</p> <ul style="list-style-type: none"> <li>• TRAUMA- JK</li> <li>• WOMENS- MG</li> <li>• <b>WELLNESS WALK-DB</b></li> </ul>
<p>25</p> <p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;">MEMORIAL DAY</p>	<p>26</p> <ul style="list-style-type: none"> <li>• GOALS- JS</li> <li>• FAMILY- RG</li> <li>• LONELINESS- DB</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>• <b>ART/SOUND</b></li> <li>• COOUTDOOR -CC</li> <li>• MOTIVATIONAL- JS</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>• SUBSTANCE- RG</li> <li>• WOMENS- MG</li> <li>• NEEDS/ WANTS- JK</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>• <b>WELLNESS WALK-DB</b></li> <li>• LIFE SKILLS- JS</li> <li>• RECREATION- CC</li> </ul>

**GROUP TIMES: 10:30AM      12:00PM      2:00PM      DAILY**