

JANUARY 2026



CAPE ASSIST
WELLNESS CENTER

LOOKING FOR HELP?

CALL OUR 24/7 HOTLINE TO TALK WITH
A CERTIFIED PEER RECOVERY SPECIALIST
& SEE HOW WE CAN SUPPORT YOUR
RECOVERY JOURNEY!

(609) 522-4375

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FOLLOW US
ON FACEBOOK



TODAS LAS
REUNIONES DE
VIERNES ESTÁN
DISPONIBLES EN
INGLÉS Y ESPAÑOL

CAPE ASSIST WELLNESS
CENTER COMMUNITY
OUTREACH
FRIDAYS FROM 2:00-4:00
AT CAPE ASSIST IN
WILDWOOD



6
MAT SUPPORT GROUP
ARS 9:00
HOPE ONE
OCEAN CITY LIBRARY
1-4



8
HOPE ONE
ANTOJO'S
10-1

9
SPANISH SUPPORT
11-1
CARPENTER'S SHOP
ALL RECOVERY 1:00
CAPE ASSIST, WILDWOOD

10
FAMILY SUPPORT
GROUP 3:30
OCEAN CITY LIBRARY

12
HOPE ONE
BRANCHES
9-12

13
MAT SUPPORT GROUP
ARS 9:00
HOPE ONE
REDEEMER FOOD BANK
9-12



15
HOPE ONE
WOODBINE
BOROUGH HALL
10-1

16
SPANISH SUPPORT
11-1
CARPENTER'S SHOP
ALL RECOVERY 1:00
CAPE ASSIST, WILDWOOD

17
FAMILY SUPPORT
GROUP 3:30
OCEAN CITY LIBRARY



20
MAT SUPPORT GROUP
ARS 9:00
HOPE ONE
ARS 9-12

21
HOPE ONE
LAZARUS HOUSE
10-12

22
HOPE ONE
WILDWOOD BUS TERMINAL
10-1

23
SPANISH SUPPORT
11-1
CARPENTER'S SHOP
ALL RECOVERY 1:00
CAPE ASSIST, WILDWOOD

24
FAMILY SUPPORT
GROUP 3:30
OCEAN CITY LIBRARY

26
HOPE ONE
BRANCHES
9-12

27
MAT SUPPORT GROUP
ARS 9:00
HOPE ONE
WALMART
10-1



29
HOPE ONE
DMV
1-4

30
SPANISH SUPPORT
11-1
CARPENTER'S SHOP
ALL RECOVERY 1:00
CAPE ASSIST, WILDWOOD

31
FAMILY SUPPORT
GROUP 3:30
OCEAN CITY LIBRARY