

Addiction:

Recovery in motion

What we offer. . . .

- One on One Peer Support
- Women and Men Support Groups
- Family Group
- Referrals to Inpatient and Outpatient Treatment
- Outreach van is equipped hygiene products, safe sex kits, wound care kits, Hep C / HIV testing and educational materials
- Linkage to Community Resources
- Training and Narcan Distribution
- Safe and sober place to hang out, play xbox or just relax!

In addition to our groups, we have multiple computers available for you to browse the internet, search for employment and apply for various programs.

Help is always available if you need assistance with job searching, resume building or aren't computer savvy!

There are no fees for ANY of our services or groups.
ALL are welcome!

Hours of Operation

Location

125 South Lynchburg Street
Chestertown, MD 21620 ([Map](#))

Telephone

Telephone: 410-778-1350
Fax: 410-778-6119
TTY 1-800-735-2258 Maryland Relay

Hours

Monday through Friday
8 a.m. to 4:30 p.m.

Avenues Recovery Center

About Us

Avenues Recovery Center at Eastern Shore is a warm, community-based residential rehabilitation center located in Cambridge, Maryland, offering the highest standard of patient-centric care. Featuring an unusually effective

treatment regimen that spawns long-lasting results, our Cambridge rehab's evidence-based and customized care is guaranteed to serve as your springboard to success.

Where You'll Stay

It's widely proven that inpatient treatment yields the best outcomes. Getting treatment in a safe, structured environment, removed from any triggers, gives you the support you need to heal and develop healthy coping skills.

At Avenues Eastern Shore Cambridge rehab, you'll reside in our beautiful, newly-renovated 104 bed drug and alcohol rehab center facility. Airy bedrooms, en-suite bathrooms, a large kitchen and cafeteria, spacious lounges and common areas, medical and clinical offices and group rooms all come together under one roof - offering you the greatest ease and comfort as you begin your recovery journey.

- Fresh, Modern Accommodations
- Expansive Grounds
- State-of-the art gym
- Basketball Court
- Outdoor Patio and Picnic Benches
- On-Site Laundromat
- Gourmet, Nutritious Meals Daily
- Lounge and Recreational Areas
- Local Transportation Provided

Additionally, Avenues partners with step-down sober living apartments to accommodate post-treatment clients who can benefit from additional structure and support.

What You'll Do

Should you require alcohol or drug detox, you'll start off in our comfortable, serene detox center beneath round-the-clock medical care. Once you've been medically cleared, you'll join the rehabilitation center program - and your schedule will be full of individual therapy, interactive group sessions, classes, workshops, and fun recovery-focused activities. You'll be supported throughout by a top-notch medical and clinical team, and a wonderful community of like-minded people on the road to recovery. Day by day, you'll grow stronger as you develop the tools and coping skills necessary to lead the life of your dreams.

- Individual and Group Therapy
- Family and Couple Counseling Sessions
- Daily 12 - Step Meetings - AA, NA, CA, HA
- Alternative Therapies
- Art, Music, Yoga, Nature and Meditation
- Enjoyable Weekend Activities

Treatment Modalities

No two people are alike, and no two recovery journeys are alike. That's why at Avenues drug and alcohol rehab in Cambridge, we select from a range of evidence-based therapies to create a customized treatment plan specially crafted to address your strengths and weaknesses. Our multidisciplinary staff of

medical and clinical specialists all excel at what they do, and are trained to seek the root of your addiction so they can facilitate healing on every level.

- Alcohol Detox
- Drug Detox
- 24/7 Medical Care
- Expert Psychiatric Care
- Inpatient Rehab
- Individual Therapy
- Group Therapy
- Dual Diagnosis
- Family and Couple Counseling Sessions
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Motivational Interviewing (MI)
- Immersive 12 - Step Programming
- Holistic Arts Track
- Medication - Assisted Treatment

Hours of Operation

Open 24 hours