



A→VENUES

At Avenues Recovery Center in Maryland, we'll help you recover with cutting-edge care and a sober community that's with you for life.



HOW YOU'LL RECOVER AT AVENUES

Taking that very first  
step in recovery is *huge*.

We'll be there for you,  
every step of the way.



HOW YOU'LL GROW HERE

# We'll never, *ever* give up on you.

The most important part of recovery is believing in yourself – but that can be hard. The Avenues team will be your biggest cheerleaders!



# Family is important. We'll help you *heal yours*.

Addiction affects the whole family unit. Which is why we invite your family to be part of the conversation – and help it heal from within.

# A person is as healthy as their *community*.

Having a caring, supportive, and fun sober community of peers and loved ones is essential to maintaining sobriety! The Avenues Alumni program stays with you for life.



**Evidence-based program**

Individual, group + family therapy



**Holistic programming**

Connect mind, body & soul



**Psychiatric + medical care**

Treat co-occurring disorders



## WHAT YOU'LL DO AT AVENUES

# A vibrant space to connect, grow, and heal.

At Avenues, we treat addiction like the disease it is. By utilizing clinical modalities that focus on deep inner healing and self, we can treat the underlying root cause of addiction – and prepare you for the journey ahead.

- Customized Care Plans
- CBT, DBT, & Group Therapy
- Motivational Interviewing
- Rational Emotive Behavior Therapy
- Family & Couples Counseling
- Weekend Family Programs
- Mindfulness-Based Relapse Prevention
- Yoga, Meditation, and Outdoor Activities
- Relationship Management Workshops
- Community Skills Groups
- Psychoeducational Training
- Multidisciplinary team of doctors, psychiatrists, & addiction specialists





# The recovery journey doesn't stop. *Neither do we.*



## Residential

A life-changing clinical program, loving team and supportive community in a modern space.



## Aftercare Planning

Get a leg up in the real world with workforce reentry support, AA and NA introduction, and more!



## PHP & IOP

Follow up residential care with our step-down programs to learn how to apply your sober skills to life.



## Alumni Program

Avenues Alumni is our forever-there-for-you social network with connection, support, meetups, and fun.



# Avenues at Prince Frederick



Without Avenues, I wouldn't be the person that I am today. I learned accountability and stability as well as focusing on how my addiction started by helping me focus on my past trauma and **how to love myself**. I am now 9 months clean. Thank you for showing me how to love myself.

Ashley L.



I am beyond thankful for Avenues!! Their awesome staff helped a family member of mine have a completely different outlook on life within the 60 days of their stay there. They teach many different coping skills to help someone struggling with substance abuse **learn how to maintain a healthy positive life**.

Renee D.

# Avenues at *Eastern Shore*



Avenues not only showed me love and kindness, they taught me how to trust. They gave me great tools for a new way to live. **I'm 140 days clean and sober.** They continue to check in even after I've graduated. It's like a family, the staff cares about each person. Thank you Avenues for everything you have given me.

Jane M.



I have unfortunately been to quite a few treatment centers, and this was **hands down the best one I've been to.** The staff truly has compassion and do everything to help you succeed. Community is strongly encouraged, which has definitely been one of the major factors that has helped me since I completed. They truly saved my life.

Daniel C.



AVENUES



Hey, Maryland,  
we're here for you.

**AVENUES AT  
PRINCE FREDERICK**

125 Fairground Road, Prince Frederick, MD 20678  
P (410) 535-8930 | F (443) 972-5692

**AVENUES AT  
EASTERN SHORE**

821 Fieldcrest Rd, Cambridge, MD 21613  
P (443) 972-5662 | F (443) 972-5691

**GET STARTED**

E [admissions@avenuesrecovery.com](mailto:admissions@avenuesrecovery.com)  
[avenuesrecovery.com](https://avenuesrecovery.com)

**ACCEPTED  
INSURANCE PLANS**

Aetna, Cigna, CareFirst BCBS, John Hopkins, Kaiser Permanente, Tricare, VA CCN, Medicaid- Optum, Aetna Better Health, Anthem BCBS, Anthem HealthKeepers, Setara Health Plans, United Healthcare Community Plan, Traditional Medicaid, Highmark BCBS, Highmark Health Options, AmeriHealth Caritas, Delaware First Health, Ambetter Health