






Chesapeake Voyagers, Inc. (CVI)

July 2018

Wellness & Recovery Center/Peer Support

342C N. Aurora St. Easton, MD 21601

Phone: 410-822-1601

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <u>OPEN 11-6PM</u> 11am-Meditation Monday 4pm- Work on Wellness (WOW) Workshop	3 <u>OPEN 11-6PM</u> 4th of July Picnic! Bring a dish to share! 3 pm	4 Closed for 4 th of July Have a safe Holiday! 	5 CVI CLOSED	6 <u>OPEN 11-6pm</u> 2pm- Social & Life Skills Group 3pm-Coffee, Goodies and Conversation	7
1-on-1 Peer Support Available during open hours and by phone.	9 <u>OPEN 11-6PM</u> 11am-Meditation 3pm - WRAP Support Group 4pm- Work on Wellness (WOW) Workshop	10 <u>OPEN 11-6pm</u> 2pm-Emotions Anonymous 3pm-Consumer Council 4pm-Tuesday's Toolbox-Karaoke 6:30pm Adult Children of Alcoholics	11 <u>OPEN 11-6PM</u> 1pm- Bingo- NEW TIME!!! 4pm-Depression & Anxiety Recovery Group	12 CVI CLOSED	13 <u>OPEN 11-6pm</u> 2pm- Social & Life Skills Group 3pm-Coffee, Goodies and Conversation	14
	16 <u>OPEN 11-6PM</u> 11am-Meditation Monday 4pm- Work on Wellness (WOW) Workshop	17 <u>OPEN 11-6pm</u> 2pm-Emotions Anonymous 4pm-Tuesday's Toolbox 6:30pm Adult Children of Alcoholics	18 <u>OPEN 11-6PM</u> 1pm- Bingo- NEW TIME!!! 3:00pm CRAFT 4pm-Depression & Anxiety Recovery Group	19 CVI CLOSED	20 <u>OPEN 11-6pm</u> 2pm-Social & Life Skills Group Social Night 5pm  	21 If your Birthday is this month we will celebrate during Social Night
	23 <u>OPEN 11-6PM</u> 11am-Meditation Monday 4pm- Dinner	24 <u>OPEN 11-6pm</u> 2pm-Emotions Anonymous 4pm-Tuesday's Toolbox-Games 6:30pm Adult Children of Alcoholics	25 <u>OPEN 11-6PM</u> 1pm- Bingo- NEW TIME!!! 4pm-Depression & Anxiety Recovery Group	26 CVI CLOSED	27 <u>OPEN 11-6pm</u> 2pm- Social & Life Skills Group 3pm-Coffee, Goodies and Conversation	28
29	30 <u>OPEN 11-6pm</u> 11am-Meditation Monday 12pm-Lunch 'N' Learn 4pm- Work on Wellness (WOW) Workshop	31 <u>OPEN 11-pm</u> 2pm-Emotions Anonymous 3pm: Cookies with Cora 4pm- Tuesdays Toolbox Connection topic 6:30pm Adult Children of Alcoholics	Lunch 'N' Learn- Lindy Lewis will present on the use of Anti-depressants and anti-anxiety medications. Learn about the history, usage, and side effects. This is free but you MUST pre-register by calling 410-822-1601. 4th of July Picnic- Join us on July 3rd at 3pm to celebrate Independence Day! Bring a side dish or desert to share! RSVP by 6/29/18.			

Chesapeake Voyagers, Inc. – Talbot County Location

Activity Details for June 2018

What is Peer Support?

Peer support begins and ends with the individual. We look at the “whole” person, not just one aspect, such as an addiction or Mental Health issue. By understanding and respecting each individual’s worldview, establishing a connection, meeting them where they are on their terms and encouraging them to move towards accomplishing goals, we empower each other to practice self-directed care and ultimately, achieve the life desired. The foundation of Peer Support is shared lived experiences. Peer support Specialists are those who are currently or have in the past lived with a mental health and/or addiction/substance use issue. This gives them the best starting point from which to offer support, their own life experience. Only those who have been through something in life can fully understand what that experience is like. We understand that we don’t have all the answers! We are on this road of recovery, just the same as everyone else. We are not “above you” or in “authority over you”. No one knows what you need at any given moment, better than you. We can however, come beside you to listen, support, and offer resources that can help you on your individual journey.

Special Events

July 3rd 3pm-4th of July Picnic. We will be grilling hamburgers and hotdogs! Please bring a side dish or dessert to share!

July 10th 3pm - Consumer Council Meeting at Chesapeake Voyagers, Inc. 3:00pm. If you receive behavioral health services, you are welcome to attend Consumer Council which meets every month to discuss the local and state initiatives regarding the Public Behavioral Health System. For more information contact Mid Shore Behavioral Health Systems at 410-770-4801 or CVI at 410-822-1601.

July 9th 3pm - WRAP Support Group- If you have taken a WRAP (Wellness Recovery Action Plan) class or you are considering taking it, this support group is a great follow up and a way to get more involved in your WRAP. It is open to everyone!

July 20th 5pm- Social Night- Enjoy food, games, and fun with other peers! All are welcome and we will celebrate this month’s birthdays!

July 30th Lunch and Learn. Lindy Lewis, Ph.D., will be here to discuss the usage, side effects and history of Anti-depressant and anti-anxiety drugs. Please register by calling 410-822-1601 or emailing asullivan@chesapeakevoyagers.org

Phone: 410-822-1601 Fax: 410-822-1621