




# Chesapeake Voyagers, Inc. (CVI)

**November 2018**

## Wellness & Recovery Center/Peer Support

342C N. Aurora St. Easton, MD 21601

Phone: 410-822-1601

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Nov. 19<sup>th</sup> Lunch 'N' Lean:</b> Talbot Hospice will join us to talk about loss and grief, especially around the holiday season. This is free but you must register by calling Avra at 410-822-1601 or by email at <a href="mailto:asullivan@chesapeakevoyagers.org">asullivan@chesapeakevoyagers.org</a>				<b>1</b>  CVI CLOSED	<b>2</b> <u>OPEN 11-6pm</u> <b>2pm</b> - Social & Life Skills Group <b>3pm</b> -Coffee, Goodies and Conversation	<b>3</b>
<b>Nov.16<sup>th</sup> -Instruments of Healing!</b> Try your hand at an instrument or sing! Learn about the role of music in recovery! Dinner to follow. Please RSVP by 11/14						
<b>4</b>  1-on-1 Peer Support Available during open hours and by phone.	<b>5</b> <u>OPEN 11-6PM</u> <b>11am</b> -Meditation Monday <b>4pm</b> - Work on Wellness (WOW) Workshop-GRATITUDE	<b>6</b> <u>OPEN 11-6pm</u> <b>2pm</b> -Emotions Anonymous <b>4pm</b> -Tuesday's Toolbox <b>6:30pm</b> Adult Children of Alcoholics	<b>7</b> <u>OPEN 11-6PM</u> <b>1pm</b> - Bingo <b>4pm</b> -Depression & Anxiety Recovery Group	<b>8</b>  Anti-Stigma trip to D.C.	<b>9</b> <u>OPEN 11-6pm</u> <b>2pm</b> - Social & Life Skills Group <b>3pm</b> -Coffee, Goodies and Conversation	<b>10</b>  
	<b>12</b> <u>OPEN 11-6PM</u> <b>11am</b> -Meditation Monday <b>4pm</b> - Work on Wellness (WOW) Workshop	<b>13</b> <u>OPEN 11-6pm</u> <b>2pm</b> -Emotions Anonymous <b>3pm</b> Consumer Council <b>4pm</b> -Tuesday's Toolbox <b>6:30pm</b> Adult Children of Alcoholics	<b>14</b> <u>OPEN 11-6PM</u> <b>1pm</b> - Bingo <b>3pm</b> - Crafts <b>4pm</b> -Depression & Anxiety Recovery Group			
<b>18</b>	<b>19</b> <u>OPEN 11-6PM</u> <b>11am</b> -Meditation Monday <b>12pm</b> - Lunch 'N' Learn- Grief and the holidays <b>4pm</b> - Work on Wellness (WOW) Workshop	<b>20</b> <u>OPEN 11-6pm</u> <b>2pm</b> -Emotions Anonymous <b>4pm</b> -Tuesday's Toolbox <b>6:30pm</b> Adult Children of Alcoholics	<b>21</b> <u>OPEN 11-6PM</u> <b>1pm</b> - Bingo <b>4pm</b> -Depression & Anxiety Recovery Group	<b>22</b> <u>OPEN 12-3PM</u>  <b>Thanksgiving Dinner 1pm</b> <b>PLEASE RSVP BY 11/16</b>	<b>23</b> <u>OPEN 11-6pm</u> <b>2pm</b> - Social & Life Skills Group <b>3pm</b> -Coffee, Goodies and Conversation	<b>24</b>
	<b>25</b>	<b>26</b> <u>OPEN 11-6PM</u> <b>11am</b> -Meditation Monday <b>4pm</b> -Monday night dinner	<b>27</b> <u>OPEN 11-6pm</u> <b>2pm</b> -Emotions Anonymous <b>3pm</b> - Cookies with Cora <b>4pm</b> -Tuesday's Toolbox <b>6:30pm</b> Adult Children of Alcoholics			

# Chesapeake Voyagers, Inc. – Talbot County Location

## Activity Details for November 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

**November 13<sup>th</sup> @ 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.

**November 16<sup>th</sup> @ 5pm- Social Night with Special Guests Instruments of Healing-** Enjoy food, games, and fun with other peers! Have a go at playing an instrument, singing, and learn about the role of music in recovery!

**November 19<sup>th</sup> @ 12pm - Lunch and Learn.** Talbot Hospice will be here to discuss grief and particularly how to deal with grief during the holidays. Please sign up by emailing Avra at [asullivan@chesapeakevoyagers.org](mailto:asullivan@chesapeakevoyagers.org) or calling the center.

**November 22<sup>nd</sup>**- CVI will be open Thanksgiving Day from 12-3pm with a buffet dinner being served at 1pm. Please RSVP by November 16<sup>th</sup> to Avra by calling 410-822-1601 or by email at [asullivan@chesapeakevoyagers.org](mailto:asullivan@chesapeakevoyagers.org)

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