

Chesapeake Voyagers, Inc.

Peer Support Groups on the Mid-Shore

November 2021

Caroline County

OVERCOMING
DEPRESSION &
ANXIETY GROUP

When: Mondays at
3:30pm (see below to
confirm dates)

Where:

His Hope Haven
Resource Center
105 Gay St.
Denton, MD 21629

November 1st, 8th, 15th, 22nd
(Group will NOT be held on the 29th)

Dorchester County

Due to shortage of staff we
will not be able to have a
support group available in
Dorchester County this month.



Kent County

BOUNCE BACK!
RESILIENCY OVER
TRAUMA GROUP

When: Wednesdays
at 9:30am (see below
to confirm dates)

Where:

Recovery In Motion
(RIM) Recovery
Community Center
300 Scheeler Rd.
Chestertown, MD
21620
November 3rd, 10th, 17th

Queen Anne's County

Due to shortage of staff we
will not be able to have a
support group available in
Queen Anne's County this
month.



**Any questions, please contact Chesapeake Voyagers, Inc. Wellness & Recovery Center at
410-822-1601 or visit our website at www.chesapeakevoyager.org**

Overcoming Depression & Anxiety Group: If you struggle with depression and/or anxiety, you are not alone. Depression affects 14.8 million American adults and Anxiety affects 40 million. This group offers support and hope in a positive, recovery oriented environment.

Resiliency Over Trauma: This group looks at the effects of trauma, regardless of the type or when it occurred, on individuals and how we can overcome those effects.

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. Groups are facilitated by Peer Support Specialists who are currently or have in the past lived with a mental health and/or addiction/substance use challenge. 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.