

# Chesapeake Voyagers, Inc. (CVI) Wellness & Recovery Center/Peer Support

607 Dutchman's Lane Easton, MD 21601 410-822-1601

**November 2021**

**OPEN HOURS – Monday: 1pm-5pm Tuesday-Friday: 9am-5pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> We open at 1pm on Mondays  3pm Animal Hour	<b>2</b> 12:00 Music group 1:00 EA 3:00 Practicing Positivity	<b>3</b> 12:00 Bingo 2:00 ACOA* 3:00 Creative Living	<b>4</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety  Online group 3pm-Overcoming Depression and Anxiety	<b>5</b> 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*	<b>6</b> Temporarily CLOSED on Saturdays
7	<b>8</b> We open at 1pm on Mondays  3pm Animal Hour	<b>9</b> 12:00 Music group 1:00 EA 3:00 Practicing Positivity	<b>10</b> 12:00 Bingo 2:00 ACOA* 3:00 Creative Living	<b>11 CLOSED</b>  	<b>12</b> 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*	<b>13</b> Temporarily CLOSED on Saturdays
14	<b>15</b> We open at 1pm on Mondays  3pm Animal Hour	<b>16</b> 12:00 Music group 1:00 EA 3:00 Practicing Positivity 3:00 – *The People's Roundtable	<b>17</b> 12:00 Bingo 2:00 ACOA* 3:00 Creative Living  	<b>18</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety  Online group 3pm-Overcoming Depression and Anxiety	<b>19</b> 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*  	<b>20</b> Temporarily CLOSED on Saturdays
21	<b>22</b> We open at 1pm on Mondays  3pm Animal Hour	<b>23</b> <b>Special Thanksgiving Celebration with Dinner at 3pm</b>	<b>24</b> <b>CLOSED for Thanksgiving Holiday!</b>	<b>25</b>  <b>CLOSED for Thanksgiving Holiday!</b>	<b>26</b> <b>CLOSED for Thanksgiving Holiday!</b>	<b>27</b> <b>Special Holiday Breakfast 10am</b>
28	<b>29</b> We open at 1pm on Mondays  3pm Animal Hour	<b>30</b> 12:00 Special Presentation from Mobile Crisis 1:00 EA 3:00 Practicing Positivity	<b>Tuesday, November 23<sup>rd</sup></b> for a Special Thanksgiving Celebration with dinner served at 3pm! Please RSVP to Avra by 11/15.  <b>Tuesday, November 30<sup>th</sup></b> at 12pm –A special presentation by Mobile Crisis. Learn <u><a href="#">about the services they offer for those in crisis situations and how to access them.</a></u>			

\*CGC – Coffee, Goodies & Conversation ACOA – Adult Children of Alcoholics

# Chesapeake Voyagers, Inc. – Talbot County Location

## Activity Details for **November 2021**

**We are now open at our NEW location!!**

**Come visit us at 607 Dutchman’s Lane!** We have lots of additional space and are excited about using it to better serve the community!

In addition, we are back to being open on a walk in basis!

You no longer need to call ahead, just come on in!

**If you live in the town of Easton, we will provide transportation to and from CVI Monday – Friday**

**To be picked up, you must call 24 hours in advance.**

**To be taken home you must sign up when you come in by 2:30 pm.**

**To sign up or if you have questions, please call 410-253-1720**



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### 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.