

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

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

## January 2024

Monday: 12pm-4:30pm Tuesday - Friday: 10am-4:30pm Saturdays 9am-12pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>CLOSED</b>  <b>HAPPY New Year</b>	<b>2</b> 12:00 Emotions Anonymous – In person and Online <b>1:00 NEW YEARS CELEBRATION</b>	<b>3</b> <b>12:00 Bingo</b> <b>1:30 Women's Group</b> <b>3:00 Creative Living</b>	<b>4</b> <b>1:00 Mindfulness</b> <b>3:00 Overcoming Depression and Anxiety In-Person &amp; Online</b>	<b>5</b> 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	<b>6</b> <b>9am-12pm Breakfast &amp; Get Together with friends</b>
<b>7</b>	<b>8</b> <i>12:30 Lunch and Learn with Tyrone from Aflac</i>  <i>3:00 Game hour</i>	<b>9</b> 12:00 Emotions Anonymous – In person and Online 1:30 Music Group 3:00 Practicing Positivity	<b>10</b> <b>12:00 Bingo</b> <b>1:30 Women's Group</b> <b>3:00 Creative Living</b>	<b>11</b> <b>1:00 Mindfulness</b> <b>3:00 Overcoming Depression and Anxiety In-Person &amp; Online</b>	<b>12</b> 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	<b>13</b> <b>9am-12pm Breakfast &amp; Get Together with friends</b>
<b>14</b>	<b>15</b> <b>CLOSED in recognition of Martin Luther King Jr. Day</b>	<b>16</b> 12:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity	<b>17</b> <b>12:00 Bingo</b> <b>1:30 Women's Group</b> <b>3:00 Creative Living</b>	<b>18</b> <b>1:00 Mindfulness</b> <b>3:00 Overcoming Depression and Anxiety In-Person &amp; Online</b>	<b>19</b> 12:00 Trauma Resiliency 3:00 People's Roundtable during Coffee, Goodies, Conversation	<b>20</b> <b>9am-12pm Breakfast &amp; Get Together with friends</b>
<b>21</b>	<b>22</b> <i>12:30 Lunch and Learn with Eastern Shore Crisis Response Services</i>  <i>3:00 Game hour</i>	<b>23</b> 12:00 Emotions Anonymous – In person and Online 1:30 Music Group 3:00 Practicing Positivity	<b>24</b> <b>12:00 Bingo</b> <b>1:30 Women's Group</b> <b>3:00 Creative Living</b>	<b>25</b> <b>1:00 Mindfulness</b> <b>3:00 Overcoming Depression and Anxiety In-Person &amp; Online</b>	<b>26</b> 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	<b>27</b> <b>9am-12pm Breakfast &amp; Get Together with friends</b>
<b>28</b>	<b>29 OPEN at 11am</b> <b>Instruments of Healing Event 11am - 1pm</b> <b>Lunch will be served</b>	<b>30</b> 12:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity	<b>31</b> <b>12:00 Bingo</b> <b>1:30 Women's Group</b> <b>3:00 Creative Living</b>	1/1- Closed for New Years 1/2 New Year's Celebration! 1/15 Closed in recognition of MLK Jr. 1/19 People's Roundtable <b>1/29 Join us for Instruments of Healing and see how music can benefit you in your recovery. Explore using different musical instruments, sing, or just listen and have fun. No musical experience needed!</b>		

# Chesapeake Voyagers, Inc. – Talbot County Location

## Activity Details for **January 2024**

**We are open on a walk-in basis and everyone is welcome!**

**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 410-822-1601**



**Online Support Groups are available through Zoom and by Phone!!**

**Emotions Anonymous on Tuesdays @ 12pm – Use Meeting ID# 872 2311 6878**

**Overcoming Depression & Anxiety on Thursdays @ 3pm - Use Meeting ID# 849  
3783 4824 or to join by phone, call 301-715-8592 (phone number for both)**

For questions or help with signing on, call 410-822-1601

## **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.