

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

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

April 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1:00 Spring Celebration!  3:00 Game hour	2 12:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity	3 12:00 Bingo 3:00 Creative Living	4 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online	5 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	6 CLOSED Sorry, No Breakfast 
7	8 12:30 Lunch and Learn: The topic of <u>Joy</u> with Esther Curtis 3:00 Game Hour	9 12:00 Emotions Anonymous – In person and Online 1:30 Music Group 3:00 Practicing Positivity	10 CLOSED FOR STAFF TRAINING 	11 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online	12 12:00 Trauma Resiliency 3:00 People's Roundtable during Coffee, Goodies, Conversation	13 9am-12pm Breakfast & Get Together with friends
14	15 1:00 Focus Renew Empower Encourage 3:00 Game Hour	16 12:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity	17 12:00 Bingo 3:00 Creative Living	18 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online	19 CLOSED FOR STAFF TRAINING 	20 9am-12pm Breakfast & Get Together with friends
21	22 1:00 Nature Outing! Let's explore the outdoors! 3:00 Game Hour	23 CLOSED FOR STAFF TRAINING 	24 12:00 Bingo 3:00 Creative Living	25 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online	26 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	27 9am-12pm Breakfast & Get Together with friends
28	29 Closed for trip to On Our Own of Carroll County 	30 Closed for a trip to the Shore Birds game! Call to sign up! The deadline is April 5 th !	April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. 			

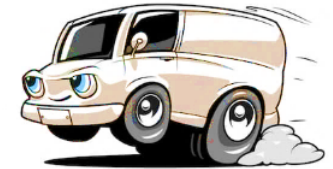
Chesapeake Voyagers, Inc. – Talbot County Location

Activity Details for **April 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.