








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

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

June 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>On June 19th, Americans will observe our nation's youngest federal holiday. In 2021 Juneteenth was declared a federal holiday that commemorates the end of slavery in America through the issuing of the Emancipation Proclamation. It is a day dedicated to celebrating accomplishments, justice and freedom for Black people, as well as reflection on the continuing struggle for equity.</p> 		<p>Join us at the Delmarva Pride Festival on June 15th from 11am - 4pm. All are welcome to show support for the LGBTQ community at this free street festival celebrating Pride in Delmarva. Vendors, live performances, and joy! S. Harrison and E. Dover Streets Easton, MD</p> 			<p>1 9am-12pm Breakfast & Get Together with friends</p>
2	<p>3 1:00 Summer Celebration! Food, fun and games!</p> 	<p>4 11:00 Emotions Anonymous – In person and Online 1:30 Music Group 3:00 Practicing Positivity</p>	<p>5 12:00 Bingo 2:30 Creative Living</p>	<p>6 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online</p>	<p>7 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation</p>	<p>8 9am-12pm Breakfast & Get Together with friends</p>
9	<p>10 1:00 Focus Renew Empower Encourage 3:00 Game Hour</p>	<p>11 11:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity</p>	<p>12 12:00 Bingo 2:30 Creative Living</p>	<p>13 CLOSED OC trip</p> 	<p>14 CLOSED for Staff Development</p>	<p>15 9am-12pm Breakfast & Get Together with friends</p>
16	<p>17 1:00 CRAFTS with Alexis 3:00 Game Hour</p> 	<p>18 11:00 Emotions Anonymous – In person and Online 1:30 Music Group 3:00 Practicing Positivity</p>	<p>19 CLOSED for Juneteenth</p> 	<p>20 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online</p>	<p>21 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation</p>	<p>22 CLOSED</p>  <p>No Breakfast</p>
23	<p>24 12:30 Lunch 1:00 "Get to Know Us" Get to know Diane Lane as she walks you through her journey of life as a fellow peer!</p>	<p>25 11:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity</p>	<p>26 12:00 Bingo 2:30 Creative Living</p>	<p>27 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online</p>	<p>28 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation</p>	<p>29 9am-12pm Breakfast & Get Together with friends</p>
30	<p>3:00 Game Hour</p>					

Chesapeake Voyagers, Inc. – Talbot County Location

Activity Details for **June 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 @ 11am – 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.