

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

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

# October 2024

Mon: 12pm-4:30pm Tues & Fri: 10am-4:30pm Wed & Thurs: 10am – 8pm Sat: 9am-12pm

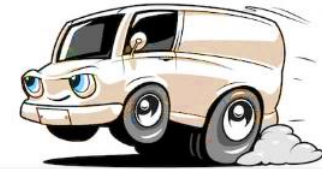
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Recognizing Sober October</b> Take on this challenge to Abstain from Alcohol during the whole month of October! This challenge can lead to increased clarity, improved sleep and enhanced overall wellbeing. If you take on this challenge we would love to hear about it!	<b>1</b> 11:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity	<b>2</b> 12:00 Bingo 2:30 Creative Living 5-8pm Young Adult Program	<b>3</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm Young Adult Program	<b>4</b> 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	<b>5</b> 9am-12pm Breakfast & Get Together with friends
<b>6</b>	<b>7</b> 1:00 Crafts with Miki  3:00 Game hour	<b>8</b> 11:00 Emotions Anonymous – In person and Online 1:30 Music Group 3:00 Practicing Positivity	<b>9</b> CLOSED until 5:00pm 5-8pm Young Adult Program	<b>10</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm Young Adult Program	<b>11</b> 12:00 Trauma Resiliency 3:00 People's Roundtable during Coffee, Goodies, Conversation	<b>12</b> 9am-12pm Breakfast & Get Together with friends
<b>13</b>	<b>14</b> CLOSED to observe Columbus Day and Indigenous Peoples Day	<b>15</b> 11:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity	<b>16</b> 12:00 Bingo 2:30 Creative Living 5-8pm Young Adult Program	<b>17</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm Young Adult Program	<b>18</b> 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	<b>19</b> 9am-12pm Breakfast & Get Together with friends
<b>20</b>	<b>21</b> 1:00 Pumpkin Decorating... paint, carve, color...  3:00 Game hour	<b>22</b> 11:00 Emotions Anonymous – In person and Online 1:30 Music Group 3:00 Practicing Positivity	<b>23</b> 12:00 Bingo 2:30 Creative Living 5-8pm Young Adult Program	<b>24</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm Young Adult Program	<b>25</b> 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation & OCTOBER Birthday Celebration!	<b>26</b> 9am-12pm Breakfast & Get Together with friends
<b>27</b>	<b>28</b> 12:30 Lunch 1:00 "Get to Know Us" Get to know Arielle Huettnier as she walks you through her journey of life as a fellow peer! 3:00 Game Hour	<b>29</b> 11:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity	<b>30</b> 12:00 Bingo 2:30 Creative Living Haunted House 6pm 	<b>31</b> Halloween Party  12:00 NO YOUNG ADULT PROGRAM TONIGHT	Haunted House Walk through Event on October 30 <sup>th</sup> 6-8pm.  WARNING: There will be SCARY things like jump scares and gore so if you get scared easily this is not for you. October 31 <sup>st</sup> – Halloween Party! Food, Fun, Costume Contest! Starts at 12:00	

# Chesapeake Voyagers, Inc. – Talbot County Location

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

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

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