

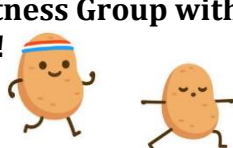





Chesapeake Voyagers, Inc. (CVI) Wellness & Recovery Center/Peer Support

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

September 2024

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

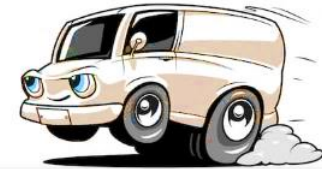
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Closed for Labor Day! 	3 11:00 Emotions Anonymous – In person and Online 1pm Labor Day Party!	4 12:00 Bingo 2:30 Creative Living <hr/> 5-8pm Young Adult Program	5 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> 5-8pm Young Adult Program	6 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	7 9am-12pm Breakfast & Get Together with friends	
8 	9 1:00 Fitness Group with Johnny!  3:00 Game hour	10 11:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity	11 12:00 Bingo 2:30 Creative Living <hr/> 5-8pm Young Adult Program	12 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> 5-8pm Young Adult Program	13 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	14 9am-12pm Breakfast & Get Together with friends	
15	16 1:00 Crafts with Miki  3:00 Game hour	17 11:00 Emotions Anonymous – In person and Online 1:30 Music Group 3:00 Practicing Positivity	18 12:00 Bingo 2:30 Creative Living <hr/> 5-8pm Young Adult Program	19 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> 5-8pm Young Adult Program	20 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	21 CLOSED No Breakfast 	
22	23 12:30 Lunch & 1:00 "Get to Know Us" Get to know Brandon Greenwood as he walks you through his journey of life as a fellow peer! 3:00 Game Hour	24 CLOSED – Hosting WRAP Training from On Our Own of Maryland!	25 CLOSED – Hosting WRAP Training from On Our Own of Maryland!	26 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> 5-8pm Young Adult Program	27 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation & Birthday Celebration!	28 9am-12pm Breakfast & Get Together with friends	
29	30 12:30 Lunch & 1:00 Presentation with Kenneth from Maryland Center of Excellence on Problem Gambling 3:00 Game Hour	Introducing our NEW Young Adult Program (YAP)! Geared towards 18-35 year olds to provide Peer Support for Young Adults! September 4 th and 5 th - YAP Social! Food, Fun, Check it out and get to know us so we can get to know you! Wednesdays and Thursdays of this month... September 11 th , 12 th , 19 th , and the 26 th : Support groups regarding Depression, Anxiety, Practicing Positivity and Mindfulness Social Hour, Activities, Food, Games, Have a great time in a safe space made just for your needs! Have Questions? Want to Chat? Call Brandon or Arielle					

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.