








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

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

November 2024

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

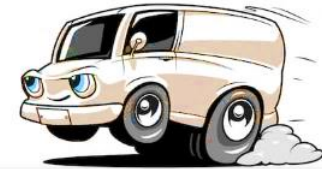
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NEW GROUP STARTING THIS MONTH! <u>Grief Support Group Fridays @ 10:30am</u> <i>No matter who you have lost or how long it's been, grieving is not easy but you are not alone. Surround yourself with your peers who know what it's like. If you have any questions, call or stop in to talk to Jackie.</i></p>						
3	4 12:30 Lunch & 1:00 "Get to Know Us" Get to know Tanis Duckery as she walks you through her journey of life as a fellow peer! 3:00 Game hour	5 11:00 Emotions Anonymous – In person and Online 1:30 Music Group 3:00 Practicing Positivity	6 12:00 Bingo 2:30 Creative Living <hr/> 5-8pm Young Adult Program	7 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> Sorry, NO Young Adult Program Tonight	8 **NEW 10:30 Grief Support Group 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	9 9am-12pm Breakfast & Get Together with friends 
10	11 CLOSED to observe Veteran's Day 	12 11:00 Emotions Anonymous – In person and Online 1:30 Craft Group 3:00 Practicing Positivity	13 12:00 Bingo 2:30 Creative Living <hr/> 5-8pm Young Adult Program	14 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> 5-8pm Young Adult Program	15 **NEW 10:30 Grief Support Group 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	16 9am-12pm Breakfast & Get Together with friends
17	18 1:00 Making Healthy Smoothies with Johnnv & Jackie! 3:00 Game hour 	19 CLOSED Today Come see us Tomorrow!!	20 12:00 Bingo 2:30 Creative Living <hr/> 5-8pm Young Adult Program	21 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> 5-8pm Young Adult Program	22 Thanksgiving Celebration 12:00pm Sign up by 11/15 	23 9am-12pm Breakfast & Get Together with friends
24	25 1:00 Crafts with Miki  3:00 Game hour	26 11:00 Emotions Anonymous – In person and Online 1:30 Craft Group – Make a Christmas wreath with Tanis 3:00 Practicing Positivity	27 12:00 Bingo 2:30 Creative Living <hr/> 5-8pm Young Adult Program	28 CLOSED for Thanksgiving Break November 28th – 30th 	29	30

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.