




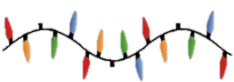




Chesapeake Voyagers, Inc. (CVI) Wellness & Recovery Center/Peer Support

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

December 2024

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

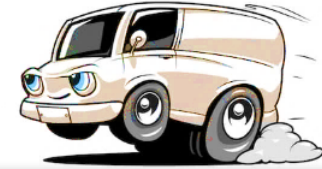
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1:00: Making Banana Fluff Pudding with Brandon!  3:00 Game hour	3 11:00 Emotions Anonymous In person and Online 1:30 Music Group 3:00 Practicing Positivity	4 12:00 Bingo 2:30 Creative Living <hr/> 5-8pm YAP 5pm Check in Session Activity: Candle Making	5 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> 5-8pm YAP 5pm Anxiety Resiliency Activity: Trivia Night!	6 10:30 Grief Support Group 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	7 9am-12pm Breakfast & Get Together with friends
8	9 12:30 Lunch & Learn 1:00 Presentation by Lea on Sun Behavioral Health. Addiction and Mental Health support. 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/> Sorry, NO Young Adult Program Tonight	12 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> 5-8pm YAP Activity: Bowling! Leave at 5:15pm! Sign up 12/5	13 10:30 Grief Support Group 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 – Christmas Karaoke 3:00 Practicing Positivity	18 12:00 Bingo 2:30 Creative Living <hr/> 5-8pm YAP 5pm Holiday Check-in Activity: Wreath Making	19 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online <hr/> 5-8pm YAP 5pm Anxiety Resiliency Activity: Christmas Party!	20 12:00 CHRISTMAS PARTY!  Sign up by Dec 13th	21 9am-12pm Breakfast & Get Together with friends
22	23 1:00 How the Grinch Stole Christmas movie and craft 3:00 Game hour – Holiday Scattergories	24 CLOSED 	25 CLOSED 	26 CLOSED 	27 10:30 Grief Support Group 12:00 Trauma Resiliency 3:00 Coffee, Goodies, Conversation	28 CLOSED No Breakfast 
29	30 12:30 Lunch & 1:00 "Get to Know Us" Get to know Lavon Cooper as he walks you through his journey of life as a fellow peer! 3:00 Game hour	31 11:00 Emotions Anonymous In person and Online 1:30 Craft Group 3:00 Practicing Positivity	The first week in December is Grief Awareness Week.  Especially during the holiday months, Chesapeake Voyagers recognizes the need to feel and express our grief over the loss of loved ones. Join us on Fridays at 10:30am for our Grief Support Group.			

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.