







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

607 Dutchman's Lane Easton, MD 21601 410-822-1601
 Chesapeake Voyagers, Inc. – Talbot County Location

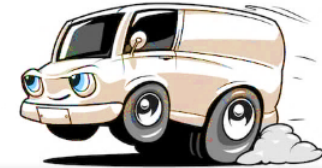
February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Black History Month in an Annual Celebration of Achievements and a time of recognizing the central role and contributions of persons of color in U.S. and World History</p>						
2	<p>3 12:30 Lunch 1:00 "Get to Know Us" Get to know James Carter as he walks you through his journey of life as a fellow peer! 3:00 Game hour</p>	<p>4 11:00 Emotions Anonymous In person and Online 1:30 Craft Group 2:30 Trauma Resiliency</p>	<p>5 12:00 Bingo 2:30 Creative Living 5-8pm YAP 5pm Overcoming Depression Activity: Craft</p>	<p>6 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm YAP 5pm Overcoming Depression Activity: Movie night!</p>	<p>7 10:30 Grief Support Group 12:00 Practicing Positivity 3:00 Coffee, Goodies, Conversation</p>	8 9am-12pm Breakfast & Get Together with friends
9	<p>10 1pm Crafts with Miki! 3:00 POST GAME SUPER BOWL PARTY! BRING A FRIEND DAY! End of Season Awards and a goodie bag if you bring a friend!</p>	<p>11 11:00 Emotions Anonymous In person and Online 1:30 Music Group 2:30 Trauma Resiliency</p>	<p>12  12:00 Bingo 2:30 Creative Living 5-8pm YAP 5pm Anxiety Resiliency Activity: Pictionary Tournament!</p>	<p>13 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm YAP 5pm Anxiety Resiliency Activity: GAMES, GAMES, GAMES</p>	<p>14 10:30 Grief Support Group 12:00 Valentine's Day Luncheon 3:00 Coffee, Goodies, Conversation: Peoples Roundtable</p>	15 9am-12pm Breakfast & Get Together with friends
16	<p>17  CLOSED! *Happy President's Day*</p>	<p>18 11:00 Emotions Anonymous In person and Online 1:30 Pet Therapy with Humane Society!  2:30 Trauma Resiliency</p>	<p>19 12:00 Bingo 2:30 Creative Living 5-8pm YAP 5pm Overcoming Depression Activity: Craft</p>	<p>20 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm YAP 5pm Anxiety Resiliency Activity: Nailed It!</p>	<p>21 10:30 Grief Support Group 12:00 Priority Partners: Medical Care and You! 3:00 Coffee, Goodies, and Conversation: Poetry Reading</p>	22 9am-12pm Breakfast & Get Together with friends
23	<p>24 12:30 Lunch 1:00 "Selma" Movie and Black History Month Speaker 3:00 Game hour</p>	<p>25 11:00 Emotions Anonymous In person and Online 1:30 Music Group 2:30 Trauma Resiliency</p>	<p>26 12:00 Bingo 2:30 Creative Living 5-8pm YAP 5pm Overcoming Depression Activity: Craft</p>	<p>27 </p>	<p>28 10:30 Grief Support Group 12:00 Practicing Positivity 3:00 Coffee, Goodies, Conversation FEBRUARY BIRTHDAY CELEBRATION!</p>	

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.