







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

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

March 2025

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

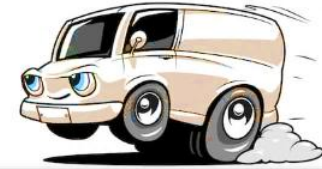
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p><u>Instruments of Healing is joining us on March 31st @ 11am!</u></p>  <p>Sign up by 3/27</p>		<p>We are getting new flooring! Thanks to generous donations from community members and businesses, we are able to start the project of replacing our floors! We will be closed from 3/15 - 3/24</p>		<p>1 9am-12pm Breakfast & Get Together with friends</p>	
2	<p>3 Bring a Friend Day!! Invite a friend. You and your friend will both get a special treat!</p> <p>3:00 Game hour</p>	<p>4 11:00 Emotions Anonymous - In person and Online 1:00 Craft Group 3:00 Trauma Resiliency</p>	<p>5 12:00 Bingo 2:30 Creative Living 5-8pm Young Adult Program Dinner, Dealing with Depression group followed by a fun activity</p>	<p>6 1:00 Problem Solving 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm Young Adult Program Dinner, Breaking Isolation group followed by a fun activity</p>	<p>7 10:30 Experiencing Life 12:00 Practicing Positivity 3:00 Coffee, Goodies, Conversation</p>	<p>8 CLOSED Sorry, No Breakfast</p> 	
9	<p>10 12:30 Lunch, 1:00 "Get to Know Us". Hear from Jennifer as she walks us through her journey in life as a peer! 3:00 Game Hour</p>	<p>11 11:00 Emotions Anonymous - In person and Online 1:00 Music Group 3:00 Trauma Resiliency</p>	<p>12 12:00 Bingo 2:30 Creative Living 5-8pm Young Adult Program Dinner, Dealing with Depression group followed by a fun activity</p>	<p>13 1:00 Problem Solving 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm Young Adult Program Dinner, Breaking Isolation group followed by a fun activity</p>	<p>14 10:30 Experiencing Life 12:00 Practicing Positivity 3:00 Coffee, Goodies, Conversation</p>	<p>15 CLOSED Sorry, No Breakfast</p> 	
16	<p>17 CLOSED for Flooring Restoration</p> 	<p>18-19 CLOSED to replace flooring throughout building. We will be available by phone. Call 410-822-1601</p>			<p>20</p>	<p>21 CLOSED for Flooring Restoration</p> 	<p>22 CLOSED for Flooring Restoration</p>
23	<p>24 CLOSED for Flooring Restoration and Clean up</p>	<p>25 11:00 Emotions Anonymous - In person and Online 1:00 Music Group 3:00 Trauma Resiliency</p>	<p>26 12:00 Bingo 2:30 Creative Living 5-8pm Young Adult Program Dinner, Dealing with Depression group followed by a fun activity</p>	<p>27 1:00 Problem Solving 3:00 Overcoming Depression and Anxiety In-Person & Online 5-8pm Young Adult Program Dinner, Breaking Isolation group followed by a fun activity</p>	<p>28 10:30 Experiencing Life 12:00 Practicing Positivity 3:00 Coffee, Goodies, Conversation & March Birthday Celebration!!</p>	<p>29 9am-12pm Breakfast & Get Together with friends</p>	
30	<p>31 Instruments of Healing Event 11am Sign up by 3/27</p>						

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.