



APRIL 2026

CHESAPEAKE VOYAGERS, INC. (CVI) WELLNESS & RECOVERY CENTER/PEER SUPPORT

EVERYONE is welcome here!

you are NOT ALONE in this.

Sun Mon Tue Wed Thu Fri Sat



MIDSHORE LOCATION HOURS

Monday: 12PM-4:30PM Friday: 10AM-4:30PM
Tuesday: 10AM-4:30PM Saturday: Varies
Wednesday: 10 AM-8PM
Thursday: 10AM-8PM

1 12 PM Bingo
2:30 PM Creative Living
5-8 PM YAP
Dinner, Group & Activity!

2 **CLOSED**
Spring Fling @ Anne Arundel Location - Call to sign up, limited transportation available

3 **CLOSED**
SPRING BREAK

4 **CLOSED**



5

6 1 PM Spa & Makeover Day!
3 PM Game Hour

7 **CLOSED**
11 AM Emotions Anonymous online only
Shopping Trip Departs 11:30 AM - Call to sign up, limited spaces available

8 12 PM Bingo
2:30 PM Creative Living
5-8 PM YAP
Dinner, Group & Activity!

9 12:30 PM Problem Solving
2:30 PM Overcoming Depression & Anxiety - In Person & Online
5-8 PM YAP Dinner, Group & Activity!

10 11 AM Grief Support Group
1 PM Practicing Positivity
3 PM People's Round Table led by Midshore Behavioral Health

11 9 AM-12 PM Breakfast & Get Together with friends



12

13 12:30 PM Lunch
1 PM Presentation by Maryland Able
3 PM Game Hour

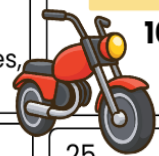
14 11 AM Emotions Anonymous - In Person & Online
1 PM Music Group
2:30 PM Trauma Resiliency

15 **CLOSED**
For Tuerk Conference

16 12:30 PM Problem Solving
2:30 PM Overcoming Depression & Anxiety - In Person & Online
5-8 PM YAP Dinner, Group & Activity!

17 11 AM Grief Support Group
1 PM Practicing Positivity
3 PM Coffee, Goodies, Conversation

18 1:30 PM Lunch hosted by Phoenix Motorcycle Club - Call to sign up!
10 AM-2 PM YAP



19

20 **Movie Day**
1 PM The Sandlot
3 PM Game Hour

21 11 AM Emotions Anonymous - In Person & Online
1 PM Arts and Crafts
2:30 PM Trauma Resiliency

22 12 PM Bingo
2:30 PM Creative Living
5-8 PM YAP
Dinner, Group & Activity!

23 12:30 PM Problem Solving
2:30 PM Overcoming Depression & Anxiety - In Person & Online
5-8 PM YAP Dinner, Group & Activity!

24 11 AM Grief Support Group
1 PM Practicing Positivity
3 PM April Birthdays Celebration

25 9 AM-12 PM Breakfast & Get Together with friends



26

27 12:30 PM Lunch
1 PM Presentation: "Talk Saves Lives" by Jeff Shultz
3 PM Game Hour

28 11 AM Emotions Anonymous - In Person & Online
1 PM Music Group
2:30 PM Trauma Resiliency

29 12 PM Bingo
2:30 PM Creative Living
5-8 PM YAP
Dinner, Group & Activity!

30 12:30 PM Problem Solving
2:30 PM Overcoming Depression & Anxiety - In Person & Online
5-8 PM YAP Dinner, Group & Activity!

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



Chesapeake Voyagers, Inc. – Talbot County Location

We are open on a walk-in basis and everyone is welcome!

We now provide transportation during our daytime hours to and from CVI Monday–Friday if you live in Caroline, Dorchester, Kent, Queen Annes’s or Talbot County.

- **To be picked up, you must call 24 hours in advance.**
- **To sign up for transportation, please call 410-443-6281**



Online Support Groups are available through Zoom and by Phone!!

Use this link: <https://app.zoom.us/jc/join> and put in the meeting ID

Emotions Anonymous on Tuesdays @ 11 am – Use Meeting ID# 872 2311 6878

Overcoming Depression & Anxiety on Thursdays @ 2:30 pm – Use Meeting ID# 812 6325 9534 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.