

March 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

**Chesapeake Voyagers' Anne Arundel location is open in Annapolis!**

We promote wellness and recovery by providing resources, education, and a strong support network to adults who are living with and are working to overcome challenges associated with mental health and/or addiction.

**Our services are free and do not require insurance or a referral.**

4 **11 PM** Emotions Anonymous - In Person & Online  
**1 PM** Creative Living

5 **12 PM** Lunch & Bingo  
**1:30 PM** Overcoming Depression & Anxiety

6 **11 AM** Practicing Positivity  
**1 PM** Arts & Crafts



11 **11 PM** Emotions Anonymous - In Person & Online  
**1 PM** Creative Living

12 **12 PM** Lunch & Bingo  
**1:30 PM** Overcoming Depression & Anxiety

13 **CLOSED**

14 **9 AM** Breakfast & Get Together with friends - Call to sign up!



18 **11 PM** Emotions Anonymous - In Person & Online  
**1 PM** Creative Living

19 **12 PM** Lunch & Bingo  
**1:30 PM** Overcoming Depression & Anxiety

20 **11 AM** Practicing Positivity  
**1 PM** Arts & Crafts



25 **11 PM** Emotions Anonymous - In Person & Online  
**1 PM** Creative Living

26 **12 PM** Lunch & Bingo  
**1:30 PM** Overcoming Depression & Anxiety

27 **11 AM** Practicing Positivity  
**1 PM** Arts & Crafts



Check it out!



Join us next month on Thursday, April 2nd @ 1 PM for a Spring Fling Party!

### ANNE ARUNDEL LOCATION HOURS

Wednesday: 10 AM-4 PM  
Thursday: 10 AM-4 PM  
Friday 10 AM-4 PM



### ANNE ARUNDEL LOCATION

132 Holiday Court, Suite 210  
Annapolis, MD 21401

410-266-8509



# **Chesapeake Voyagers, Inc. – Anne Arundel County Location**

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

**An Online Support Group is available through Zoom and by Phone!!**

**Use this link: <https://app.zoom.us/jc/83291183487> and put in the Meeting ID**

**Emotions Anonymous on Wednesdays @ 11 am**

**– Use Meeting ID# 832 9118 3487 or to join by phone, call 312-626-6799**

**For questions or help with signing on, call 410-266-8509**

## **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.**