

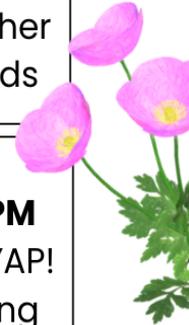
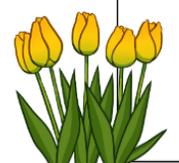
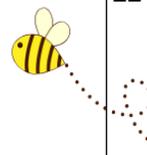
March 2026

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
1	2 CLOSED For Professional Development	3 11 AM Emotions Anonymous - In Person & Online 1 PM Music Group 2:30 PM Trauma Resiliency	4 12 PM Bingo 2:30 PM Creative Living: Art Therapy with Sadie 5-8 PM YAP Dinner, Group & Activity!	5 12:30 PM Problem Solving 2:30 PM Overcoming Depression & Anxiety - In Person & Online 5-8 PM YAP Dinner, Group & Activity!	6 11 AM Grief Support Group 1 PM Practicing Positivity 3 PM Coffee, Goodies, Conversation	7 9 AM-12 PM Breakfast & Get Together with friends
8	9 12:30 PM Lunch 1 PM Presentation on Poison Awareness by Ellen from Priority Partners 3 PM Game Hour	10 CLOSED For Professional Development	11 12 PM Bingo 2:30 PM Creative Living 5-8 PM YAP Dinner, Group & Activity!	12 12:30 PM Problem Solving 2:30 PM Overcoming Depression & Anxiety - In Person & Online 5-8 PM YAP Dinner, Group & Activity!	13 11 AM - 1 PM Instruments of Healing 3 PM Coffee, Goodies, Conversation	14 10 AM-2 PM Saturday YAP! Come Hang Out!
15	16 12:30 PM Lunch 1 PM Presentation: "Talk Saves Lives" by Jeff Shultz 3 PM Game Hour	17 11 AM Emotions Anonymous - In Person & Online 1 PM Arts & Crafts 2:30 PM Trauma Resiliency HAPPY ST. PATRICK'S DAY	18 12 PM Bingo 2:30 PM Creative Living 5-8 PM YAP Dinner, Group & Activity!	19 12:30 PM Problem Solving 2:30 PM Overcoming Depression & Anxiety - In Person & Online 5-8 PM YAP Dinner, Group & Activity!	20 11 AM Grief Support Group 1 PM Practicing Positivity 3 PM Coffee, Goodies, Conversation	21 UPDATE: Breakfast Cancelled
22	23 1 PM Poetry Day!  3 PM Game Hour	24 11 AM Emotions Anonymous - In Person & Online 1 PM Music Group 2:30 PM Trauma Resiliency	25 12 PM Bingo 2:30 PM Creative Living 5-8 PM YAP Dinner, Group & Activity!	26 12:30 PM Problem Solving 2:30 PM Overcoming Depression & Anxiety - In Person & Online YAP Trip: Salisbury Mall & Dinner - Sign up is \$10, leaving @ 4 PM	27 11 AM Grief Support Group 1 PM Practicing Positivity 3 PM March Birthdays Celebration 	28 10 AM-2 PM Saturday YAP! Come Hang Out!
29	30 Movie Day 1 PM "The Land Before Time"  3 PM Game Hour	31 11 AM Emotions Anonymous - In Person & Online 1 PM Spring Fling! Join us for a Spring Party!	MIDSHORE LOCATION HOURS Monday: 12PM-4:30PM Friday: 10AM-4:30PM Tuesday: 10AM-4:30PM Saturday: Varies Wednesday: 10 AM-8PM Thursday: 10AM-8PM 		MIDSHORE LOCATION 607 Dutchman's Lane Easton, MD 21601  410-822-1601 	

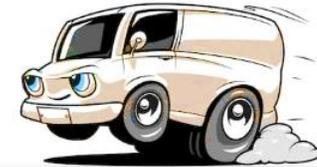


Chesapeake Voyagers, Inc. – Talbot County Location

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.