



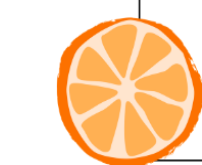
June 2026



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

EVERYONE is welcome here!

you are NOT ALONE in this.



Hello Summer



Sun Mon Tue Wed Thu Fri Sat

31
PRIDE!

1 **12:30 PM** Lunch and presentation provided by Rose Hill of Avenues Recovery
3 PM Game Hour

2 **CLOSED for Professional Development**

3 **12 PM** Bingo
2:30 PM Women's Group
5-8 PM YAP Dinner, Group & Activity!

4 **12:30 PM** Problem Solving
2:30 PM Overcoming Depression & Anxiety - In Person & Online
5-8 PM YAP Dinner, Group & Activity!

5 **11 AM** Men's Group
1 PM Practicing Positivity
3 PM Coffee, Goodies, Conversation

6 **9 AM-12 PM** Breakfast & Get Together with friends

7

8 **Movie Day**
1 PM Mama Mia!
3 PM Game Hour

9 **11 AM** Emotions Anonymous - In Person & Online
1 PM Arts & Crafts
2:30 PM Trauma Resiliency

10 **12 PM** Bingo
2:30 PM Creative Living
5-8 PM YAP Dinner, Group & Activity!

11 **12:30 PM** Problem Solving
2:30 PM Overcoming Depression & Anxiety - In Person & Online
5-8 PM YAP Dinner, Group & Activity!

12 **11 AM** Experiencing Life
1 PM Practicing Positivity
3 PM Coffee, Goodies, Conversation

13 **-YARD-SALE-**
8 AM - 12 PM

14

15 **12:30 PM** Lunch
1 PM Open Mic! Perform a song or karaoke, jokes, a poem or tell a story!
3 PM Game Hour

16 **11 AM** Emotions Anonymous - In Person & Online
1 PM Music Group
2:30 PM Trauma Resiliency

17 **12 PM** Bingo
2:30 PM Women's Group
5-8 PM YAP Dinner, Group & Activity!

18 **CLOSED for Ocean City Trip!**

19 **CLOSED**
JUNE TEENTH

20 **New!**
Virtual YAP! via Zoom!
2 Sessions:
A: 12 PM-2 PM
B: 5 PM-7 PM

21

22 **CLOSED for Professional Development**

23 **11 AM** Emotions Anonymous - In Person & Online
1 PM Arts and Crafts
2:30 PM Trauma Resiliency

24 **12 PM** Bingo
2:30 PM Creative Living
5-8 PM YAP Dinner, Group & Activity!

25 **12:30 PM** Problem Solving
2:30 PM Overcoming Depression & Anxiety - In Person & Online
5-8 PM YAP Dinner, Group & Activity!

26 **CLOSED for Board & Staff Retreat**

27 **9 AM-12 PM** Breakfast & Get Together with friends

28

29 **12:30 PM** Lunch
1 PM Game Day: Jackbox!

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

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/wc/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)

Virtual YAP one Saturday a month, Session A @ 12 pm and Session B @ 5 pm – Use Meeting ID# 837 0214 9471 for Session A and Meeting ID# 889 1155 6960 for Session B

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.