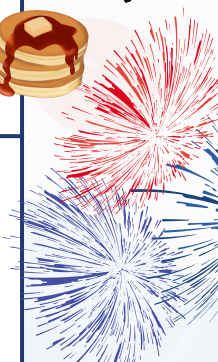
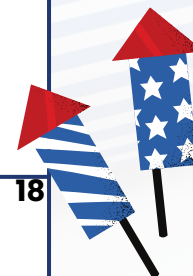


MID-SHORE JULY 2026

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

SUN	MON	TUE	WED	THU	FRI	SAT
MID-SHORE LOCATION 410-822-1601 607 DUTCHMAN'S LANE EASTON, MD 21601 MID-SHORE LOCATION HOURS Monday: 12pm-4:30pm Tuesday: 10am-4:30pm Wednesday: 10am-8pm Thursday: 10am-8pm Friday: 10am-4:30pm Saturday: Varies			12pm Bingo 2:30 Women's Group 5-8pm YAP Dinner, Groups & Activity	12pm 4 th of July Party Cookout, Games, and Fun!!	CLOSED for July 4th	CLOSED for July 4th
5	1pm Movie: Akeelah & the Bee 3pm Games	11am Emotions Anonymous (In person & Online) 1pm Arts & Crafts 2:30pm Trauma Resiliency Support Group	12pm Bingo 2:30 Women's Group 5-8pm YAP Dinner, Groups & Activity	12:30pm Problem Solving 2:30pm Overcoming Depression & Anxiety (In Person & Online) 5-8pm YAP Dinner, Groups and Activity	11am Men's Group 1pm Practicing Positivity 3pm Coffee, Goodies, Conversation & People's Roundtable	12-3pm YAP Lunch at Olive Garden
12	12:30pm Lunch 3pm Healthy Spending in a Rough Economy with Samantha from Shore United Bank 3pm Games	11am Emotions Anonymous (In person & Online) 1pm Arts & Crafts 2:30pm Trauma Resiliency Support Group	12pm Bingo 2:30 Women's Group 5-8pm YAP Dinner, Groups & Activity	12:30pm Problem Solving 2:30pm Overcoming Depression & Anxiety (In Person & Online) 5-8pm YAP Dinner, Groups and Activity	11am Experiencing Life 1pm Practicing Positivity 3pm Coffee, Goodies, Conversation	9am-12pm Breakfast & Get Together with Friends
19	1pm Campfire Stories & S'mores 3pm Games	11am Emotions Anonymous (In person & Online) 1pm Arts & Crafts 2:30pm Trauma Resiliency Support Group	12pm Bingo 2:30 Women's Group 5-8pm YAP Dinner, Groups & Activity	12:30pm Problem Solving 2:30pm Overcoming Depression & Anxiety (In Person & Online) 5-8pm YAP Dinner, Groups and Activity	11am Men's Group 1pm Talent Show 3pm Coffee, Goodies, Conversation	Virtual YAP via Zoom 2 Sessions (A&B): A: 12-2pm & B: 5-7pm
26	1pm Henna Tattoos with Dyan 3pm Games	11am Emotions Anonymous (In person & Online) 1pm Arts & Crafts 2:30pm Trauma Resiliency Support Group	12pm Bingo 2:30 Women's Group 5-8pm YAP Dinner, Groups & Activity	12:30pm Problem Solving 2:30pm Overcoming Depression & Anxiety (In Person & Online) 5-8pm YAP Dinner, Groups and Activity	11am Instruments of Healing 3pm Celebrating July Birthdays!	 Chesapeake Voyagers, Inc. WELLNESS & RECOVERY CENTER



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.