

SEPTEMBER 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 11 AM Emotions Anonymous - In Person & Online 1 PM Arts and Crafts 2:30 PM Trauma Resiliency	2 12 PM Bingo 2:30 PM Women's Group 5-8 PM YAP Dinner, Group & Activity!	3 12:30 PM Problem Solving 2:30 PM Overcoming Depression & Anxiety - In Person & Online 5-8 PM YAP Dinner, Group & Activity!	4 Movie Day 11 AM Joyful Noise 3 PM Coffee, Goodies, Conversation	5 9 AM-12 PM Breakfast & Get Together with friends
	7 CLOSED LABOR DAY	8 11 AM Emotions Anonymous - In Person & Online 1 PM Music Group 2:30 PM Trauma Resiliency	9 12 PM Bingo 2:30 PM Women's Group 5-8 PM YAP Dinner, Group & Activity!	10 12:30 PM Problem Solving 2:30 PM Overcoming Depression & Anxiety - In Person & Online 5-8 PM YAP Dinner, Group & Activity!	11 11 AM Men's Group 1 PM Self Defense Class by Shore Awareness 3 PM Coffee, Goodies, Conversation	12 10 AM-2 PM Saturday YAP! Support Group, Lunch + Games!
13	14 CLOSED For Professional Development	15 11 AM Emotions Anonymous - In Person & Online 1 PM Tie-Dye! Bring a white shirt! 2:30 PM Trauma Resiliency	16 12 PM Bingo 2:30 PM Women's Group 5-8 PM YAP Dinner, Group & Activity!	17 12:30 PM Problem Solving 2:30 PM Overcoming Depression & Anxiety - In Person & Online 5-8 PM YAP Dinner, Group & Activity!	18 CLOSED	19 9 AM-12 PM Breakfast & Get Together with friends
20	21 12 PM Crafts w/Miki! 3 PM Game Hour	22 11 AM Emotions Anonymous - In Person & Online 1 PM Music Group 2:30 PM Trauma Resiliency HELLO AUTUMN!	23 12 PM Bingo 2:30 PM Women's Group 5-8 PM YAP Dinner, Group & Activity!	24 12:30 PM Problem Solving 2:30 PM Overcoming Depression & Anxiety - In Person & Online 5-8 PM YAP Dinner, Group & Activity!	25 11 AM Men's Group 1 PM Practicing Positivity 3 PM September Birthdays Celebration	26 Virtual YAP! via Zoom! 2 Sessions: A: 12 PM-2 PM B: 5 PM-7 PM
27	28 1 PM Exploring Culture: Experience Hawaii! 3 PM Game Hour	29 11 AM Emotions Anonymous - In Person & Online 1 PM Arts and Crafts 2:30 PM Trauma Resiliency	30 12 PM Bingo 2:30 PM Women's Group 5-8 PM YAP Dinner, Group & Activity!	MIDSHORE LOCATION HOURS Monday: 12PM-4:30PM Thursday: 10AM-8PM Tuesday: 10AM-4:30PM Friday: 10AM-4:30PM Wednesday: 10 AM-8PM Saturday: Varies		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)

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.