NOVEMBER 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 **Movie Day** **1 PM** Sweet November  **3 PM** Game Hour	3 **11 AM** Emotions Anonymous - In Person & Online **1 PM** Music Group **2:30 PM** Trauma Resiliency	4 **12 PM** Bingo **2:30 PM** Women's Group **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** Men's Group **1 PM** Practicing Positivity **3 PM** Coffee, Goodies, Conversation	7 **9 AM-12 PM** Breakfast & Get Together with friends
8	9 **1 PM** Presentation by Midshore Mediation on Communication **3 PM** Game Hour	10 **11 AM** Emotions Anonymous - In Person & Online **1 PM** Music Group **2:30 PM** Trauma Resiliency	11 **12 PM** Bingo **2:30 PM** Women's Group **5-8 PM** YAP Dinner, Group & Activity!	12 **CLOSED** **Trip to Arundel Mills Mall** **Call and ask for Dyan to sign up!** **Leaving at 10 AM**	13 **11 AM** Grief Group **1 PM** Practicing Positivity **3 PM** Coffee, Goodies, Conversation	14 **10 AM-2 PM** Saturday YAP! Support Group, Lunch + Games!
15 **Spirit Week!** Show your community spirit by participating in our fun week of themed days!	16 **Pajama Day** **1 PM** Drum Circle! **3 PM** Game Hour	17 **Mix Match Day** **11 AM** Emotions Anonymous - In Person & Online **1 PM** Arts and Crafts **2:30 PM** Trauma Resiliency	18 **Decades Day** **2:30 PM** Women's Group **5-8 PM** YAP Dinner, Group & Activity!	19 **Funky Hair Day** **12:30 PM** Problem Solving **2:30 PM** Overcoming Depression & Anxiety - In Person & Online **5-8 PM** YAP Dinner, Group & Activity!	20 **Sports Day** **11 AM** Men's Group **1 PM** Practicing Positivity **3 PM** November Birthdays Celebration	21 **9 AM-12 PM** Breakfast & Get Together with friends
22	23 **1 PM** Karaoke! **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** Women's Group **5-8 PM** YAP Dinner, Group & Activity!	26 **Thanksgiving Gathering Open 11-2** **Call to sign up**	27 **CLOSED**	28 **Virtual YAP! via Zoom! 2 Sessions: A: 12 PM-2 PM B: 5 PM-7 PM**
29	30 **1 PM** Exploring Culture: Presentation by Chesapeake Multicultural Center on Haiti **3 PM** Game Hour					

MIDSHORE LOCATION HOURS

Monday: 12PM-4:30PM
Tuesday: 10AM-4:30PM
Wednesday: 10 AM-8PM
Thursday: 10AM-8PM
Friday: 10AM-4:30PM
Saturday: Varies

MIDSHORE LOCATION

607 Dutchman's Lane
Easton, MD 21601
410-822-1601

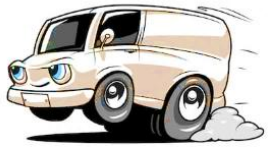
GIVE THANKS

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# 854 4348 1652

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.