

Chesapeake Voyagers, Inc. (CVI) Wellness & Recovery Center/Peer Support  
**607 Dutchman's Lane Easton, MD 21601 410-822-1601**

**January 2022**

**OPEN HOURS - Monday: 1pm-5pm    Tuesday - Friday: 9am-5pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b> We open at 1pm on Mondays 3pm Animal Hour	<b>4</b> 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity	<b>5</b> <b>12:00 Bingo</b> <b>2:00 ACOA*</b> <b>3:00 Creative Living</b>	<b>6</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety <hr/> <b>Online group-3pm Overcoming Depression and Anxiety</b>	<b>7</b> 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*	<b>8</b> CLOSED on Saturdays
<b>9</b>	<b>10</b> We open at 1pm on Mondays 3pm Animal Hour	<b>11</b> 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity	<b>12</b> <b>12:00 Bingo</b> <b>2:00 ACOA*</b> <b>3:00 Creative Living</b>	<b>13</b> <b>CLOSED for Staff Training</b>	<b>14</b> 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*	<b>15</b> CLOSED on Saturdays
<b>16</b>	<b>17</b> CLOSED in recognition of Martin Luther King Jr. Day	<b>18</b> 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity	<b>19</b> <b>CLOSED for Staff Training</b>	<b>20</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety <hr/> <b>Online group-3pm Overcoming Depression and Anxiety</b>	<b>21</b> 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*	<b>22</b> CLOSED on Saturdays
<b>23</b>	<b>24</b> We open at 1pm on Mondays 3pm Animal Hour	<b>25</b> 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity	<b>26</b> <b>12:00 Bingo</b> <b>2:00 ACOA*</b> <b>3:00 Creative Living</b>	<b>27</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety <hr/> <b>Online group-3pm Overcoming Depression and Anxiety</b>	<b>28</b> 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*	<b>29</b> CLOSED on Saturdays
<b>30</b>	<b>31</b> We open at 1pm on Mondays 3pm Animal Hour	<b>HAPPY NEW YEAR!!</b> <b>“LEARN FROM YESTERDAY, LIVE FOR TODAY, HOPE FOR TOMORROW”</b>			<p><b>*CGC- Coffee, Goodies &amp; Conversation</b>  <b>*ACOA- Adult Children of Alcoholics</b>  <b>*EA – Emotions Anonymous</b></p>	

# Chesapeake Voyagers, Inc. – Talbot County Location

## Activity Details for January 2022

**We are now open at our NEW location!!**

**Come visit us at 607 Dutchman's Lane!** We have lots of additional space and are excited about using it to better serve the community!

In addition, we are back to being open on a walk in basis!

You no longer need to call ahead, just come on in!

**If you live in the town of Easton, we will provide transportation to and from CVI Monday – Friday**

**To be picked up, you must call 24 hours in advance.**



**To be taken home you must sign up when you come in by 2:30 pm.**

**To sign up or if you have questions, please call 410-253-1720**

*Overcoming Depression & Anxiety Online Group - Go to [www.Zoom.com](http://www.Zoom.com) and enter Meeting ID# 849 3783 4824. For questions or help with signing on, call 410-822-1601 or email Avra at [asullivan@chesapeakevoyagers.org](mailto:asullivan@chesapeakevoyagers.org).*

### 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.