



# Chesapeake Voyagers, Inc. (CVI)

## Wellness & Recovery Center/Peer Support

342C N. Aurora St. **Easton, MD 21601** Phone: 410-822-1601

# July 2021

You MUST sign up to come in during Open Hours on Tuesday, Wednesday and Thursday – Call Maria 410-253-1720

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>CVI is excited to announce that we will be moving to a NEW location! Our new location will be at 607 Dutchman's Lane Easton, MD. This expanded space will allow us to offer more programs and activities and reach more individuals in the community! We are looking to be open Monday August 9<sup>th</sup> 2021!</i>		1 Open 11am-3pm	2 <i>Online Group Dealing with Loss 1pm</i>	3
4 	5 <i>CVI will be closed for Independence Day. There will be no online groups</i>	6 Open 11am-3pm	7 <b>Open 11am-3pm</b> <i>Special Video Presentation: 1pm- Managing Diabetes presented by Priority Partners</i>	8 Open 11am-3pm	9 <i>Online Group Dealing with Loss 1pm</i>	YOU CAN NOW SIGN UP TO COME IN 2 DAYS EACH WEEK!!!
11	12 <i>Online Group - Overcoming Depression and Anxiety 4pm</i>	13 Open 11am-3pm	14 Open 11am-3pm	15 Open 11am-3pm	16 <i>Online Group Dealing with Loss 1pm</i>	17
18	19 <i>Online Group - Overcoming Depression and Anxiety 4pm</i>	20 Open 11am-3pm <i>Special Video Presentation: 1pm Creativity and the Playful Brain</i>	21 Open 11am-3pm	22 Open 11am-3pm	23 <i>Online Group Dealing with Loss 1pm</i>	24
25	26 CVI will be closed to move to our new location!	27 CVI will be closed to move to our new location!	28 CVI will be closed to move to our new location!	29 CVI will be closed to move to our new location!	30 CVI will be closed to move to our new location!	31

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# CVI Tentative Schedule

*(please note this could change at any time)*

**Call or text Maria at 410-253-1720 to sign up to attend**

**The earliest you can call is the Friday before and you must call at least 24 hours ahead of time**

<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursdays</u>
11:00 open 11:15 Emotions Anonymous 12:00 Lunch/Free Time 2:00 Practicing Positivity 3:00 Close	11:00 open 11:15 am 7/7 Effective Problem solving 7/14 Living Resilient 7/21 Meditation 7/28 Grief and Loss 12:00 Lunch/Free Time 2:00 ACOA (Adult Children of Alcoholics and Dysfunctional families) 3:00 Close	11:00 open 11:15 Overcoming Depression & Anxiety 12:00 Lunch/Free time 2:00 Healthy Relationships 3:00 Close

## Virtual (Online) Groups

### Overcoming Depression and Anxiety Group - Mondays at 4pm

A peer run group with topics pertaining to depression and anxiety.

A safe place to share your feelings, struggles and successes with others

### Dealing with Loss - Fridays at 1pm

Learn how to cope and deal with loss, be it from death, broken relationships or life circumstances