

# Chesapeake Voyagers, Inc. (CVI) Wellness & Recovery Center/Peer Support

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

Monday: 12pm-4:30pm Tuesday - Friday: 10am-4:30pm Saturdays 9am-12pm

# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Check out the Lunch &amp; Learns this month! Sign up by the Friday before so we have enough lunch for everyone!</b> <b>Call 410-822-1601</b>	<b>1</b> 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity	<b>2</b> <b>12:00 Bingo</b> <b>3:00 Creative Living</b>	<b>3</b> 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety - In Person & Online Together. To join online, see details on back of calendar	<b>4</b> 12:00 Trauma Resiliency 3:00 CGC*/CVI Peer Group	<b>5</b> 9am-12pm Breakfast & Get Together with friends	
6  <small>*EA – Emotions Anonymous</small>	7  <i>Lunch &amp; Learn Showing of the 2022 OOMD Conference Key Note Speaker Dan Fisher. Speaking about the core of Peer Support</i>	8 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity	9 <b>12:00 Bingo</b> <b>3:00 Creative Living</b>	10 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety - In Person & Online Together. To join online, see details on back of calendar	<b>11</b> <b>CLOSED</b>  	12 <b>CLOSED</b>
  <small>*CGC – Coffee, Goodies Conversation</small>	<b>14</b> <i>Opening at 12pm</i>  <i>Workshop: Making a Gratitude Tree 1pm</i>	<b>15</b> 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity	<b>16</b> <b>12:00 Bingo</b> <b>3:00 Creative Living</b>	<b>17</b> <b>CLOSED</b> Trip to Salisbury Mall Leaving CVI at 10am Limited spaces available. Call to sign up. \$5 per person	<b>18</b> 12:00 Trauma Resiliency 3:00 CGC*/CVI Peer Group and November Birthday Celebration!	<b>19</b> 9am-12pm Breakfast & Get Together with friends
20	<b>21</b> Lunch & Learn 1:00pm Topic: Sexually Transmitted Diseases presented by Lisa with Planned Parenthood	22 Thanksgiving Celebration! Lunch at 1pm 	23 <b>12:00 Bingo</b> <b>3:00 Creative Living</b>	24 CLOSED for Thanksgiving Holiday  	<b>25</b> CLOSED for Thanksgiving Holiday	26 9am-12pm Breakfast & Get Together with friends
27	<b>28</b> Lunch & Learn 1:00pm Topic: Negative impact of stopping medication suddenly presented by Lindy Lewis	<b>29</b> 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity 	<b>30</b> <b>12:00 Bingo</b> <b>3:00 Creative Living</b>	<b>Shopping Trip to Salisbury Mall! November 17<sup>th</sup></b> Leaving CVI @ 10am. Space is limited to sign up now! <b>\$5 per person to cover transportation.</b>		
				<b>Save The Date:</b> December 2 <sup>nd</sup> Instruments of Healing's annual visit. Join us for music, singing and lots of fun!		

# Chesapeake Voyagers, Inc. – Talbot County Location

## Activity Details for November 2022

**Come see us during our open hours at 607 Dutchman's Lane in Easton!**

We have lots of additional space and are excited about using it to better serve the community!

**We are open on a walk in basis and everyone is welcome!**

**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 and In Person Group Together**

**Go to [www.zoom.com](https://www.zoom.com) and enter Meeting ID# 849 3783 4824**

**or to join by phone, call 301-715-8592.**

**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.