

Chesapeake Voyagers, Inc. (CVI) Wellness & Recovery Center/Peer Support
607 Dutchman's Lane Easton, MD 21601 410-822-1601  **November 2021**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 We open at 1pm on Mondays 3pm Animal Hour	2 12:00 Music group 1:00 EA 3:00 Practicing Positivity	3 12:00 Bingo 2:00 ACOA* 3:00 Creative Living	4 1:00 Mindfulness 3:00 Overcoming <u>Depression and Anxiety</u> Online group 3pm- Overcoming Depression and Anxiety	5 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*	6 Temporarily CLOSED on Saturdays
7	8 We open at 1pm on Mondays 3pm Animal Hour	9 12:00 Music group 1:00 EA 3:00 Practicing Positivity	10 12:00 Bingo 2:00 ACOA* 3:00 Creative Living	11 CLOSED 	12 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*	13 Temporarily CLOSED on Saturdays
14	15 We open at 1pm on Mondays 3pm Animal Hour	16 12:00 Music group 1:00 EA 3:00 Practicing Positivity 3:00 - *The People's Roundtable	17 12:00 Bingo 2:00 ACOA* 3:00 Creative Living	18 1:00 Mindfulness 3:00 Overcoming <u>Depression and Anxiety</u> Online group 3pm- Overcoming Depression and Anxiety	19 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*	20 Temporarily CLOSED on Saturdays
21	22 We open at 1pm on Mondays 3pm Animal Hour	23 Special Thanksgiving Celebration with Dinner at 3pm	24  CLOSED for Thanksgiving Holiday!	25  CLOSED for Thanksgiving Holiday!	26  CLOSED for Thanksgiving Holiday!	27 Special Holiday Breakfast 10am
28	29 We open at 1pm on Mondays 3pm Animal Hour	30 12:00 Special Presentation from Mobile Crisis 1:00 EA 3:00 Practicing Positivity	Tuesday, November 23rd for a Special Thanksgiving Celebration with dinner served at 3pm! Please RSVP to Avra by 11/15. Tuesday, November 30th at 12pm -A special presentation by Mobile Crisis. Learn <u>about the services they offer for those in crisis situations and how to access them.</u> *CGC - Coffee, Goodies & Conversation ACOA - Adult Children of Alcoholics			

Chesapeake Voyagers, Inc. – Talbot County Location

Activity Details for November 2021

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



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.