

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

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

September 2021

NEW HOURS: Monday 1:00pm-5pm Tuesday-Friday 9am-5pm Saturday 9am-12pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	September is National Recovery Month! In 1989, The Substance Abuse and Mental Health Services Administration (SAMHSA) launched National Recovery Month to increase awareness surrounding mental health and substance abuse.		1 12:00 Bingo 2:30 ACOA 4:00 Arts and Crafts	2 1:00 Healthy Relationships 3:00 Overcoming Depressions and Anxiety 4:00 Mindfulness Group	3 12:00 Independent Living 1:00 *Trauma Resiliency 3:00 CGC	4 Breakfast is served from 9-10am
5 	6 We will be CLOSED in observance of Labor Day	7 12:00 Music group 1:00 EA 3:00 Practicing Positivity 4:00 Movement group	8 12:00 Bingo 2:30 ACOA 4:00 Arts and Crafts	9 1:00 Healthy Relationships 3:00 Overcoming Depressions and Anxiety 4:00 Mindfulness Group	10 12:00 Independent Living 1:00 *Trauma Resiliency 3:00 CGC	11 Breakfast is served from 9-10am
12	13 1:00 Lunch 3:00 Animal Hour <u>Online group-4pm-Overcoming Depression and Anxiety</u>	14 12:00 Music group 1:00 EA 3:00 Practicing Positivity 3:00 - *The People's Roundtable 4:00 Movement group	15 12:00 Bingo 2:30 ACOA 4:00 Arts and Crafts	16 1:00 Healthy Relationships 3:00 Overcoming Depressions and Anxiety 4:00 Mindfulness Group	17 12:00 Independent Living 1:00 *Trauma Resiliency 3:00 CGC	18 Breakfast is served from 9-10am
19	20 1:00 Lunch 3:00 Animal Hour <u>Online group-4pm-Overcoming Depression and Anxiety</u>	21 12:00 Special Presentation: Managing Diabetes 1:00 EA 3:00 Practicing Positivity 4:00 Movement Group	22 12:00 Bingo 2:30 ACOA 4:00 Arts and Crafts	23 1:00 Healthy Relationships 3:00 Overcoming Depressions and Anxiety 4:00 Mindfulness Group	24 12:00 Independent Living 1:00 *Trauma Resiliency 3:00 CGC	25 Breakfast is served from 9-10am
26	27 1:00 Lunch 3:00 Animal Hour <u>Online group-4pm-Overcoming Depression and Anxiety</u>	28 12:00 Music Group 1:00 EA 3:00 Practicing Positivity 4:00 Movement Group	29 12:00 Bingo 2:30 ACOA 4:00 Arts and Crafts	30 1:00 Healthy Relationships 3:00 Overcoming Depressions and Anxiety 4:00 Mindfulness Group	<i>Groups marked with an * will be held in the small meeting room at the front of the building.</i> <i>EA=Emotions Anonymous</i> <i>CGC=Coffee, Goodies and Conversation</i> <i>ACOA = Adult Children of Alcoholics</i>	

Chesapeake Voyagers, Inc. – Talbot County Location

Activity Details for September 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!



Monday Lunch Menu

- 9/6 – NO Lunch
- 9/13 – Spaghetti with meatballs
- 9/20 – Chicken Salad & chips
- 9/27 – Italian Sausage with peppers & onions

We 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

Monday Lunches – Since we are open on a walk in basis now, lunches will no longer be delivered but we do need to know how much to make so please call 410-253-1720 to sign up. Deadline to sign up is at 12:00pm on the Friday before.

We are so excited to finally be back to a full 6 days a week schedule! Here is an overview of some of the new groups and activities we have planned:

Animal Hour - Mondays @ 3pm- *Animals can have an incredible calming and therapeutic effect on people. Come meet animals of all kinds!*

Trauma Resiliency- *similar to our previously held Understanding Trauma group- this group will look at the effect trauma has on us, but the focus will be on how to overcome trauma and to nurture a life of resiliency.*

Throughout the week we will also offer half hour mini groups that focus on four categories related to Wellness: Music, Independent Living, Movement and Arts and Crafts.