



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