

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

June 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Join us on the last Friday of the month to celebrate anyone who has a birthday that month! We will be celebrating June birthdays on Friday, June 24th during our Coffee, Goodies and Conversation at 3pm!			1 12:00 Bingo 2:00 ACOA* 3:00 Creative Living	2 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety Online group-3pm Overcoming Depression and Anxiety - details on back	3 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*/CVI Peer Group	4 9am-12pm Breakfast & Get Together with friends
5 *EA – Emotions Anonymous	6 We open at 12pm on Mondays	7 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity	June 8th & 9th On Our Own of Maryland Annual Conference. We are hosting a virtual Watch Party so anyone that would like to participate can do so. The center will only be open to Conference attendees only! 9am-4pm Will can only provide transportation home			10 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*/CVI Peer Group
 ACOA – Adults Children of Alcoholics	13 We open at 12pm on Mondays	14 CLOSED for staff training	15 12:00 Bingo 2:00 ACOA 3:00 Creative Living	16 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety Online group-3pm Overcoming Depression and Anxiety - details on back	17 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*/CVI Peer Group	18 9am-12pm Breakfast & Get Together with friends
 CGC – Coffee, Goodies Conversation	20 We open at 12pm on Mondays	21 12:00 EA 1:00 Music Group 3:00 Practicing Positivity	22 12:00 Bingo 2:00 ACOA* 3:00 Creative Living	23 1:00 Mindfulness 3:00 Overcoming Depression and Anxiety Online group-3pm Overcoming Depression and Anxiety - details on back	24 12:00 Trauma Resiliency 1:00 Movement Group 3:00 CGC*/CVI Peer Group and June Birthdays celebration!	25 9am-12pm Breakfast & Get Together with friends
 	28 We open at 12pm on Mondays 3pm Animal Hour	29 12:00 EA* 1:00 Music Group 3:00 Practicing Positivity	30 12:00 Bingo 2:00 ACOA* 3:00 Creative Living	6/29/22-Talbot County Health Department will be offering free, HIV and Hepatitis C testing from 1:00pm to 2:30pm. Testing will be done in a private area. If you would like to be tested you can show up during those times or if you want to pre-register, call or email asullivan@chesapeakevoyagers.org		

Chesapeake Voyagers, Inc. – Talbot County Location

Activity Details for June 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!

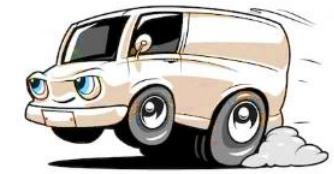
We are open on a walk in basis and everyone is welcome!

**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 Group - Go to 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 or email Avra at
asullivan@chesapeakevoyagers.org.**

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.