




# Chesapeake Voyagers, Inc. (CVI)

## Wellness & Recovery Center/Peer Support

**MAY 2012**

342C N. Aurora St. **Easton**, MD 21601 Phone: 410-822-1601  
 Website: [www.chesapeakevoyagers.org](http://www.chesapeakevoyagers.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May 9<sup>th</sup> – Community Wellness Night at Chili’s Restaurant in Easton. Eat in or carry out and a portion of your bill will raise funds for CVI. Must present flyer when paying for order.</b>		<b>1</b> <u>CVI OPEN 1PM-5PM</u> Emotions Anonymous 2pm Spirituality Group 4pm	<b>2</b> CVI Closed <b>Mental Hygiene Administration Conference</b>	<b>3</b> <u>CVI CLOSED</u> <i>Check out what we have going on in Kent &amp; Caroline Counties on Thursdays</i>	<b>4</b> <u>CVI OPEN 10AM-4PM</u> <b>Scrapbooking 2pm – 4pm</b>	<b>5</b> <i>Multi Cultural Fair – Idlewild Park Easton MD 10am-2pm</i>
<b>MAY IS MENTAL HEALTH AWARENESS MONTH</b>	<b>6</b> <b>7</b> <u>CVI OPEN 2PM-6PM</u> Mental Health Support Group 4pm <b>Dinner 4-5pm</b> Cards with Leigh @ 4pm	<b>8</b> <u>CVI OPEN 1PM-3PM</u> Emotions Anonymous 2pm *Closing at 3pm to go to Consumer Council Meeting at MSMHS 3pm	<b>9</b> <u>CVI OPEN 2PM-7PM</u> <b>BINGO 3pm</b> <b>Depression Recovery Group 4:30-5:30pm</b> Dual Recovery Anonymous 6pm <b>*Chili’s Fundraiser</b>	<b>10</b> <u>CVI CLOSED</u> <i>Check out what we have going on in Kent &amp; Caroline Counties on Thursdays</i>	<b>11</b> <u>CVI OPEN 10AM-4PM</u> <b>Scrapbooking 2pm – 4pm</b>	<b>12</b>
	<b>13</b> <b>14</b> <u>CVI OPEN 2PM-6PM</u> <b>Dinner 4-5pm</b> Cards with Leigh @ 4pm	<b>15</b> <u>CVI OPEN 1PM-5PM</u> Emotions Anonymous 2pm <i>Spirituality Group 4pm</i> <b>Book signing by Rochelle Rene 6pm</b>	<b>16</b> <u>CVI OPEN 2PM-7PM</u> <b>Member’s Meeting 2:30pm</b> <b>BINGO 3pm</b> <b>Depression Recovery Group 4:30-5:30pm</b> Dual Recovery Anonymous 6pm	<b>17</b> <u>CVI CLOSED</u> <i>Check out what we have going on in Kent &amp; Caroline Counties on Thursdays</i>	<b>18</b> <b>CVI CLOSED</b> for Staff Development & Caliber Awards	<b>19</b> <b>CVI’s 2ND ANNUAL YARD SALE 8AM-12PM</b>
	<b>20</b> <b>21</b> <u>CVI OPEN 2PM-6PM</u> <b>Dinner 4-5pm</b> Cards with Leigh @ 4pm	<b>22</b> <u>CVI OPEN 1PM-5PM</u> Emotions Anonymous 2pm <i>Spirituality Group 4pm</i>	<b>23</b> <u>CVI OPEN 2PM-7PM</u> <b>**NEW - GROUP for ages 18-30 – 2pm</b> <b>BINGO 3pm</b> <b>Depression Recovery Group 4:30-5:30pm</b> Dual Recovery Anonymous 6pm	<b>24</b> <u>CVI CLOSED</u> <i>Check out what we have going on in Kent &amp; Caroline Counties on Thursdays</i>	<b>25</b> <u>CVI OPEN 10AM-4PM</u> <b>Scrapbooking 2pm – 4pm</b>	<b>26</b>
	<b>27</b> <b>28</b> Closed – Memorial Day 	<b>29</b> <u>CVI OPEN 1PM-5PM</u> Emotions Anonymous 2pm <i>Spirituality Group 4pm</i>	<b>30</b> <u>CVI OPEN 2PM-7PM</u> <b>BINGO 3pm</b> <b>Depression Recovery Group 4:30-5:30pm</b> Dual Recovery Anonymous 6pm	<b>31</b> <u>CVI CLOSED</u> <i>Check out what we have going on in Kent &amp; Caroline Counties on Thursdays</i>	<b>May 19<sup>th</sup> 8am – 12pm</b> <b>2<sup>nd</sup> Annual Spring Yard Sale at CVI</b> <b>Lots of items for sale. Bake Sale. Door Prizes.</b> We are accepting donations of Clothing, furniture, household items to sell.	

# Chesapeake Voyagers, Inc. – Talbot County Location

## Activity Details for May 2012

### CVI Wellness & Recovery Center Open Hours

Come in during open hours to receive individual and/or group peer support, access local and state resources on a variety of topics, access our computer room to browse the internet, search for jobs, housing, resources, etc. Interact with others who are at the center and learn more about what we are doing and how you can be a part of it. Open hours are listed on the calendar as “CVI open”.

### Monday Events: Every Monday we are open from 2:00pm – 6:00pm...

- Cards with Leigh at 4pm - Do you like to play cards? Play cards with Leigh Hall every Monday at 4pm
- Dinner provided 4-5pm every Monday. Come out and see what yummy meals we have to serve up!
- Mental Health Support Group – 1<sup>st</sup> Monday of the month 4pm. A support group to connect with others, to feel supported, learn more about your diagnosis and gain resources that can help. Facilitated by Kirstie Kingston from The Mental Health Association of Talbot County.

### Tuesday Events: Every Tuesday we are open from 1:00pm – 5:00pm...

- Emotions Anonymous Group – Every Tuesday at 2pm. Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working toward recovery from emotional difficulties.
- Spirituality Group – Every Tuesday 4pm. We guide spirituality in the direction of faith, hope and love. We seek to collectively stay in touch with our higher power, open to all faiths.

### Wednesday Events: Every Wednesday we are open from 2:00pm – 7:00pm...

- BINGO at 3pm
- Depression Recovery Group – Every Wednesday from 4:30 – 5:30pm. If you struggle with depression, you are not alone. Depression affects 14.8 million American adults. This group offers support and hope in a positive, recovery oriented environment.
- Dual Recovery Anonymous – Every Wednesday 6pm – 7pm. We will now be following a 12 step program called Dual Recovery Anonymous. This program helps us recover from both our chemical dependency and our emotional or psychiatric illness by focusing on relapse prevention and actively improving our quality of life.

### Friday Events: Every Friday we are open from 10:00am – 4:00pm...

- Scrapbooking 101 class: Some Fridays from 2-4pm. Learn how to put together your own scrapbook. Bring your pictures, we will provide the rest of the supplies needed.

### Special Events

**May 2<sup>nd</sup>** – CVI Closed. Attending Mental Hygiene Administration Annual Conference.

**May 8<sup>th</sup>** – Consumer Council Meeting at Mid Shore Mental Health Systems 3pm. If you receive mental health services, you are welcome to attend Consumer Council which meets every month to discuss the local and state initiatives regarding the Public Mental Health System. For more information contact Mid Shore Mental Health Systems at 410-770-4801

**May 9<sup>th</sup>** – Fundraiser at Chili’s Restaurant in Easton. Join us for a Community Wellness Event. Call CVI for more info.

**May 15<sup>th</sup>** – Book reading and signing by Rochelle Rene. Rochelle is a local author who wrote the children’s book “Bella and the Bad Mood Busters”. Rochelle has an inspiring story of recovery and resiliency! Join us for this exciting event 6pm. Light refreshment provided.

**May 16<sup>th</sup>** – Monthly Member’s Meeting 2:30pm All CVI members are invited to be a part of our Member’s Meeting. Learn what CVI is working on, give your feedback and help plan events, activities and groups.

**May 18<sup>th</sup>** – CVI Closed for Staff Development.

**May 19<sup>th</sup>** – 2<sup>nd</sup> Annual Spring Yard Sale 8am – 12pm. Lots of items for sale. Bake Sale. Door Prizes.

**May 23<sup>rd</sup>** – Support Group/Activity Group for ages 18-30 at 2pm. Lauren Grimes from On Our Own of Maryland will be coming to CVI to discuss some of the struggles and triumphs of being in your 20’s and will plan some outings and events and distribute resources.

**May 28<sup>th</sup>** – CVI Closed for Memorial Day



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### KENT COUNTY GROUPS

**11:30 & 1:00 groups are held on Thursdays at the Kent County Library  
408 High Street Chestertown, MD 21620**

<b>May 3<sup>rd</sup></b>	<b>May 10<sup>th</sup></b>	<b>May 17<sup>th</sup></b>	<b>May 24<sup>th</sup></b>	<b>May 31<sup>st</sup></b>
<b>Mental Health Support Group</b> <b>TOPIC: Anger Management</b> <b>11:30am – 12:30pm</b> EVERYONE WELCOME	<b>Mental Health Support Group</b> <b>TOPIC: Anger Management</b> <b>11:30am – 12:30pm</b> EVERYONE WELCOME	<b>Mental Health Support Group</b> <b>TOPIC: Anger Management</b> <b>11:30am – 12:30pm</b> EVERYONE WELCOME	<b>Mental Health Support Group</b> <b>TOPIC: Anger Management</b> <b>11:30am – 12:30pm</b> EVERYONE WELCOME	<b>Mental Health Support Group</b> <b>TOPIC: Anger Management</b> <b>11:30am – 12:30pm</b> EVERYONE WELCOME
<b>Emotions Anonymous</b> <b>1:00 – 2:00pm</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working toward recovery from emotional difficulties.	<b>Emotions Anonymous</b> <b>1:00 – 2:00pm</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working toward recovery from emotional difficulties.	<b>Emotions Anonymous</b> <b>1:00 – 2:00pm</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working toward recovery from emotional difficulties.	<b>Emotions Anonymous</b> <b>1:00 – 2:00pm</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working toward recovery from emotional difficulties.	<b>Emotions Anonymous</b> <b>1:00 – 2:00pm</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working toward recovery from emotional difficulties.
<b>Pot luck Dinner &amp; Peer Support Group</b> <b>3:00 – 5:00pm</b> Shared Opportunity Service 601 High Street Chestertown	<b>Pot luck Dinner &amp; Peer Support Group</b> <b>3:00 – 5:00pm</b> Shared Opportunity Service 601 High Street Chestertown	<b>Pot luck Dinner &amp; Peer Support Group</b> <b>3:00 – 5:00pm</b> Shared Opportunity Service 601 High Street Chestertown	<b>Pot luck Dinner &amp; Peer Support Group</b> <b>3:00 – 5:00pm</b> Shared Opportunity Service 601 High Street Chestertown	<b>Pot luck Dinner &amp; Peer Support Group</b> <b>3:00 – 5:00pm</b> Shared Opportunity Service 601 High Street Chestertown

If you have any questions, call Audrey at 410-924-2347

# Find Chesapeake Voyagers, Inc. at



## DRI-Dock Recovery & Wellness Center

108 Washington St.  
Cambridge, MD 21613



# MAY 2012

### Wednesdays @ DRI-Dock

May 2 <sup>nd</sup>	May 9 <sup>th</sup>	May 16 <sup>th</sup>	May 23 <sup>rd</sup>	May 30 <sup>th</sup>
CVI will not be available – Attending Mental Hygiene Administration Conference	Emotions Anonymous 12-1pm  CVI Peer Support Available 1-2pm	Emotions Anonymous 12-1pm  CVI Peer Support Available 1-2pm	Emotions Anonymous 12-1pm  CVI Peer Support Available 1-2pm	Emotions Anonymous 12-1pm  CVI Peer Support Available 1-2pm

### Fridays @ DRI-Dock

May 4 <sup>th</sup>	May 11 <sup>th</sup>	May 18 <sup>th</sup>	May 25 <sup>th</sup>
CVI Peer Support Available 11am – 2pm	CVI Peer Support Available 11am – 2pm	CVI will not be available – attending Annual Caliber Awards	CVI Peer Support Available 11am – 2pm

**For questions about CVI Hours & Activities at DRI-Dock  
Call 410-822-1601**



# Chesapeake Voyagers, Inc. (CVI) May 2012

Wellness & Recovery Center/Peer Support

## CAROLINE COUNTY GROUPS

Groups are held on Thursdays at the Caroline County Community Center  
 107 South 4<sup>th</sup> Street Denton, MD 21629

May 3 <sup>rd</sup>	May 10 <sup>th</sup>	May 17 <sup>th</sup>	May 24 <sup>th</sup>	May 31 <sup>st</sup>
<b>Emotions Anonymous</b> <b>10:00-11:00am</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working towards recovery from emotional difficulties.	<b>Emotions Anonymous</b> <b>10:00-11:00am</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working towards recovery from emotional difficulties.	<b>Emotions Anonymous</b> <b>10:00-11:00am</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working towards recovery from emotional difficulties.	<b>Emotions Anonymous</b> <b>10:00-11:00am</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working towards recovery from emotional difficulties.	<b>Emotions Anonymous</b> <b>10:00-11:00am</b> Emotions Anonymous (EA) is a 12 step program for people to come together for the purpose of working towards recovery from emotional difficulties.
<b>Peer Support</b> <b>11:15 - 12:15pm</b> <i>Receive one to one peer support.</i>	<b>Peer Support</b> <b>11:15 - 12:15pm</b> <i>Receive one to one peer support.</i>	<b>Peer Support</b> <b>11:15 - 12:15pm</b> <i>Receive one to one peer support.</i>	<b>Peer Support</b> <b>11:15 - 12:15pm</b> <i>Receive one to one peer support.</i>	<b>Peer Support</b> <b>11:15 - 12:15pm</b> <i>Receive one to one peer support.</i>
<b>Depression Recovery Group</b> <b>1:00 - 2:00pm</b> If you struggle with Depression, you are not alone. This group offers support and HOPE.	<b>Depression Recovery Group</b> <b>1:00 - 2:00pm</b> If you struggle with Depression, you are not alone. This group offers support and HOPE.	<b>Depression Recovery Group</b> <b>1:00 - 2:00pm</b> If you struggle with Depression, you are not alone. This group offers support and HOPE.	<b>Depression Recovery Group</b> <b>1:00 - 2:00pm</b> If you struggle with Depression, you are not alone. This group offers support and HOPE.	<b>Depression Recovery Group</b> <b>1:00 - 2:00pm</b> If you struggle with Depression, you are not alone. This group offers support and HOPE.
<b>Peer Support</b> <b>2:30 - 4:30pm</b> <i>Receive one to one peer support.</i>	<b>Peer Support</b> <b>2:30 - 4:30pm</b> <i>Receive one to one peer support.</i>	<b>Peer Support</b> <b>2:30 - 4:30pm</b> <i>Receive one to one peer support.</i>	<b>Peer Support</b> <b>2:30 - 4:30pm</b> <i>Receive one to one peer support.</i>	<b>Peer Support</b> <b>2:30 - 4:30pm</b> <i>Receive one to one peer support.</i>

If you have any questions, call Linda at 410-443-1230