

Simcoe Peer Support:
Monday to Friday
8:30 am—3pm

**Simcoe Peer Support
For Mental Health and addiction
(Peer Support)**

41 Elgin St, Unit #201
Collingwood, On, L9y-3L6
(Entrance off of Tremont)
CSP (705) 444-1844
CSP (705) 446-3535
Fax (705) 444-4782

Website:

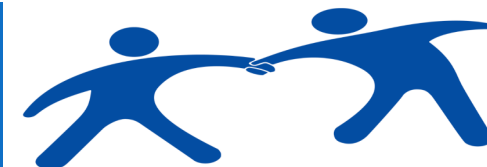
Mentalhealthandaddictions.com
Facebook Page:
<https://www.facebook.com/Simcoe-Peer-Support-for-Mental-Health-and-Addictions-1657113271187009/>
Email:
Shawna: peersupport.shawna@bellnet.ca
Dawn: peersupport.dawn@bellnet.ca
Julian: peersupport.julian@bellnet.ca

Board of Directors:

Chair: Kathy Dudley
Vice Chair: Sylvie Simoneau
Treasurer: Mow Greene
Secretary: Sue Buxton
Director: Scott Thomson
Director: Brad Doucette

Community Dinners:

-Salvation Army
-Thursday April 4th@ 5:30pm
-All Saints Anglican Church
Wednesday April 10th@ 5:30pm
First Monday adults 23 and under
Every Thursday@ 10 am
-Trinity United Church
Wednesday April 17th5:30pm
-Erie Street Community Church
Every Tuesday @ 12pm



SIMCOE PEER SUPPORT
FOR MENTAL HEALTH & ADDICTIONS

Mon	Tue	Wed	Thu	Fri
1 Walking group @ 10 Codependency Work shop @ 1:00 pm (closed group)	2 Social morning Mental health group @ 1:00 pm	3 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	4 Social Morning Mindfulness Meditation @ 1:00 pm (Closed group)	5 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm
8 Walking group @ 10 Codependency Work shop @ 1:00 pm (closed group)	9 Social Morning Defeat Depression @ 1:00 pm	10 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	11 Social Morning Mindfulness Meditation @ 1:00 pm (Closed group)	12 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm
15 Walking Group @ 10 Codependency Work shop @ 1:00 pm (closed group)	16 Social morning Mental health group @ 1:00 pm	17 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	18 Social Morning Mindfulness Meditation @ 1:00 pm (Closed group)	19 Center is Closed Good Friday!
22 Center is Closed Easter Monday	23 Social morning Mental health group @ 1:00 pm	24 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	25 Social Morning Mindfulness Meditation @ 1:00 pm (Closed group)	26 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm
29 Walking group @ 10 Codependency Work shop @ 1:00 pm (closed group)	30 Social morning Mental health group @ 1:00 pm			