

CSP Hours

Monday to Friday
8:30 am–3pm

Caring Supporting Participating Mental Health and Addictions (Peer Support)

41 Elgin St, Unit #201
Collingwood, On, L9y-3L6

CSP (705) 444-1844
CSP (705) 446-3535
Fax (705) 444-4782

Website

Mentalhealthandaddictions.com
Facebook Page:
<https://www.facebook.com/CSP-Mental-Health-Addictions-Peer-Support-1657113271187009/>

Email:

Shawna: csp-shawna@outlook.com
Dawn: csp-dawn@outlook.com
Julian: csp-julian@outlook.com

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 Aug 2nd@ 5:30pm
-All Saints Anglican Church
Wednesday Aug 8th@ 5:30pm
First Monday adults 23 and under
Every Thursday@ 10 am
-Trinity United Church
Wednesday Aug 15th@ 5:30pm
-Erie Street Community Church
Every Tuesday @ 12pm
First Presbyterian Church
Tuesday Aug 28th@ 5:00pm

August 2018

Caring Supporting Participating

	Mon	Tue	Wed	Thu	Fri
			1 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm	2 Walking group @ 10:00 am Ted Talks Thursdays	3 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm
6 Civic Holiday Center is closed	7 Crocheting with Leena Mental health group @ 1:00 pm	8 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm	9 Walking group @ 10:00 am Ted Talks Thursdays	10 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm	
13 Gardening @ 9:00 am Monday Movie Madness @ 12:30 pm	14 Crocheting with Leena Mental health group @ 1:00 pm	15 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm	16 Walking group @ 10:00 am Ted Talks Thursdays	17 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm	
20 Gardening @ 9:00 am Monday Movie Madness @ 12:30 pm	21 Crocheting with Leena Mental health group @ 1:00 pm	22 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm	23 Walking group @ 10:00 am Sarah Shaw/Lisa Malito Family Connections @ 1:00 pm	24 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm	
27 Gardening @ 9:00 am Monday Movie Madness @ 12:30 pm	28 Crocheting with Leena Mental health group @ 1:00 pm	29 Yoga Mornings @ 9:00 am Concurrent disorder group @ 1:00 pm	30 Walking group @ 10:00 am Mindfulness with Robbie @ 1:00 pm	31 Arts and Crafts @ 10:00 am Check in group @ 1:00 pm	