

### Simcoe Peer Support:

Monday to Friday  
8:30 am—3pm

### Simcoe Peer Support For Mental Health and addiction

41 Elgin St, Unit #201  
(entrance off Treemont lane)  
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/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  
Secretary: Sue Buxton  
Treasurer: Brad Doucette  
Director: Scott Thomson

### Community Dinners:

-Salvation Army  
Thursday August 1st@ 5:30pm  
-All Saints Anglican Church  
Wednesday August 14th@ 5:30pm  
First Monday adults 23 and under  
Every Thursday August@ 10 am  
-Trinity United Church  
Wednesday August 21st@ 5:30pm  
-Erie Street Community Church  
Every Tuesday 12:00-1:00 pm

# August 2019

## Simcoe peer Support for mental health and addictions



**SIMCOE PEER SUPPORT**  
FOR MENTAL HEALTH & ADDICTIONS

Mon	Tue	Wed	Thu	Fri
			1 Gardening @ 10:00 am	2 Culinary delights @ 10:00 am Check in Group @ 1:00 pm
5 Civic Holiday Center is closed	6 Social morning Mental health group @ 1:00 pm	7 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	8 Gardening @ 10:00 am	9 Arts and Crafts @ 10:00 am Check in Group @ 1:00 pm
12 Walking group @ 10:00 am (Closed group) @ 1:00 pm	13 Social morning Guest Speaker Author Catherine Ann Cunliffe @ 1:00 pm	14 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	15 Gardening @ 10:00 am	16 Culinary Delights @ 10:00 am Check in Group @ 1:00 pm
19 Walking group @ 10:00 am (Closed group) @ 1:00 pm	20 Social morning Mental health group @ 1:00 pm	21 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	22 Gardening @ 10:00 am	23 Arts and Crafts @ 10:00 am Check in Group @ 1:00 pm
26 Walking group @ 10:00 am (Closed group) @ 1:00 pm	27 Social morning Mental health group @ 1:00 pm	28 Yoga Mornings @ 10:00 am Concurrent disorder group @ 1:00 pm	29 Gardening @ 10:00 am	30 Culinary Delights @ 10:00 am Check in Group @ 1:00 pm